

COVID - 19 FAQ

Although we know it is impossible to completely eradicate risk, it is still possible to implement systems to reduce risk. Please find below a number of FAQs relating to our reopening in October 2020.

1. What will your classes look like?

We have acted on guidance from the ministry, classes will reopen at 50% capacity with social distancing protocols of 1,5meter between each student. Students will all remain in one room with one coach and the room will be arranged to ensure enough distance between each student.

Students will train at the maximum distance from each other, as the room allows. There will be clear signage displayed on the mats for students to follow. Activities will be set up with this in mind, to ensure a fun, entertaining and safe training. In addition, students will not be permitted to gather in groups. While waiting in line, drinking water or talking to others, social distancing of at least 1.5m should take place.

Staff and students will wear masks in common areas, but students will not be required to wear a face mask during their training. Wearing a masks when playing sport may compromise their breathing and sweat can also make the mask become wet, making it difficult to breathe and easier for germs to grow.

2. How will you ensure the safety of the students during class?

New routines and emotional wellbeing

The focus of the first few weeks will be on health and safety and making sure all students are comfortable with our new routines. Our students social and emotional well being will be a priority and we will focus on rebuilding their confidence, physical endurance and strength, and most of all, to have lots of fun after what has been a difficult period.

Social Distancing and Limited capacity

We have been preparing new procedures and protocols to make our classes as safe as possible. We will operate with small groups of students, at 50% capacity. Students will all remain in one room with one coach and train at maximum distance from each other. There will be clear signage displayed throughout the room for students to follow. During line-ups, water breaks and class activities, 1.5m distance will be observed and students will not be permitted to gather in groups. Students will go directly to class and exit the clubhouse directly after the end of the school day

Etheraz, Hygiene Practices and Temperature checks

All students (over the age of 12 years) must be able to show an up-to-date green status on EHTERAZ and temperatures will be checked. Students will be asked to sanitize their hands when

entering the class, when they visit the toilet and again at the end of class. Students will **not be required** to wear a face mask during their sport training, as it may compromise their breathing. Sweat can also make the mask become wet, making it difficult to breathe and easier for germs to grow.¹

3. What cleaning routines will be implemented?

Hygiene and deep cleaning is our highest priority. We will clean the room and equipment on an hourly basis - after each session. Staff will do regular checks and pay extra attention to areas that are regularly touched, such as door handles, toilets and stair handles. In addition, we will implement deep cleaning protocols at the end of each day by a professional team.

4. How will you manage social distancing during the (water) breaks?

Students will still have water breaks, but gathering in groups will not be allowed. We will introduce designated areas for each individual student to keep their personal belongings and enjoy their water break. These areas will be spaced at maximum distance from each other. As we will operate with small groups of students, this can easily be managed. With proper distance, we ensure that students are able to enjoy being with their friends whilst also keeping safe. We would encourage all students to bring their own labeled and pre-filled water bottle with them to class.

5. How will you manage the flow of students between two classes?

Each session will finish 5 minutes early. This is to avoid two groups of students arriving and leaving our location at the same time. Moreover, it allows us to sanitize the room before the new session. We encourage parents not to drop off their children early, to avoid foot traffic between arriving and leaving students.

6. Can I still visit the class?

Unfortunately, no. To avoid gatherings of people in the (small) clubhouse, parents should not accompany their kids in the clubhouse but rather drop-off and pick-up only.

7. What items should my child bring to class?

Students must bring their own gloves and must not share any items with any other students. We encourage students to only bring what they need for the training session, such as a water bottle and gloves - in case requested by coach Robert. Personal devices, such as phones or EarPods, should be kept securely in their bags and must not be used during the sessions; this is also to further minimise the risk of spreading infection.

¹ <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>