



HELLCATS CHEERLEADERS ONLINE VIRTUAL TRAINING POLICY

As we move to online training at the present, it is necessary to update our policy to protect both our athletes and coaches.

1. Any task set by our coaches is completely voluntary, if you feel your child is unable to complete them (for whatever reason) then that is absolutely fine.
2. All physical tasks with our students in mind, often with different options where applicable so that younger more inexperienced athletes will do easier options than older athletes with more experience.
3. All video or photo responses to tasks should be posted publicly by either posting to our Hellcats Facebook group www.facebook.com/groups/HellcatsCheerleaders/ or by commenting or tagging Hellcats into your post or comment.
4. Any virtual classes or social media posts from our students should follow these guidelines:
 - a. All athletes and coaches dressed in appropriate clothing.
 - b. Wherever possible the video should take place in communal areas such as living rooms/kitchens etc.
 - c. The door should remain open and if at all possible an adult should be present or within earshot.
 - d. Appropriate language and behaviour should be used, as it is expected in training.
 - e. There will be no 1-2-1 training sessions given via live video, this is to protect all involved.
 - f. There will be a minimum of 2 coaches/adults present at any live video
 - g. Any live videos will be through the Zoom platform which you will need a password to access it.
5. Athletes will be unable to participate without parents consent
6. It is the responsibility of the individual student and their parents/carers to provide a safe environment for any physical tasks.
7. Please ensure you therefore clear enough space around you before you start the video and be aware of what is around you.