

COVID-19 GUIDELINES

Holiday Club



This document has been based on guidance from Public Health England as well as the 'Protective Measures for Holiday Club or After School Clubs and other out of school settings for children.' - Published 29th September 2020.

These guidelines and guarantees will give you an update on the support we are providing throughout the Summer holidays at our clubs. This document states the procedures we will follow in all sports and arts and crafts activities to support social distancing, ensure equipment or sports gear are not shared between young people and keep 2m apart. These recommendations are based on the types of movement typically found on school grounds during PE, breaktimes, playtimes, lunchtimes, school sport, physical activity and incidental movement.

These guidelines are subject to change and will be continuously updated alongside the anticipated, newly released phases from the government.

Guidance area	Testlands Guarantee
<p>Equipment should not be shared</p> <ul style="list-style-type: none"> This means no sports kits 	<p>No sports kit will be lent to children during this time. All equipment used by children will be sanitised before and after use by the lead member of staff, ready for use again.</p>
<p>There will be a reduced amount of organised contact activities (including team training)</p> <ul style="list-style-type: none"> High risk activities or new skills beyond the young people's capabilities should be avoided e.g. gymnastics where support cannot be provided. Only sports with contact will be played based on each and every individual national governing bodies guidelines All contact will be kept to a minimal where possible 	<p>We will individualise activities as much as possible. Safety is paramount - if the child can do a skill safely and it is well within their ability we will allow this. We will discourage activities that are physically challenging which might require an adult intervention, physical support or could result in injury. All activities lead will be advised by each and every individual national governing body based on return to contact sport phases.</p>
<p>As such, providers should seek to maintain small, consistent groups of no more than 15 children and at least one staff member.</p>	<p>Social distancing will be encouraged regularly, where possible we will have areas set up for activities with appropriate space. Fixed playground equipment will be available to use and will be cleaned/wiped down between each bubble usage where applicable e.g. slides/climbing apparatus. Our bubbles will be chosen based on the bubble selection policy to ensure minimal mixing.</p>
<p>Activities</p> <ul style="list-style-type: none"> Fixed playground equipment may be used with adequate wiping and cleaning processes Outside fields, playgrounds, courts, and artificial grass will be used as much as possible. Indoor spaces will may be used if the correct ventilation is in place. Equipment may be shared across children and bubbles following the correct cleaning processes 	<p>All equipment that is used will be wiped down thoroughly with sanitiser before and after use. We will be recording all of the cleaning processes to ensure this is maintained. Children may share equipment between themselves and bubbles based on the adequate cleaning process have taken place.</p> <p>All outdoor spaces will be used as much as possible.</p> <p>Indoor spaces may be used based on having the correct ventilation process. All windows will need to be open and doors will also need to be open where possible.</p> <p>We will continue to minimise sharing of equipment where possible.</p>
<p>Robust hygiene measures, before and after Physical Education lessons or movement/physical activity breaks, will be in place.</p>	<p>Young people and adults will wash their hands with soap and water or hand sanitiser before and after activities. All equipment with a hard surface will be cleaned after use. Any soft equipment will be washed. Bins will be provided and adequately placed for any used wipes/tissues to be discarded immediately.</p>
<p>Sharing of drinks/whistles/bibs/bands etc. are not permitted.</p>	<p>We will ensure no whistles are used. Non-verbal cues or clapping signals will be used to gain attention where possible. All kit that can be 'tempting' to grab will not be used.</p>
<p>Unnecessary risks should be reduced:</p> <ul style="list-style-type: none"> Hair Baggy clothes 	<p>All staff will ensure hair is tied up where appropriate. No clothes that are loose and likely to have movement will be worn to ensure the minimal risk of contact to others or objects. We will also recommend the same guidelines are followed by all young people too.</p>
<p>Staffs actions will reduce risks:</p> <ul style="list-style-type: none"> Washing of hands Washing of objects touched Washing of clothes Intimate care Face coverings 	<p>All staff will wash their hands at the start and end of every lesson to ensure best practice hygiene is pursued. Any object that is touched by staff will be washed after use e.g. equipment, handles, doors etc. All staff will ensure that clothes are taken off once they arrive home, put into a bag, turned inside out into the washing machine and washed immediately. New clothes will then be worn the following day. Staff will be using PPE during the following situations: if a young person is in need of intimate care and when any first aid is needed. If a young person has a personal accident e.g. not reaching toilet. PPE equipment will then be placed straight into a santised bin as this will not be reusable. All staff will wear either a mask or a visor when in communal areas (these will not be worn whilst teaching).</p>
<p>Transitions and following social distancing</p> <ul style="list-style-type: none"> Class size Hand over of classes Walking to and from lessons 	<p>We will have specific designated drop off/collection point for each bubble at our bases. All parents will be expected to wait outside of this designated drop off/collection area. On arrival, the responsible adult will drop their young person to the designated drop off point and will then leave the site. The young people will then be taken straight to their base for the day. At dismissal, the same process will be carried out and parents/carers will be expected to wait in a social distanced order, we will then stagger the release times of the bubbles to reduce the risk of contact. We will dismiss one young person at a time to ensure the guidelines are followed. One way systems have been created when bubbles transition around outside space/building. All visitors will be expected to follow and maintain social distancing rules and wearing masks/visors.</p>

COVID-19 GUIDELINES

PE, Physical Activity and School Sport



This document has been based on Public Health England guidance as well as the 'Planning guide for primary schools reopening' -

Published 02 September 2020.

These guidelines and guarantees will give you an update on the support we are providing through the management of physical education, physical activity and school sport during the phased return to schools. This document states the procedures we will follow in physical education, physical activity and school sport to support social distancing, where equipment or sports gear cannot be shared between young people, and they must be 2m apart. These recommendations are based on the types of movement typically found on school grounds, during PE, breaktimes, playtimes, lunchtimes, school sport, physical activity and incidental movement.

There should be no pressure for staff to teach to 'a catch up' model. Schools should be confident that exceptions/adjustments can be made. This should then nurture a growth environment as the academic year rolls out.

Guidance area	Testlands Guarantee
<p>Equipment should not be shared</p> <ul style="list-style-type: none"> This means no sports kits 	<p>No sports kit will be lent to children during this time. All equipment used by children will be sanitised before and after use by the lead member of staff, ready for use again.</p>
<p>There will be a reduced amount of organised contact activities (including team training)</p> <ul style="list-style-type: none"> High risk activities or new skills beyond the young people's capabilities should be avoided e.g. gymnastics where support cannot be provided. Only sports with contact will be played based on each and every individual national governing bodies guidelines All contact will be kept to a minimal where possible 	<p>We will individualise activities as much as possible. Safety is paramount - if the child can do a skill safely and it is well within their ability we will allow this. We will discourage activities that are physically challenging which might require an adult intervention, physical support or could result in injury. All activities lead will be advised by each and every individual national governing body based on return to contact sport phases.</p>
<p>Activities</p> <ul style="list-style-type: none"> Fixed playground equipment may be used with adequate wiping and cleaning processes Outside fields, playgrounds, courts, and artificial grass will be used as much as possible. Indoor spaces will may be used if the correct ventilation is in place. Equipment may be shared across children and bubbles following the correct cleaning processes 	<p>All equipment that is used will be wiped down thoroughly with sanitiser before and after use. We will be recording all of the cleaning processes to ensure this is maintained. Children may share equipment between themselves and bubbles based on the adequate cleaning process have taken place.</p> <p>All outdoor spaces will be used as much as possible.</p> <p>Indoor spaces may be used based on having the correct ventilation process. All windows will need to be open and doors will also need to be open where possible.</p>
<p>Robust hygiene measures, before and after Physical Education lessons or movement/physical activity breaks, will be in place.</p>	<p>Young people and adults will wash their hands with soap and water for 20 seconds before and after activities. Each child will also use hand santiser on entry of sports arenas. All equipment with a hard surface will be cleaned after use. Any soft equipment will be washed. Bins will be will be provided and adequately placed for any used wipes/tissues to be put straight in.</p>
<p>Sharing of drinks/whistles/bibs/bands etc. are not permitted.</p>	<p>We will ensure no whistles are used. Non-verbal cues or clapping signals will be used to gain attention. All kit that can be 'tempting' to grab will not be used. Bibs/bands will not be used or shared.</p>
<p>Unnecessary risks should be reduced:</p> <ul style="list-style-type: none"> Hair Baggy clothes 	<p>All staff will ensure hair is tied up where appropriate. No clothes that are loose and likely to have movement will be worn to ensure the minimal risk of contact to others or objects. We will also recommend the same guidelines are followed by all young people too.</p>
<p>Staffs actions will reduce risks:</p> <ul style="list-style-type: none"> Washing of hands Washing of objects touched Washing of clothes Intimate care 	<p>All staff will wash their hands at the start and end of every lesson to ensure best practice hygiene is pursued. Any object that is touched by staff will be washed after use e.g. equipment, handles, doors etc. All staff will ensure that clothes are taken off once they arrive home, put into a bag, turned inside out into the washing machine and washed immediately. New clothes will then be worn the following day. Staff will be using PPE during the following situations: if a young person is in need of intimate care and when any first aid is needed. If a young person has a personal accident e.g. not reaching toilet. PPE equipment will then be placed straight into a santised bin as this will not be reusable.</p>
<p>Transitions</p> <ul style="list-style-type: none"> Class size Hand over of classes Walking to and from lessons 	<p>Class sizes will be maximum of 30 and must be from the same temporary class/group. The lead instructors will ensure that they are stood at the entrance to the direction they will be travelling and will not approach the teachers closer than 1m. Instructors will then be placed at the front and back (middle if applicable) to ensure that social distancing is kept between all children when transitioning through school from other classes/bubbles. Lead instructor will ensure if walking through school, the route is clear to travel. Instructors will use outside spaces as much as possible to travel.</p>