



NM Jets Cheer and Dance Programme

Norbury Manor Business and Enterprise College for Girls
Kensington Avenue
Croydon
CR7 8BT

jets@nmjets.org.uk
020 86790062
nmjets.org.uk

ONLINE HOME TRAINING POLICY

As we move to online home training for the present time, it is necessary to update our policy to protect both our athletes and coaches. Can you please read the information below and sign the [waiver agreement](#).

1. Any task set by a coach is completely voluntary; if you feel your child is unable to complete them (for whatever reason) that is absolutely fine.
2. All physical tasks will be set with the individual athletes' needs in mind, often differentiated so that younger, relatively inexperienced athletes will do less than older athletes with more experience. Please feel free to add your own restrictions based on your child and the environment in which they are completing the tasks.
3. All Facebook and YouTube groups are private and only the athletes, parents, coaches and NM Jets staff will have access.
4. All video or photo responses to tasks should be posted publicly in the comments section of the task set. Under no circumstances should anything be sent privately to coaches.
5. Coaches will never send anything to athletes via private message; everything will be visible to the members of the Facebook group.
6. All videos/photographs should follow these guidelines:
 - a. All athletes and coaches must be dressed in appropriate clothing;
 - b. Wherever possible the video/photograph should take place in a communal area such as a living room;
 - c. The door should remain open and if at all possible an adult should be present;
 - d. Appropriate language and behaviour should be used, as it is at training;
 - e. There will be no 1-2-1 training via live video - this is to protect all involved;
 - f. The sessions will take place through either YouTube or Facebook and access should only be granted to current members and parents of the NM Jets Cheer and Dance Programme, staff and coaches.
7. Athletes will be unable to participate without parents'/carers' permission given via the [waiver form](#).
8. Any concerns from coaches, athletes or parents should follow the usual safeguarding policy guidelines.
9. It is the responsibility of the individual athlete and their parents/carers to provide a safe environment for any physical tasks.