

Sport4Kids – Return to Work Policy

1. Introduction

1.1 At a time of a global crisis, it's easy to forget about the importance of sport and play for children. Sport is fundamental to kids, as being fit has a direct impact on your immune system, and this has become a key talking point. More so, sports play a part in children's mental health and wellbeing, resilience, and strength – all of which are vital factors in surviving in today's world.

1.2 We want to keep building confidence in children and contribute positively to a healthy society in both the short and long run.

1.3 Ongoing reports since the last of the UK lockdown has revealed how children are less likely to catch the virus. On the 8th May, reports established how Covid-19 isn't affecting the younger generation compared to the over-75s category. In fact, on the day, it was reported by BBC News that over 30,000 deaths in the UK were over the age of 75, with 3 deaths in the Under-15 category [due to weak immune systems]. It is therefore our duty to ensure we maintain our best practice to allow children the chance to continue as normal, but set new guidelines to allow for the safest way of doing so.

2. Policy Aims & Objectives

2.1 The aim of this policy is to inform our stakeholders, coaches, parents & children of the issues they need to consider to ensure a safer environment on behalf of the Company. Of paramount importance are the health, safety and hygiene implications of life after the Coronavirus, and this policy document endeavours to put in place procedures which control the risks and resources associated with Sport4Kids classes.

2.2 Planning for, and dealing with any risks associated with Sport4Kids classes are key to ensuring the safety of stakeholders, coaches, parents and children.

3. Hygiene

3.1 Hygiene is important, and not just for fighting Covid-19 or any pandemic that may be forthcoming in future years. Whilst the news on the Coronavirus outbreak can be deemed as alarming, it is also important to remember that more lives are lost due to influenza each year and on a daily basis. Medical journals report between 291,000 to 646,000 deaths globally due to flu with an average of 17,000 per year in the UK experienced between 2014 and 2019. For both Covid-19 and other strains of influenza, hygiene and healthy habits are essential to the wellbeing of all our children, parents and coaches.

3.2 There will also be a hand wash station available throughout the class, with PPE available for coaches to help with any first aid incidents

3.3 Doors will remain open [where applicable] during indoor classes, to minimise contact with surfaces and door handles.

3.4 2 metre guidelines set by the Government to be respected at all times [where applicable].

3.5 We know that for some of our younger children keeping 2-metres away from one another will occasionally be quite challenging. The S4K coaching team will be ready to help in these circumstances.

3.6 Staggered start and end times will be introduced during Sport4Kids classes to control movement and limit the footfall moving in the same direction at one given time.

3.7 There will be a hand wash station present at the door of each venue, and both parents and children will be required to wash hands for 20 seconds before entering and leaving the hall or pitch [coaches will be required to do this between classes too].

3.8 A hand wash station will be available throughout each class, with PPE available for coaches to help with any first aid incidents.

4. Games & Class Sizes

4.1 All popular S4K games and activities will be adapted so there is no chance of physical contact suggested by the coaching team.

4.2 All class sizes will be adapted to match the Government guidelines on class sizes in schools, and will also consider the age of children.

4.3 Equipment will be limited to each child, i.e. one ball stays with each child throughout the class. After each class, equipment will be cleaned by the S4K coaching team.

4.4 All S4K equipment will be subject to a deep clean before any given classes resume at the venue.

4.5 The much-loved High-Five with children and hand-shake with parents will no longer be part of Sport4Kids' greeting procedure, and instead changed to the S4K WI-FI – an 'air' high-five without contact.

4A. Tots (18 Months to 3 Years Old)

4A.1 8 kids max per bubble (with accompanying adult).

4A.2 Space friendly games that ensure parents aren't in contact with one-another.

4A.3 All classes will be Outdoors – if weather is an issue, children will be able to join their coach in a Zoom session.

4A.4 Parents need to bring their own pen to fill in their child's Practice@Home book.

4B. Kickers & Strikers (3-7 Year Olds)

4B.1 12 kids max per bubbles.

4B.2 Bibs for Strikers will not be worn as usual, to avoid contact with the face. Alternatively, bibs will be tucked into children's trousers or shorts.

4B.3 Parents will not be allowed to enter the area that the class is taking place. If a child needs their parent, the S4K coach will signpost the child to their parent.

4B.4 Parents need to bring their own pen to fill in their child's Practice@Home book

4B.5 All classes will be Outdoors – if weather is an issue, children will be able to join their coach in a Zoom session

4C. Academy (7+ Year Olds)

4C.1 Academy to operate in small bubble groups of up to 15. This will include ten children and one coach.

4C.2 No children will rotate from their bubble during a coaching session, remaining with the same children and coach throughout.

4C.3 Parents will be asked to respect social distancing guidelines, being kept apart using boxes/spots marked out by the coaching team on the day.

4C.4 Arrival and exit times will be staggered to avoid heavy footfall in one given space and one given time.

4C.5 Venue Managers will ensure bubbles are formulated prior to the class, to allow for a swift separation of children on arrival.

5. The S4K Coaches

5.1 Each member of the S4K Coaching Team will be required to complete online training in the safe return and new safety guidelines for coaching S4K classes.

5.2 Coaches have all been briefed to continually monitor their health and identify any cold, flu or other symptoms that have been reported and may be viral, and remain in regular contact with the Regional Director of their respective area to ensure work is only carried out if a coach is showing zero signs cold, influenza or Covid-19.

5.3 Any coach who has shown any signs or symptoms will be asked to self-quarantine for seven days and attend a COVID-19 test.

5.4 Any coach who has an individual at home self-isolating, or showing signs of influenza or Covid-19 will be asked to self-isolate for 14 days.

5.5 The much-loved High-Five with children and hand-shake with parents will no longer be part of Sport4Kids' greeting procedure, and instead changed to the S4K WI-FI – an 'air' high-five without contact.

6. Parents

6.1 Sign a consent form on arrival that states that they haven't had any COVID-19 symptoms for the last 14 days, and grant the coaching team permission to send them home should they show any signs or symptoms.

6.2 Parents must wash their hands at arrival, and ensure their child does the same [as referenced in item 3.7].

6.3 Parents must only sit or stand to observe classes on the marked areas, which will be organised by coaches before sessions take place.

6.4 Parents will be required to follow one-way systems when dropping off children, and then watching from designated areas

6.5 Parents will liaise with coaches in regards to filling in their child's Practice@Home books.

7. Children

7.1 Children must wash their hands for 20 seconds upon class arrival, and again after any restroom break, or break that required exit from the hall or pitch.

7.2 Children will be advised to respect new one-way systems being operated at venues.

7.3 Children to avoid contact with adults, and children where possible, though we understand that the latter will be difficult.

8. Return to Indoors

8.1 All of the above guidelines (where applicable) will apply once classes return indoors, with additional guidance set out below:

8.2 Parents/guardians will be asked to wear face masks when attending indoor S4K classes for the duration of the session. Any adult with a medical condition that means they cannot wear a mask, must inform the S4K coaching team on arrival

8.3 A separate entrance and exit door will be used for families before and after the class. Where this is not possible and only one door is available for both entry and exit, a staggered entry and exit time will be in place to allow families to leave the sports hall before the next class enters. Families waiting to enter the sports hall before their class will have socially distanced marker cones to help with waiting distances

8.4 Families should arrive at the start time of the class and not any earlier so that there is no, or minimal, waiting before classes start

8.5 Where toilets are available, only one family will be able to use the facilities at any one time

8.6 If there is a curtain in the hall that divides the hall in half, this will NOT be used. This ensures children do not touch or 'hide' in the curtain during the class

8.7 Any benches will be removed/stacked and replaced with socially distanced rubber spots (as for outdoor classes) or individual chairs (where available)