



SAFE PRACTICE GUIDANCE



**MAKE FRIENDS
WITH SOCIAL
DISTANCE APPLIED!**



**2 MINUTE
HAND WASH
CHALLENGES!**



**LET'S EXPLORE
THE
OUTDOORS!**



**AVOID HI 5'S &
HANDSHAKES - LET'S DO
THE VIRTUAL TOE TAP!**



**CLEAN
RESOURCES
LETS YOU SHINE!**



**STAY HEALTHY
AND HAPPY!**

FOR PARENTS



- During arrival and dismissal, parents must adhere to the latest social distance guidelines
- If possible, registration will take place outside
- Fit for Sport staff can counter sign the children in and out with parents' permission, ensuring that staff/parents do not have to share pens and/or sign in on tablet
- Parents are encouraged to bring their own pens/gloves where possible



FOR STAFF



- On arrival ALL children will be asked to wash their hands
- On arrival ALL staff will wash their hands
- Avoid high fives/holding hands, - our new meet and greet includes the foot tap
- Staff and Children will wash their hands before and after every session
- Chairs and tables to be set up adhering to the latest social distancing guidelines where possible
- Staff will reinforce 'personal bubble' rules to maintain social distancing
- Hand sanitiser will be available for staff, children and parents where possible
- Tissues/wipes will be available at all times
- Fit For Sport staff will try to ensure that physical contact children is kept to a minimum
- Fit For Sport staff will continue to promote key messages of hygiene and well-being as per government guidelines
- Fit For Sport staff will reassure children regularly that steps are being taken to keep them safe
- Fit For Sport staff will clean all resources, where possible, before and after use

DELIVERY OF ACTIVITIES



- Clean surfaces, resources/equipment after use
- Outdoor activities as much as possible
- Where Fit For Sport have access to outdoor areas and Forest Schools these will be utilised for outdoor learning
- Sitting activities and circle activities will be delivered in large areas
- Deliver Team games where appropriate
- Avoid adventure playgrounds as advised by the government



SUMMER HOLIDAYS WE'RE BACK!



Due to popular demand, Fit For Sport is back and promises to deliver another Summer to remember with a scorching variety of multi-activity programmes. After our recent survey, which outlined our safe practice guidelines for reopening camp services - 88% of parents showed significant interest in Summer childcare. As a result of this positive response, we are so excited to support these families once again by continuing our mission of providing opportunities to get every child active this Summer!

ADDITIONAL MEASURES



- **Limiting Group Size** – group sizes will be up to 15 children allowing for space within our indoor areas and the adaptation of our activities, with staggered breaks and lunch times where applicable
- **Bubbles** – children will be within the same group each day and full week, moving around activity areas within this group and using outdoor areas as much as possible
- **Activities** – we have adapted our themes, games and activities to increase distancing as much as possible but also ensuring children can still have as much fun, as well as reducing the need to share equipment.
- **Full week bookings (5 days) or Part week (3 days)** – Monday – Friday or Tuesday to Thursday
- **Times of Camps** – we will be offering 8.30-5.30pm for all bookings and parents have the option of dropping off and collection between 8.30-10am and collection from 3.15-5.30pm to assist with staggered collection and drop off.
- **Signing In & Out** – it's much easier we now have tap in & out signing in on our tablets at each site, which will reduce waiting time and reduce contact
- **Regular Cleaning** - Increased cleaning measures throughout the day for areas & equipment

PREPARE FOR CAMP



- **A healthy packed lunch (nut free) with 2 healthy snacks**
- **A water bottle (we provide extra water)**
- **Comfortable & suitable footwear for activities**
- **Wear weather appropriate clothing** - i.e. children are encouraged to take part in outdoor activities each day (weather permitting), therefore sunscreen should be applied before camp and we recommend a hat in hot weather. For cold and wet weather, we recommend children to wrap up warm and wear a coat.
- **Additional Hand Sanitisers & Wipes recommended**

