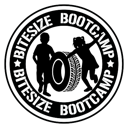
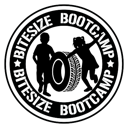
**C0VID-19 Policy (September 2022)**

During the current COVID-19 Pandemic Crisis, we endeavour to offer our participants, schools and parents as much reassurance, guidance and updates as possible as to how we are approaching this new phase, and what procedures we are putting in place to keep everyone safe.

We are constantly updating policies, protocol and practices to be in line with the government guidance updates. please do check back regularly.

We are committed to keeping everyone safe and well during these unprecedented circumstance as well as being able to run our sessions as effectively and safely as possible.

What measures have you put in place to protect the children and our staff in our clubs?

The health and safety of our team, and our bootcampers, is our highest priority during this difficult time. To safeguard those who work in, and are educated in, our sessions, we have put in place a number of new procedures.

**These include:**

* Increased cleaning and hand washing routines
* Social distancing measures at drop off and pick up
* One-way systems throughout our venues.
* No unscheduled visitors on to site.
* Antibacterial Spray and Wipes for all equipment to be cleaned down after use
* Minimised use of exercise equipment with the hope of a gradual introduction of full equipment when guidelines allow, with adults bringing their own equipment for Bootcamp.
* PPE requirements for our staff at certain parts of the day (food prep times)
* Spaced out stations for bootcamp and activities to encourage the need for social distancing and appropriate sharing of equipment in bubbles with clean downs before and after use.
* Smaller group sizes for 14 yr old + classes.

**Bitesize Bootcamp Holiday Club and Sessions S.O.P**

**PICK UP AND DROP OFF**   
  
• Only one parent per family to drop off or pick up, Parent must wait in the designated area and must not enter the school.  
• We ask that you use the one way system when entering and exiting our schools.  
• Handover will be at the schools designated area (clearly signed for ease) and we ask that parents do not come into the hall or school.  
• If you wish to speak to t a staff member for a longer discussion please arrange a  
suitable time to have a call or video chat.  
• Children will be collected from the drop off door and taken to the hall.  
• Please keep to social distance guidelines outside the nursery.  
• Any child or staff with a temperature of 37.8 or over will not be allowed to attend  
HC and will have to follow quarantine guidelines.

* Please bring your own lunch bag and bottle clearly labelled and full

(there is no water refill stations at the moment)

**OUR SESSION ROUTINE:**

* Please note that under the guidelines, we are operating as our own bubble for holiday club, children will be grouped at times in age appropriate groups for eating , certain activities and games at HC.
* We will increase the distance between tables, activities and indoor play areas  
  where possible at HC
* For individual school sessions we will work closely with the school to run sessions in line with their bubbling system.  
  • Children will not be allowed to bring in toys or equipment from home.  
  • A Bodyweight focused programme will be implemented for entering back into schools

• All indoor equipment will be cleaned, sanitized and wiped down after use.

* All outdoor equipment is being cleaned and sprayed regularly before and after use.
* Children will be regularly washing / sanitising hands after each activity, meal, break- basically wherever possible throughout the day or session. There are both indoor and outdoor washing stations at our schools
* We have our own cleaning packs and sanitizer if there in none on site.
* Children will be reminded to maintain social distance where possible both in and out of all planned activities.  
    
  **LIMITING CONTACT**  
    
  • We will implement a safe child to staff ratio depending on the ages and number of the children booked each day.   
  • Staff will be allocated a specific group each day and will support throughout the day with activities and duties.  
  • Other than maintenance or health and safety visits, we will stop all unnecessary and unauthorised visitors into the premises (inside and outside).  
  • Children will continue to access our outdoor space with outdoor equipment being sprayed and cleaned regularly.  
    
  **PROTECTING OUR BOOTCAMPERS AND STAFF**
* If yourself, a family member or your child is feeling unwell please do not attend our club or sessions and let us know ASAP of your symptoms.  
  • If any child registers a temperature over 37.8 during the day, has a  
  persistent cough or reports losing their sense of taste or smell, we will ask the   
  parents to collect the child and follow quarantine guidelines.  
  • There is dedicated isolation room ( Sick Bay in the school Office) for any child who shows symptoms until the parents can come to collect.  
  • Children and staff members attending a childcare setting are eligible for  
  testing and they should be tested ASAP if they display symptoms.  
  • Where we have a confirmed case of Coronavirus all children and staff in  
  that bubble will have to self-isolate for 14 days or until a negative test  
  result is returned.  
  • We will provide masks and other PPE for our staff in line with guidance but this will not be mandatory upon staff when interacting with the children.  
  • We conduct all meetings and training sessions virtually to keep staff members updated both pre, during and post Bitesize Clubs or Sessions  
    
  **KEEPING CLEAN!**

• We will continue with our increased hand-washing activities including  
on arrival and throughout the day.  
• We will continue with our enhanced cleaning and sterilising routines.  
• We will continue to help our children understand these changes  
though our learning experiences and ongoing conversations with staff members.  
• Our staff are being asked where possible to bring a change of clothes for arrival and departure of the site.  
• Waste (tissues, PPE, cleaning cloths, etc) produced when looking after a child with symptoms will go in two bin bags and be stored in a suitable and  secure place for 72 hours before going in the main bin.

02/02/2022- Update:

As we continue to be mindful and implement practices to help stop the spread of covid 19 we are taking guidance from the government on protocols and helping everyone keep and feel safe.

Please keep an eye on our website and social medias for daily updates during holiday club. If you have any questions or concerns please contact: [ruth@bitesize-bootcamp.com](mailto:ruth@bitesize-bootcamp.com)

Ruth McShane

Director and Chief Exercise Officer