



COVID-19

HEALTH AND SAFETY
INFORMATION PACK

HELLCATS
Cheerleaders

To minimise the risk of cross-contamination

- 01** Athletes to line up outside the entrance 2m apart and proceed into the venue when called by a coach. Parents and all other people to stay in car (or outside the front gate if not travelling by car), and not to enter the building.
- 02** We have stopped crossovers between practices to limit the amount of people in the gym at any one time.
- 03** Athletes should arrive in their training kit as all changing facilities will be closed.
- 04** Athletes to bring a **SMALL** bag containing their Water Bottle, Hand Sanitiser, Tissues and face mask. This will be kept by them at all times .
- 05** Athletes will wash their hands or sanitise upon entering and leaving the building
- 06** If you are arriving for a class please arrive ON TIME if you are early please wait in your car to avoid athletes leaving the class before.
- 07** If you are collecting for a class please collect 5 MINUTES EARLY so we can ensure athletes are out the way before the next class arrives.
- 08** Parents to remain in cars when dropping off and collecting.
- 09** Wherever possible please either walk, cycle or travel by private car, avoiding public transport.
- 10** Please stay at home if you feel unwell and isolate for 14 days as per the government guidelines (see page 8 for further information).
- 11** **FIRST AID** - We will record ALL first aid (even just looking at and talking about an injury) Coach to wear gloves and mask if physically treating an athlete with first aid.

To minimise the risk of cross-contamination during a training session

- 01** Each athlete will remain at their socially distanced station to work on specified drills and skills until told otherwise.
- 02** 2 metre distancing between all coaches and athletes when tumbling, conditioning and stretching.
- 03** Each athlete will keep their bag and possessions in their area and take with them if they move
- 04** If anyone needs to leave their Area, the coach will stop the class and athletes will move to the SAFETY POSITION in their Area (you will be informed of this in your first class)
- 05** Social distancing will remain in effect at all times
- 06** Each coach will have their own allocated standing area also
- 07** Athletes will not be physically supported for any moves by coaches or other athletes.
- 08** No stunting will be allowed until further notice
- 09** Use of the toilets will only be possible in needy situations so please go before you arrive.
- 10** Cheer and tumble classes will finish 10 minutes early to allow cleaning of equipment, washing of hands and safe exit of the building before the following class turns up.
- 11** Face masks to be worn by all athletes when blocking a routine and working on formations (please note we will not be doing this to start with but see this as a progression as part of our phased return to 'normality'). Dancers will learn routines while socially distancing until further notice so you can wear a face mask if you would like but is not compulsory.

To minimise the risk of droplets being live on equipment

- 01** All doors to enter the venue will be propped open to limit the need for people to open and close them when entering and leaving the premises. These will be disinfected before and after training
- 02** All doors and windows in the venue will be opened so that there is good ventilation in the room throughout the session. Please therefore prepare for the fact that it may be colder than normal in the venue on cooler days.
- 03** Each individual training station will be equipped with anti bacterial surface cleaner to allow each individual athlete to wipe the equipment they have been using after use.
- 04** Athletes to bring their own hand sanitizer with them in their small bag of essentials so that they can use as and when they need to.
- 05** All equipment and mats will be cleaned at the end of each session by the athletes and will be overseen and signed off by the coach in charge.

What to do in case of identifying a potential infection

- 01** If an athlete they will be removed from the class and escorted to playground to isolate and their parent will be phoned.
- 02** If a coach they will go home straight away
- 03** Session will be cancelled, and the risk assessment reviewed
- 04** No participation by an athlete if any family member in their household is self-isolating
- 05** First Aid as per page 2

Procedures for Safe Practice Post Lockdown Summery

In this information pack we have set out all the safety measures we will be taking post lockdown to ensure that everyone knows what will be expected of them so that our classes can begin to run whilst keeping our athletes safe.

Arriving to Class

Please either walk, cycle or travel by private car, avoiding public transport.

Arrive at your class time (not earlier) and wait on the playground 2m apart from other people. If you arrive early please wait in your vehicle to ensure the previous class have left.

Entering the Building

You will be met on arrival by a Hellcats coach. Please note parents will not be allowed to enter the building.

Athletes will be required to enter the building whilst still maintaining social distance

Washing Your Hands

You will be expected to wash your hands upon arrival and also again before you leave.

Hand sanitiser will be available throughout the lesson if you need it during the class.

Distancing in Class

We will still be required to social distance within classes therefore we will set each athlete up with an individual station where they will condition, drill and stretch or learn choreography 2m from others.

Cleaning

Disinfectant wipes and hand sanitiser will be available at each station if using equipment.

Athletes will be required to help wipe down their station and the equipment they have used after finishing with it.

Leaving the Building

Classes will finish 10 minutes early for the time being to allow to clean down equipment, wash hands and lead the athletes out of the class and onto the playground before the next class arrives.

If your child is old enough we please ask you to wait in your car instead of coming up to the playground to reduce numbers

PLEASE ARRIVE 5 MINUTES EARLY TO COLLECT YOUR CHILD



**PLEASE WASH
YOUR HANDS
BEFORE AND AFTER
ATTENDING OUR
CLASSES**

HELLCATS
Cheerleaders

**THANK YOU FOR
YOUR COOPERATION**

Keep Our Workplace Safe!

Practice good hygiene



Please do not have contact with any other member of the team or coaching staff. Please stay 2m apart and stick to your designated station until told otherwise



Wash your hands when entering and exiting the class. There will be hand sanitiser at each station for you to use during the class if you need to.



Disinfect surfaces like doorknobs, tumble aids and mats after use



Avoid touching your face and cover your coughs and sneezes. Cover your cough using the bend of your elbow or a tissue and wash afterwards.



Increase ventilation by opening windows and doors



Increase ventilation by opening windows and doors

Stay home if...

- You are **feeling sick**
- You have a **sick family member** at home



Catch it
Bin it
Kill it



COVID-19 Guidelines

Do you
have these
symptoms?

- Fever
- Cough
- Colds
- Headache
- Diarrhea
- Shortness of breath
- Sore throat
- Joint and Muscle Pain

Have you
had Exposure?

- Travelled to other countries in the past 14 days
- Exposure to a confirmed COVID-19 patient
- Travelled to, reside, or work in local areas with reported COVID-19 cases
- Exposure to a Person Under Investigation (PUI) for COVID-19

With Exposure + With Symptoms:

- If young (<60 years old), with no other illnesses and mild symptoms: Conduct home quarantine.
- If elderly (>60 years old), with other illnesses and/or severe symptoms: Proceed to the Emergency Room for assessment.

With Exposure + No Symptoms:

- Conduct home quarantine for 14 days and monitor symptoms.
- Should symptoms start to develop, proceed to the Emergency Room for assessment.

No Exposure + With Symptoms:

- Manage symptoms accordingly. Proceed to the Emergency Room for assessment.