

CMSAUK LTD

Guidance for running COVID-19 safe Fitness sessions

A SIGNED COPY OF THIS FORM MUST BE RETURNED TO: Chantel/Marc Hayeem BEFORE ATTENDING A SESSION.

U18's must have the paperwork signed by an adult after this document has been fully explained your child.

The following guidance has been compiled using the current Government guidelines and designed to minimise risks to students, fitness teachers, the public and parents: -

- Groups will be set up in accordance with the latest UK government guidance. The number of students will be tightly monitored to adhere to social distancing and to the hall's government guidelines ensuring safe capacity.
- Students and Instructors should wash their hands with soap and water for at least 20 seconds before leaving home and again when they return. Please can each student bring their personal hand sanitizer to the session. Sanitizers will be available on sight but using their own will be beneficial to the child in case of any allergies.
- Students and Instructors should sanitize equipment thoroughly before bringing them to session and when they return home.
- It is likely there will be NO access to toilet facilities or changing rooms at any venue, even if there is access to toilets, we strongly advise students to use the toilet before leaving home and arrive in appropriate clothing ready to workout. Hair must be tied back. Equipment sharing is not permitted for everyone's safety.
- Parents should remain in their cars when dropping off students. Instructors will direct them to their designated area which will be clearly marked to ensure that social distancing can be observed.
- Students consent to having their temperature taken before entering the area via a thermo-scanner and have their temperature, date, time and contact details recorded for NHS Test and Trace purposes. This information will be held for no more than 21 days. This reflects the incubation period for COVID-19 (which can be up to 14 days) and an additional 7 days to allow time for testing and tracing. After 21 days, this information will be disposed of or deleted. More information on this is available at <https://www.gov.uk/guidance/maintaining-records-of-staff-customers-and-visitors-to-support-nhs-test-and-trace-nhs-test-and-trace>
- Students are to remain 1mtr+ away from each other at ALL times during the session and there is to be no sharing of water bottles/ sweat towels or equipment.
- Students to arrive on time and ready. Do not arrive too early or late. Students must also be picked up on time as we need to follow the halls COVID-19 guidelines and avoid any unnecessary risk with congregation.
- Students to leave the area IMMEDIATELY once the session is finished and you have been dismissed by the Instructor.
- The number of Students will be tightly monitored to adhere to social distancing to the hall capacity. Once MAX student capacity is reached the class will be closed off and a waiting list will be in place.
- Regular breaks for wiping sweat from their face and arms will be in force. Please ensure the student brings their own personal SMALL sweat towel to the session.
- I will be UNABLE to correct the student by hand or maneuver, all alignment corrections will be instructed and corrected vocally.
- To clarify, Students to bring large filled water bottle, hand sanitizer, exercise mat, 1kg weights/more advanced 2kg weights if they have them. Please speak to instructor prior if you are unable to bring your own personal weights. I have enough for a group session but will need to be informed to bring. The less sharing of equipment the better.
- **If a student feels unwell or has any symptoms of COVID-19, or they have been in contact with anyone with symptoms, they should notify Chantel or Marc immediately to enable the club to Track and Trace. No one should attend training if they are at risk or could be a risk to others.**

Declaration: -

I have read and understood the guidance issued by CMSAUK LTD. Where I am not the student, I have discussed this with my child.

I confirm that I am happy for my child/ that I am happy (please delete where appropriate) to participate in class sessions run by CMSAUK LTD in accordance with the guidance above. **If you have any concerns, please speak to Chantel or Marc**

I confirm that neither myself, my child or anyone in the household is exhibiting symptoms of COVID-19 or has been in contact with anyone displaying symptoms prior to each session and that no-one in the household is currently shielding. **If so, CMSAUK LTD must be notified immediately with full details.**

Student name _____ Student contact telephone number _____

Emergency Contact and Tel no _____

Parent/Guardian Signature (if under 18) _____ (Signature) Date _____