

Cheer London Allstarz COVID-19 GUIDE

Document date : Tuesday 8th September 2020 * COVID-19 Appointed Club Officer : Sophie Bastock , head Coach & Director

COVID-19 GUIDE | SEPTEMBER 2020 | Cheer London Allstarz

Government and NGB Guidelines

For our safe return we are following our National Governing bodies guidelines (Sport Cheer England) alongside the UK Government guidelines .

We will continue to update / amend these to reflect the decisions made and set moving forwards .

We intend to deliver the highest level of health and safety to keep all athletes , their families and our staff safe at all times .

For more information please follow the links below

<https://www.gov.uk/coronavirus>

<https://sportcheerengland.org>

Signs and Symptoms of COVID-19

If you , your child or anybody within your house hold is showing any of the following symptoms .

You must not attend training and following the UK Governments isolation protocol found on their website

- High Temperature 37.8c or over
- New and persistent cough

In addition other symptoms can include :

- Hoarseness
- Runny nose
- Sneezing
- Shortness of breath
- Sore throat
- Wheezing
- Tiredness

At your Cheer London Allstarz session how we will keep you safe

1. Athletes showing symptoms of COVID-19 or has been in close contact with somebody who has contracted COVID-19 are not to attend our classes under any circumstances.

2. Athletes must arrive in a clean and washed training kit and must not get changed upon arrival , they must arrive in their full training kit . Outdoor shoes only until inside building when Cheer shoes will be changed into at our “ Shoe Change station “

2. Athletes **MUST** wear cheer shoes or appropriate indoor trainers from this point .

Athletes will not be permitted to train without appropriate footwear . No socks . No bare feet

3. Athletes will be temperature checked with a distanced thermometer via the forehead those with a temperature of 37.8c or high will not be permitted into classes.

4. Athletes will be given hand sanitiser before and after their classes alongside after toilet breaks

5. Social distancing will be present throughout classes until we are given the green light from Sportcheer UK and the government that it is safe to have contact this will be in stages (see risk assessment)

6. All equipment will be sanitised and cleaned at the beginning and end of each class and throughout if needed to do so .
7. Cheer-bubbles will not cross over with other classes or bubbles and will train once a week to reduce risk
8. Coaches will social distance at all times . No hands-on spotting what so ever.
9. Face masks do not need to be worn during training sessions as sessions are socially distanced throughout
10. A One way system will be in place . No adults are permitted inside Wesley halls at any point
11. First aid will be administered if necessary . First aid will wear PPE Equipment including disposable masks and gloves .
12. Fire doors / windows and ventilation will be in place to promote fresh air flow
13. Alongside regular cleaning . Deep cleaning will take place of all equipment
14. No other hirers / general public will come into contact / use our equipment . All equipment only used by CLA Athletes and staff .
15. CLA athletes will not be stunting until the gp ahead as given from our governing body to do so
16. Clear and precise registers will be kept throughout
17. All staff will have COVID SAFE qualification and are confident in implementing rules and guidelines in a fun and positive environment
18. We will now enforce a drop and go policy . No adults are permitted within our Wesley halls venue unless you are participating in a class . Pick up from the outside garden area only. No waiting around in groups and please adhere to all social distancing rules and regulations

** Parents and guardians must remember that there can never be a risk free Cheerleading and any part of cheerleading activity will come with inherent COVID-19 risks until there is a proven vaccine or treatment and a significant reduction of the disease in the population.

PLEASE INFORM Club COVID-19 OFFICER SOPHIE BASTOCK IF ANY INDIVIDUAL IS FOUND TO BE POSITIVE IMMEDIATELY

IF YOU ANSWER YES TO ANY OF THE QUESTIONS BELOW YOU MUST CONTACT SOPHIE BASTOCK IMMEDIATELY :

- Have you been in contact with anyone with or suspected of having COVID-19 in the last 48 hours? •
- Has anyone in your household had COVID-19 symptoms in the last 2 weeks?
- Have you been advised to self-isolate due to an infection within another setting, such as school?
- Do you have a new persistent cough?
- Have you had any loss of taste or smell?

Do you have any underlying health conditions that would put you at further risk should you contract COVID-19?

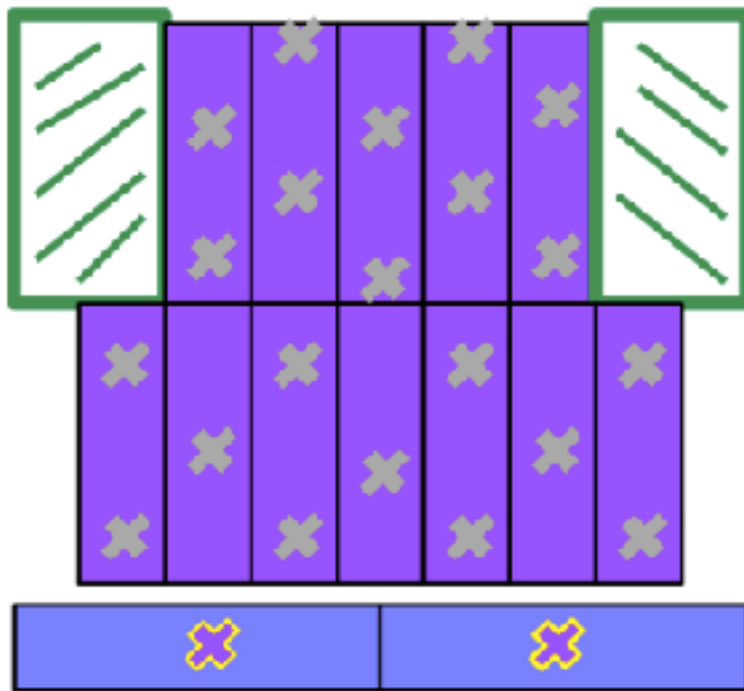
- Cardiovascular problems
- High blood pressure
- Diabetes
- Chronic kidney or liver disease
- Compromised immunity diseases
- Obesity (BMI 40+)

Class bubbles and Floor space for social distancing | CHEERLEADING

Cheer London Allstarz will be returning at Level D on the Sport Cheer England Road map

- Indoor group training
- Socially distanced
- No crossing over between athlete bubbles
- 1 athlete per 6'x14' traditional matted area for Cheerleading
- Staggered Horizontal lines of athletes
- Safe training environment
- Up to 21 Athletes maximum per session due to our maximum floor space & 1- 4 Coaches / assistants on additional flooring

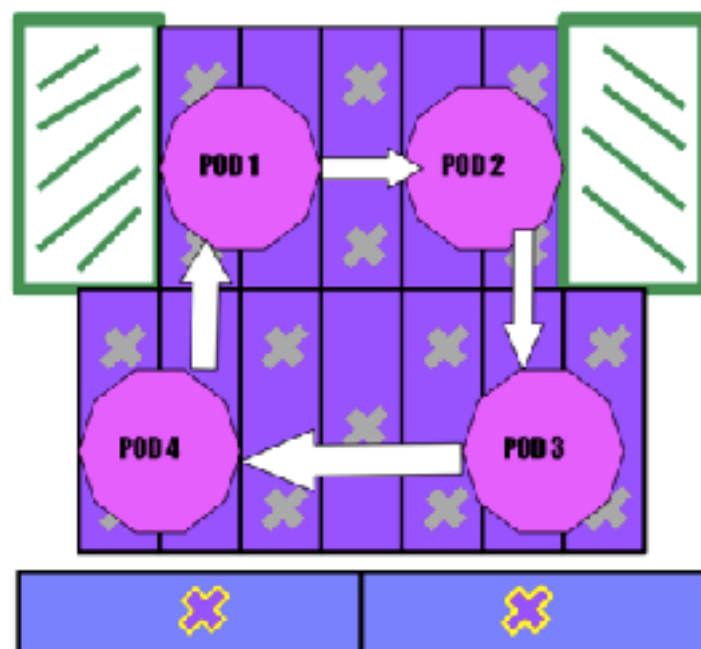
See Floor layout below :



Class bubbles and Floor space for social distanced and Hygienic | TUMBLING

- Socially distanced warm ups / basics / conditioning and drills
- 4 station pods (children socially distanced)
- Each pods Equipment wiped down after each groups use (Individual sanitiser for each station)
- Hand sanitiser used throughout
- Same cheer bubble also tumble together
- They will be the only group to use the equipment that day (Tumble groups switch every other week)
- Tumble classes once every two weeks

See Floor layout below for Tumbling drill pods :



Arriving and leaving our classes | One way system

Please see the full instructional video on our youtube channel and socials released on Friday 11th September .

Please wait in a socially distanced line for your coach Sophie to collect you for your class
Parents are only allowed in the drop off and pick up zone and are not allowed access to the building .

Follow signage for further instruction

A 2 meter Social distancing rule is enforced throughout our venue and during classes .

