

Return to Play Strategy: September 14, 2020

Stage 3: 17-24 September - Calypso & Chaos Training

Calypso athletes will train 5:45-7:15pm on Thursday, 17 and 24 September

Coaches: Emma Ireland, Zoe Morris

Chaos athletes will train 7:30-9pm on Thursday, 17 and 24 September

Coaches: Marie Jenkinson, Steph Doherty

Horizon athletes will train 6-8pm on Sunday, 20 and 27 September

Coaches: Marie Jenkinson, Ciara Haughton

Test Training Key Aims:

- Time cleaning protocols
- Reinforce entry and exit protocol
- Practise adapted training plans
- Review training plans and gain feedback between coaches and TSG
- Create a “return to the gym” video for younger athletes showing the gym and protocols from exiting car to leaving training.

Return to FULL Training Times:

- If cleaning and distancing protocols can be met, return to FULL training times at the start of NOVEMBER 2020.
- Athletes will need to be up to date with payments, training kit and cheer shoes.



Return to Play Strategy: September 14, 2020

Planned Procedures, Risk Assessments and Tools

48-24 Hours Before a Return to the Gym:

All athletes **MUST** be registered via Class4Kids no less than 24 hours prior to attending.

All athletes/responsible adults must complete an Athlete COVID-19 Self Screen Questionnaire and Home/Gym Agreement available on the Members Area page of www.uamanchester.com This link will also be shared on parent WhatsApp groups.

Athletes and Coaches who have **NOT** submitted a questionnaire and Home/Gym Agreement before their first session back will **NOT** be permitted to enter the gym.

Athlete COVID-19 Self Screen Questionnaire

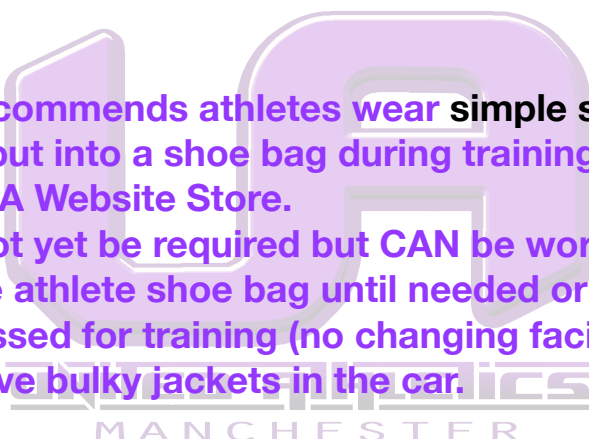
<https://form.jotform.com/202034731622342>

15 Minutes Prior to a Session:

- Coaches will clean high-touch areas and check the gym for obstacles or issues that will interfere with social distancing and safe training in the gym

At the Start of Each Session:

- **COACH 1** will be stationed at the entrance, reminding athletes to socially distance and stay safe in the car park, **PLEASE STAY AT YOUR CAR UNTIL A COACH COLLECTS OR ASKS ATHLETE TO COME TO THE DOOR.**
- A coach will take **YOUR ATHLETE'S** temperature before they enter (Under 37.0 C)
- Parents must not leave the carpark until the athlete has passed the temperature test and been admitted to the gym
- **COACH 1** will give verbal instructions for athletes to remove shoes, place them in their bag, sanitise their hands and go to their spot on the floor to put cheer shoes on.
- **United Athletics** recommends athletes wear simple slip on shoes like slides that can be put into a shoe bag during training. Shoe Bags can be ordered from the UA Website Store.
- Cheer shoes will not yet be required but **CAN** be worn for training. They must be kept in the athlete shoe bag until needed or put on and kept on.
- Athletes arrive dressed for training (no changing facilities will be available). When possible, leave bulky jackets in the car.



Return to Play Strategy: September 14, 2020

During the Session:

- Athletes will be reminded to perform tasks using Social Distancing and hygiene
- Drink breaks will be scheduled- splitting the group so that not all athletes are together at their bags
- Repeat hand sanitising prior to return to the floor and before and after use of equipment.

5 Minutes Prior to End of Session:

- Athletes will be reminded to wait to be called to leave the floor and collect their things
- COACH 1 will be stationed at the exit, reminding athletes to socially distance and stay safe in the car park, with one athlete leaving at a time when a parent is visible near their vehicle
- COACH 2 will begin cleaning high contact areas in the training area, moving towards the front of the gym
- COACHES WILL COMPLETE A TASK CHECKLIST to clean and reset the space for the next session

At the END of Each Training Day:

- COACH 1 and COACH 2 will follow agreed upon TASK CHECKLIST from TSG prior to leaving the building at the end of a training day. TSG will also be conducting scheduled deep cleaning throughout the week.

**Continue to Information on a
Confirmed Case AFTER a
Training Date**

Return to Play Strategy: September 14, 2020

Confirmed Case AFTER a Training Day:

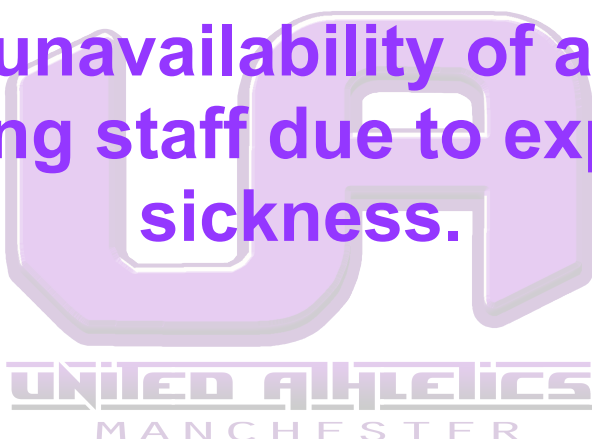
- A 'contact' is a person who has been close to someone who has tested positive for COVID-19 anytime from 2 days before the person was symptomatic up to 10 days from onset of symptoms (this is when they are infectious to others). For example, a contact can be:
 - a person who has had face-to-face contact (within one metre), with someone who has tested positive for COVID-19, including:
 - being coughed on having a face-to-face conversation within one metre
 - having skin-to-skin physical contact, or
 - contact within one metre for one minute or longer without face-to-face contact
 - a person who has been within 2 metres of someone who has tested positive for COVID-19 for more than 15 minutes
 - a person who has travelled in a small vehicle with someone who has tested positive for COVID-19 or in a large vehicle or plane near someone who has tested positive for COVID-19

Contacts of a person who has tested positive for COVID-19 need to self-isolate at home because they are at risk of developing symptoms themselves in the next 14 days and could spread the virus to others before the symptoms begin

If you are a contact of someone who has tested positive for COVID-19, then you will be notified by the NHS Test and Trace service via text message, email or phone. If you are notified, please follow the guidance in this document closely.

If you have not been notified that you are a contact, this means you do not need to self-isolate and should follow the general guidance, for example, social distancing, hand-washing, and covering coughs and sneezes.

UA may cancel specific team training due to confirmed cases and/or last minute unavailability of adequate coaching staff due to exposure/sickness.



Return to Play Strategy: September 14, 2020

United Athletics will Provide:

- **Branded Masks for each Coach (Coach may choose to wear their own mask) to be worn when in proximity of less than 2 meters of athletes and staff**
- **Hand Sanitiser for athletes and Coaches**
- **Sanitising wipes for hands**
- **PPE Visors for First Aid Use**
- **Gloves for First Aid Use**
- **Gloves for Cleaning**
- **Disposable Chemical Ice Packs for emergency use**
- **Any agreed upon essential equipment**
- **Full Cheer-Specific Risk Assessment as recommended by SCUK, to be reviewed as situations and training style changes. Risk Assessment is available upon request at uamanchestercheer@gmail.com.**

Coaches Will

- **Be on time in order to ensure a safe environment for athletes**
- **Follow guidance, protocols and best practise when coaching and cleaning**
- **Notify United Athletics and TSG when supplies are low or equipment is not working**
- **Only use the surfaces, equipment, and training styles agreed upon with TSG, covered under the SportCheer England Return to Play plan and the United Athletics Risk Assessment**



Return to Play Strategy: September 14, 2020

TRAINING AND MEMBERSHIP FEES:

- **1 OCTOBER 2020 - PLEASE ARRANGE TO PAY MONTHLY TRAINING FEES FROM THIS DATE**
- **Membership fees 1 and 2 must be paid as per dates listed on the United Athletics Website**

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