



Covid-19 Rules - Social Distancing & Attendance

All athletes, parents, guardians and coaches commit to the following rules on the return to physical training and The Gym.

On our return to in person training - whether this be outside or, once we are able to return to the gym. These rules and commitments are in place to limit the possible transmission of Covid-19 and keep every athlete and coach as safe as possible. We believe the below rules are reasonable and will allow parents to feel as confident as possible in returning to training.

Excused Absence

- ◆ 14 day quarantine for Coronavirus Covid-19
- ◆ If presenting with Covid-19 symptoms including; a continuous new cough, a new high temperature and/or loss of taste or smell.
- ◆ An athlete who is shielding and unable to return to training.

By allowing your athlete to come to the gym and participate in session you commit to the following:

- ◆ Never attend or bring an athlete to the gym if they are presenting with any of the above symptoms
- ◆ Never bring an athlete to the gym if they have been told to quarantine for 14 day's by their school, 111, the NHS or the Contact Tracing service. Athlete's should stay away from training until the 14 day's have elapsed without symptoms.
- ◆ Always inform Head Coach Ben by telephone call **(07510 319436)** **as soon as possible** on finding out that you child has tested positive for Covid-19 and/or if they have to quarantine for 14 day's.
- ◆ Also always email **(info@twistedcheeranddance.co.uk)** ASAP to confirm the above, this should include; **'Covid-19 Quarantine/Positive result - (Name of Athlete)'** in the email subject line.
- ◆ You also give permission for us to share that an athlete in the team/group/class has either quarantined or tested positive. This information will only be shared with teams the athlete has been in.



Athlete & Parent/Guardian expectations whilst Covid-19 rules are in place:

Drop off & Collection

- ◆ Parents remain in their car's (for all over 12 year old's)
- ◆ No parent's allowed inside the gym.
- ◆ Social Distance queuing on the way into the gym.
- ◆ Staggered Start & Finish times implemented
- ◆ Entrance/Exit only through Fire exit - near the toilets or the main shutter.
- ◆ Please email or call to talk to coaches.
- ◆ Carpooling is not recommended
- ◆ Social Distance should be maintained between athletes and parents/guardians.

Health Questionnaire

- ◆ Registered on entry
- ◆ Health Questionnaire completed on arrival - anyone presenting symptoms will not be allowed into the building.
- ◆ Temperature check on arrival
- ◆ This will also allow us to inform anyone who has been in The Gym if an athlete or coach tests positive for Covid-19.

Athletes

- ◆ Athletes will wash their hands on arrival to the gym, when asked to do so during sessions and prior to leaving the gym.
- ◆ Athletes will bring a personal pack of tissues and personal small hand sanitiser gel where possible to training.
- ◆ Athletes will bring their own water bottle, pre-filled as they will not be able to refill it in the gym.
- ◆ Where possible excess bags/clothing or additional items should not be brought to sessions.
- ◆ Sorry no unnecessary contact with anyone (no hugs, high fives, hand shakes)
- ◆ If you are currently shielding and have underlying health conditions you should not come to training.
- ◆ Athletes must arrive ready to train. Athletes will not be able to change at the gym (apart from outdoor shoes to Cheer shoes)



Social Distancing

- ◆ We will follow all government guidelines and athlete will be expected to keep Socially Distant - at this time 2 meter distanced should be kept between each athlete and coach, unless a coach has specified that athletes are taking part in choreography or stunting.
- ◆ We will limit class sizes to allow for social distancing and maximum government guidance on groups meeting.
- ◆ We will support athletes to keep socially distant during all sessions, until we are advised that restrictions are eased.
- ◆ Stunting is now allowed without mask for all under-18's in Tier's 1-3 and only in Tier 1 for over 18'.
- ◆ Physical contact whilst stunting, will be limited to 15 minutes of contact time during each training session.

In the gym

- ◆ Should any athlete start presenting with Covid-19 symptoms during a session, they will be quarantined away from all other athletes and coaches, we will contact you using the emergency contact details and ask you to take them home.
- ◆ Cleaning will take place regularly, and athletes will be expected to thoroughly wash hands on arrival to the gym and before leaving.
- ◆ All high volume touch points, sinks and toilets will be cleaned throughout the time the gym is open.
- ◆ Any equipment used in a session will be cleaned between sessions/ or where appropriate.
- ◆ A deep clean of the gym will take place each day.

Coaches

- ◆ On arrival to the gym, coaches will complete a health questionnaire and have their temperature taken.
- ◆ Coaches will maintain social distance between themselves and athletes at all times.
- ◆ Coaches are now able to spot tumbles for safety reasons and where a coach believes this is necessary and appropriate. A face mask will be worn and hand's will be sanitised before and after.
- ◆ Coaches will wear face-mask where it is appropriate and safe for them to do so (for example when exercising and completing a warm up - it is not safe to wear a face-mask but Social Distancing will be maintained)
- ◆ Coaches will police the social distances guidelines throughout all sessions and water breaks.

By returning up to training you commit to the above rules and to informing us if you/ your athlete are quarantining due to Covid-19 and/or have a positive Covid-19 result.