

Return to Play Strategy: August 24, 2020

We would like to have a staged return to the gym to ensure we are able to adhere to protocols and adapt where necessary.

Stage 1: 10 September - Test Training

Coaches and Junior Coaches will train in the gym from 7-8:30pm on Thursday 10 September, 2020. During this 1.5 hour session, protocols for entering the facility, storage of personal belongings, social distanced training strategies and post-session cleaning will be tested and performed.

Stage 2: 13 September - Horizon Training: Coaches: Marie Jenkinson, Steph Doherty

Horizon athletes will train 6-8pm on Sunday, 13 September with protocols in place.

Stage 3: 17 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

Stage 4: 1 October - Mania, Hades, Calypso & Chaos Training

Mania athletes will train 4:15-4:45pm on Thursday, 1 October
Coaches: Demi Duffy, Ciara Haughton

Hades athletes will train 5-5:45pm on Thursday, 1 October
Coaches: Demi Duffy, Ciara Haughton

Calypso athletes will train 6:00-7:15pm on Thursday, 1 October
Coaches: Emma Ireland, Zoe Morris

Chaos athletes will train 7:30-9pm on Thursday, 1 October
Coaches: Marie Jenkinson, Steph Doherty

Horizon athletes will train 6-8pm on Sunday, 4 October
Coaches: Marie Jenkinson, Steph Doherty

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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.**



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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 and take each 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 2 will be stationed inside the gym and 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
 - 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.
 - Athletes arrive dressed for training (no changing facilities will be available). When possible, leave bulky jackets in the car.

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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 baskets
- Repeat hand sanitising prior to return to the floor

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.



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United Athletics will Provide:

- **Branded Masks for each Coach (Coach may choose to wear their own mask)**
- **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**



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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**

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