**Our Bootcampers are at the heart of everything we do.**

We understand this is a stressful and worrying time for everyone so we hope that our message can help reassure you that we are working hard to be cleaner and extra safe throughout this difficult time. We will of course be following the recommendations of the UK government, local school authorities and our schools themselves, to ensure that we are delivering best practice.

Our policies have been updated to include COVID-19, which is in place with immediate effect. We would also like to keep you all up to date in brief!

**What we are doing:**

* Working closely with headteachers and teachers to prepare for any school closures (you can’t get out of keeping active and having fun with us that easily!).
* Working closely with our schools, gyms and centres to ensure sessions, clubs and camps continue to run as safely as possible.
* Continuous monitoring of the government and NHS guidance surrounding COVID-19.
* BSBC staff are aware of our updated procedures and will follow these in each venue.
* BSBC staff have been provided with products to clean the equipment along with hypoallergenic, biodegradable wipes for all our bootcampers to use after class.
* All our venues have hand sanitizer, wipes and bathrooms with hand wash/gel that both staff and bootcampers have access to at all times.
* We will continue to remind bootcampers of the importance of washing hands and keeping clean.

**What we ask of you:**

* Please follow the guidelines given by Public Health England concerning prevention, symptoms and follow up actions if you contract the virus or show any signs of its symptoms.
* If you or your child/children is showing any signs of the COVID-19 virus, please do not come to our sessions.
* If you know anyone that has the virus or has come into close contact with the virus, please stay away from our sessions.
* Wash, clean sanitize any equipment you use but also your own / child’s hands before and after sessions.
* Remind your children to keep clean and protect themselves.

We are a small business; we rely on the amazing support of our customers and we do hope that you continue to support us and other small, independent businesses throughout this time. Any sessions affected by the virus or school closures will be credited back to all customers.

We recognise that there is a level of uncertainty as to when ‘normal’ practice will resume after a closure but we will be running for as long as possible as long as it is safe to do so. If there are no closures, we will continue to keep in place these enhanced safety procedures at all times. Please continue to keep moving, keep active and keep healthy with Bitesize as long as you can or if you have to, at home.

Please keep checking our email correspondence to you as we are looking forward to sending you all some fun at home workouts and challenges for you and all the family!

***Keep safe and keep in touch!***