



# Elevate Elite COVID-19 Safety Policies

Whilst there is still a small risk of COVID-19 infection in the UK, the Government has advised that it is safe to resume indoor sports training, as long as government guidelines are adhered to. These policies recognise that the health and welfare of athletes, coaches and the wider public are paramount in all circumstances.

Elevate Elite has undertaken a Risk Assessment specific for indoor training in September and October 2020, which can be found on our website: [www.elevateelite.co.uk/policies](http://www.elevateelite.co.uk/policies). This details the social distancing and hygiene measures we are taking to minimise the risk of infection to all.

We have the following specific COVID-19 safety policies.

- All classes will be 'drop off' only due the limits on the amount of people that can be safely accommodated inside the venue. Please speak to a coach if this will be a problem.
- Please accompany your child to the entrance of the building, no more than a few minutes before their session start time. A coach will come to the door to collect children at the start time. At the end of the session, children will be escorted or sent out when a parent is visible. Whilst waiting outside, you must keep a safe 2m distance from other parents and children at all times.
- All children will be asked to sanitize their hands when entering and leaving the building. Ideally they should bring their own (>60% alcohol please) but we will also have some on site. We may also ask children to sanitise their hands and or feet during the session as well.
- Please make sure you have spoken to your child beforehand about the need to keep at safe distance from everyone else (including coaches, other children and parents) at all times. If you feel that for any reason they don't understand this rule, please don't send them to sessions for now. If we find that a child is unable to social

distance, they may be asked to not attend for now.

- Please make sure all children have been to the toilet and washed their hands thoroughly with soap before leaving for the session. There will be toilets available on site, but we would like to minimise use.
- Please ensure that all children are wearing suitable clean clothing to take part in cheerleading (e.g. a top and shorts or leggings). All children must arrive already changed, a change of shoes is fine.
- All long hair must be tied back and jewellery removed or taped over before the session. Any cuts and grazes must be covered up. Coaches will not be able to assist with these things as they would normally.
- Please make sure any water bottles are clearly labelled and/or distinguishable from others.
- Please provide us with up to date contact and medical details.
- If your child or any members of your household have any symptoms of COVID-19, have tested positive in the last 14 days, or have been in close contact with anyone who has, do not send them to classes. They must self-isolate as per government advice: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/>
- If your child or anyone in your household tests positive for COVID-19 within 14 days of attending a class, you must inform us immediately so that we can consult with the NHS track and trace service, other relevant authorities and the parents of all other athletes who attended that day. The name/identity of the affected person will not be shared with other parents (in line with GDPR).

By allowing your child to participate in our indoor training sessions, you are confirming that you understand and agree to abide by all of these policies.

This document has been created using government advice and guidelines surrounding COVID-19 and will be updated if any further clarifications are needed or any safeguarding or health issues arise.

Signed: Emma Kirk, Director and Head Coach, Elevate Elite

Last reviewed: 28/08/2020