



**COVID
SECURE
DOCUMENTS**

www.easteliteallstars.com

KEEPING EAST ELITE HQ SAFE

Drop Off + Pick Ups



- Please arrive on time for your session.
- Please drop off and collect from outside of HQ.
- Parents please remain in cars.
- Staggered start and finish times will be implemented.
- Separate entry and exit doors will be in operation.
- Maintain social distancing outside of HQ using the floor markings.
- East Elite staff member will be there to greet you near the entrance.

Health Survey + Contact Tracing

- When your bubble is confirmed you will be sent a Health Survey which you **MUST** complete before attending your session each week. If the form is not completed you will not be allowed to enter.
- Attendance + temperature will be taken outside the entrance for contact tracing purposes. Anyone with Covid-19 symptoms, or living with anyone with Covid-19 will be sent home.
- If any attendee or staff member has a positive Covid-19 result we will follow all health guidelines.
- If you are new to East Elite then details of how you can sign up to our members database "Coacha" can be found within the season pack. Existing members, please log in to Coacha to ensure that your details are all up to date and correct. This is essential for us to comply with the Track and Trace programme.



Cleaning



- A deep clean will be carried out daily.
- Hand sanitizer will be administered on entry and at the end of classes. This will also be encouraged during classes.
- All commonly used areas, surfaces, handles and touch points will be cleaned after each class
- Practice times will be changed to allow for cleaning in between classes.
- Any equipment used will be wiped down after each use between athletes.

Social Distancing

- Numbers in classes will be limited.
- Practice times will be changed to allow for change over and cleaning.
- We will maintain social distancing at all times within the venue.
- Floors will be marked to maintain social distancing during classes and in common areas such as toilets.
- There will be no congregating allowed by athletes, coaches, parents or staff inside or outside HQ.



Athletes

- Please refrain from bringing unnecessary belongings into the gym. Only cheer shoes and a bottle of water are required. Please come dressed ready for training.
- Bags should be left at home where possible.
- Please name water bottles. These will be safely positioned during practice to avoid accidental sharing.
- Water will not be available from coaches so please ensure you arrive with a drink.
- Please take all belongings at the end of your training session.
- No contact is allowed with anyone during training. (no hugs, handshakes or high fives).
- If unwell or living with someone who is unwell, please remain at home.
- If you have an underlying health condition, you should not come to training.
- No food to be brought in or consumed in the gym!

Training

- Coaches will ensure they maintain appropriate social distance from other coaches, athletes and staff.
- Coaches will ensure they have no physical contact with athletes.
- Coaches will sanitise equipment after use.
- No stunting or spotting will be allowed.
- Limited equipment will be used.
- Training will be in bubbles of 20 plus adequate staff members. There will be no crossing over between athlete "bubbles".
- Masks are not mandatory for athletes however coaches will be wearing masks.



If you have any questions regarding this document, please email easteliteallstars@hotmail.co.uk



East Elite COVID-19 Screening Questions

Athletes/Parents/Guardians of those under 18, will be asked to fill out an online Health Survey, which will be sent each week before training. Please complete this on the day of your training session to ensure it is as up to date and accurate as possible. If the form has not been completed then you will not be allowed to enter the gym. The following questions will be asked:

- Have you been in contact with anyone with or suspected of having COVID-19 in the last 48 hours?
 - Has anyone in your household had COVID-19 symptoms in the last 2 weeks?
- Have you been advised to self-isolate due to an infection within another setting, such as school?
 - Do you have a new persistent cough?
 - Have you had any loss of taste or smell?
- Do you have any underlying health conditions that would put you at further risk should you contract COVID-19?
 - o Cardiovascular problems
 - o High blood pressure
 - o Diabetes
 - o Chronic kidney or liver disease
 - o Compromised immunity diseases
 - o Obesity (BMI 40+)

If you answer yes to any of these questions, please DO NOT come to training.



RISK CONSIDERATIONS

This information sheet helps identify those who are most at risk should they contract COVID-19. You should identify whether you or a member of your household is at higher risk.

If you are, please discuss the risk of returning to Cheerleading with your GP and your coaches to make an informed decision as to whether returning to Cheerleading is appropriate and safe for you and your family.

STATEMENTS TO APPLY TO YOU OR YOUR HOUSEHOLD

- Had a solid organ transplant
- Undergoing treatment currently or in last 6 months for any cancer
- Currently taking or in the last 6 months have taken immunosuppressant medication
Have a respiratory condition including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary (COPD).
- Have any rare diseases or inborn errors of metabolism that significantly increase the risk of infections (such as Severe Combined Immunodeficiency (SCID), homozygous sickle cell).
 - Pregnant
 - Aged 70 or older
- Have one or more of the underlying health conditions listed below:
 - chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
 - chronic heart disease, such as heart failure - chronic kidney disease - chronic liver disease, such as hepatitis - chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
 - diabetes
 - a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets - being seriously overweight (a body mass index (BMI) of 40 or above)
- Are you providing caring responsibilities for anyone meeting any of the above criteria?



HANDOUT FOR SOMEONE WHO HAS BEEN IN CONTACT WITH A COVID-19 CASE

You may be contacted by the NHS test and trace service because you have been in close contact with someone who has tested positive for coronavirus:

1. Alert: If someone at the gym reports symptoms of and then tests positive for COVID-19 and you have been in close contact with them, your information (including name, phone number and email) will be shared with the NHS test and trace service. You will then be contacted by that service to make you aware that you have come into contact with someone who is/maybe carrying the virus. The alert will usually come by text, email or phone call. You should then log on to the NHS test and trace website, which is normally the easiest way for you and the service to communicate with each other; but, if not, a trained NHS call-handler will talk you through what you must do. Under-18s will get a phone call and a parent or guardian will then be asked to give permission for the call to continue.

2. Isolate: you will be told to begin self-isolation for 14 days from your last contact with the person who has symptoms/tested positive. It's really important to do this even if you don't feel unwell because, if you have been infected, you could be infecting other people without knowing it for as long as 14 days. If you do not have symptoms then your household doesn't need to self-isolate with you, if you do not have symptoms, but they must take extra care to follow the guidance on social distancing and handwashing, and they should avoid contact with you at home.

3. Test if needed: if you develop symptoms of coronavirus, other members of your household must self-isolate immediately at home for 14 days and you must book a test at www.nhs.uk/coronavirus - or call 119 if you have no internet access

a. If your test is positive, you must continue to stay at home for at least 7 days and the NHS will get in touch to ask about your contacts to let them know that they must self-isolate.

b. If your test is negative, you must still complete your 14-day self-isolation period because the virus may not be detectable yet - this is crucial to avoid you unknowingly spreading the virus.



HANDOUT FOR SOMEONE WITH SYMPTOMS OF COVID-19

1. Isolate: as soon as you experience coronavirus symptoms, medical advice is clear: you must self-isolate for at least 7 days. Anyone else in your household must self-isolate for 14 days from when you started having symptoms.

2. Test: order (and then use) a COVID-19 test immediately at www.nhs.uk/coronavirus or call 119 if you have no internet access

3. Results: if your test is positive, you must complete the remainder of your 7-day self-isolation. Anyone in your household must also self-isolate for 14 days from when you started having symptoms. If your test is negative, you and other household members (who aren't showing any COVID-19 symptoms) no longer need to self-isolate

4. Share contacts: if you test positive for coronavirus, the NHS test and trace service will send you a text or email alert or call you with instructions of how to share contact details of people with whom you have had close, recent contact and places you have visited. It is important that you respond as soon as possible so that we can give appropriate advice to those who need it. You will be told to do this online via a secure website or you will be called by one of the NHS contract tracers.

The gym phone number is 07730045805 (Lisa) and our email is easteliteallstars@hotmail.co.uk - you will need to pass this information on to the NHS test and trace service.

Athletes who have attended sessions with you will be notified that someone at the gym has shown symptoms/tested positive for COVID-19. They will be asked to isolate for 14 days and advised that they will be contacted by the NHS test and trace service. Your name will not be shared in this process with anyone.