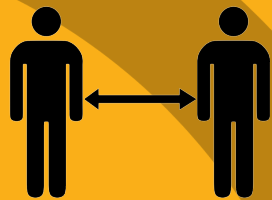


IMPORTANT: SOCIAL DISTANCING

PARTICIPANTS

- PLEASE ARRIVE IN TRAINING KIT - CHANGING ROOMS & LOCKERS WILL BE CLOSED
- TRAINING-SPECIFIC CONTACT ONLY - NO HUGS OR HIGH FIVES, ETC.
- LEAVE BAGS AT HOME
- LABEL WATER BOTTLES - THESE WILL BE SAFELY POSITIONED DURING TRAINING
- TAKE ALL BELONGINGS HOME WITH YOU
- IF YOU FEEL UNWELL; LIVE WITH SOMEONE WHO HAS COVID-19 SYMPTOMS; OR HAVE AN UNDERLYING HEALTH CONDITION DO NOT COME TO TRAINING



PICK-UPS AND DROP-OFFS

- DROP OFF & PICK UP IN CAR PARK OR OUTSIDE GATES
- PARENTS: PLEASE REMAIN IN CARS
- PARTICIPANTS: ENTER TRAINING FACILITIES INDIVIDUALLY AND 1M+ APART



HEALTH SURVEY & CONTACT TRACING

- SCAN THE QR CODE (BOTTOM RIGHT) IF YOU HAVE THE NHS APP
- TEMPERATURE, ATTENDANCE REGISTER & HEALTH SURVEY WILL BE TAKEN ON ENTRY
- PARTICIPANTS WITH SYMPTOMS OR LIVING WITH THOSE WITH SYMPTOMS WILL BE SENT HOME
- IF ANY STAFF MEMBER OR PARTICIPANT TESTS POSITIVE FOR COVID-19 WE WILL FOLLOW THE GUIDELINES - THIS MEANS CLOSING FOR A MINIMUM OF 48 HOURS, TRACING CONTACTS & INFORMING PERSONS WHO HAVE ATTENDED THE VENUE



COVID-19: NM JETS CHEER AND DANCE GUIDELINES

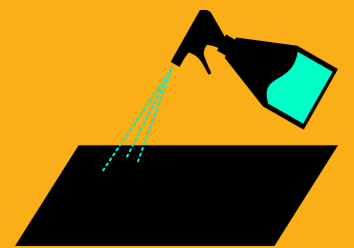
TRAINING

- COACHES WILL WEAR FACE MASKS
- COACHES AND STAFF WILL MAINTAIN SOCIAL DISTANCING BETWEEN THEMSELVES & OTHERS
- NO PHYSICAL CONTACT ALLOWED BETWEEN COACHES & PARTICIPANTS
- COACHES WILL AMEND WHITEBOARD USAGE TO AVOID GATHERINGS
- COACHES WILL AVOID SHARING EQUIPMENT WHEREVER POSSIBLE AND SANITISE EQUIPMENT AFTER USE
- LIMITED STUNTING, LIFTS AND PARTNER WORK
- LIMITED EQUIPMENT WILL BE USED - NO PROPS, POMS, ETC.



CLEANING

- DEEP CLEANING CARRIED OUT DAILY
- HAND SANITISER ADMINISTERED ON ENTRY & EXIT
- SURFACES CLEANED & SANITISED AFTER EACH SESSION
- SHOES WILL BE SPRAYED WITH ALCOHOL UPON ENTRY
- SANITISING & CLEANING EQUIPMENT AVAILABLE IN ALL AREAS
- PARTICIPANTS WILL BE ASKED TO WIPE DOWN ALL AREAS THEY HAVE TOUCHED



SOCIAL DISTANCING

- NUMBERS WILL BE LIMITED
- SOCIAL DISTANCING OF 1M+
- AREAS WILL BE MARKED TO ENSURE SOCIAL DISTANCING INCLUDING ROUTES TO TOILETS, SHARED SPACES & EXITS
- NO CONGREGATING BY PARTICIPANTS, COACHES, PARENTS OR STAFF IN ANY AREAS INCLUDING CORRIDORS, RECEPTION AREA OR OUTSIDE FACILITIES



NM Jets Cheer & Dance Programme
Northury Manor Business & Enterprise College for Girls, Kennington Avenue, CK1 8ET

DOWNLOAD THE
NHS COVID-19 APP

