

Ultimate Cheer

SOCIAL DISTANCING GUIDELINES



Ultimate Cheer is committed to adhering to government guidelines. We are working closely with our venue provider to ensure the safety of our classes.

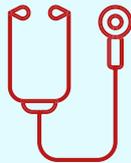
We have attended the Sport Cheer England 'Opening Your Gym After Coronavirus' workshop. Additionally, we have extensive risk assessments & planning in place

PICK-UP & DROP-OFFS:

- Please arrive on time, not early
- Avoid using public transport & avoid lift-sharing
- Please drop off & collect from outside venues
1 parent/carer maximum. If athlete is old enough, they should make their own way into building
- Staggered Start & Finish Times implemented.
- Separate entry and exit doors where venue allows

HEALTH SURVEY & CONTACT TRACING:

- Attendance taken on entry
– for contact tracing purposes.
- Temperature check on entry.
- Health survey on entry
– Symptoms, living with anyone sick or travel in past 14 days = Sorry, not able to attend.
- Anyone with flu symptoms sent home.
- If any attendee or staff member has a positive COVID19 result we will follow all health guidelines and advise all who attend the venue.
- Hand sanitizer stations on entry/exit



SOCIAL DISTANCING:

- Numbers will be limited
- Practice times changed to allow for change overs to maintain number limits.
- We will maintain social distancing of 2 metres between everyone within the venue.
- Spots will be marked on floors to reinforce social distancing during classes.
- Floors will be marked with arrows and lines to ensure social distancing in relation to toilets and shared spaces.
- Venues will be separated into zones if there are multiple classes in order to keep classes separated at all times.
- No congregating allowed by athletes, coaches, parents or staff in any areas including hallways, reception areas or outside facilities.
- All spectator areas closed.
- Limit number of athletes using toilet facilities at the same time
- No eating in the venue

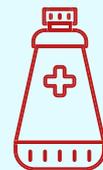


ATHLETES:

- Please arrive changed
- Please go to the toilet before arriving
- Please bring your own hand sanitiser & tissues etc; we will have hand sanitizer available (if needed)
- No bags allowed in venues.
- Please name water bottles
(these will be safely positioned during practice to avoid others & accidental sharing).
- Please take all belongings, do not leave anything behind.
- Sorry no contact with anyone
- no hugs, high fives or hand shakes.
- If unwell or living with anyone unwell please stay home.
- If you have an underlying health condition
- you should not come to practice.

CLEANING:

- Cleaning will be done before and after classes.
- Hand sanitizer should be applied on entry and at end of the class.
- All commonly used areas, surfaces, and touch points will be cleaned & sanitised after each class.
- All waste and disposable PPE will be securely and safely disposed of.
- Cleaning & Sanitising equipment will be available
- Athletes are asked to wipe down any surfaces they touch.
- Practice times changed to allow for cleaning between classes.



TRAINING:

- Coaches will ensure that they maintain appropriate social distance from other coaches, athletes & staff.
- Coaches will ensure they do not have any physical contact with athletes.
- Coaches will wear facemasks.
- Coaches should try to avoid sharing equipment with others, including music, ipads etc.
- Coaches to sanitise any equipment after use.
- No stunting, lifts or partner work.
- Limited equipment will be used.
- No props, poms etc to be used.



We need your most up-to-date contact details. Please get in touch to update them if they have changed

Further information regarding our epidemic and pandemic policies can be found in our Code of Conduct