

# AfreakA Aerials

Updated on 7 June 2020

## Policies and Procedures for COVID-19

Below are the updates that we have made to our facility, policies and procedures to keep you and/or your child safer while training with us:

**We ask that you do the following while you are at Oxsrاد Sport Centre/AfreakA Aerials Studio:**

### GENERAL POLICY:

- *Please do not attend Oxsrاد Sport Centre if you feel unwell, have a temperature or any of the other symptoms attribute to COVID-19. You should also not attend if you are under mandatory quarantine, or you or anyone in your household is required to self-isolate. If you are unable to attend your practice for this or any other reason, please contact Afreaka Aerials as soon as you can.*
- *Remember keep social distancing with all the people in Oxsrاد Sport Centre, maintaining a minimum of 2m from fellow students and staff.*
- *Wash your hands regularly for at least 20 seconds or use hand sanitizer provided.*
- *Sneeze or cough into your elbow.*
- *Remember to sanitize your hands before and after touching any surface. You could use your own sanitizer, or one provided by the centre.*
- *Refrain from touching your face.*

### ADULT PRACTICE:

- *Arrival:*
  - *Arrive ready for the practice avoiding use of changing rooms.*
  - *Sanitize your hands on entering the centre.*
  - *Swipe your membership card.*
  - *Your temperature will be checked by Oxsrاد staff. In the case your temperature is higher than normal you would be asked to leave the centre.*
- *Before practice:*
  - *Use the same rigging point for practice if possible.*
  - *Use the equipment assigned to you only.*
  - *Sanitize your hands and move your mat under your rigging point.*
  - *You can help each other with mats moving them at separate ends.*
  - *Remember to sanitize your hands before and after touching any surface. You could use your own sanitizer, or one provided by the centre.*
- *During practice:*
  - *Keep within your practice area.*
  - *If you would need to adjust the height on your rigging point remember to sanitize your hands before and after touching any surface.*
- *After practice*
  - *Clean your mat and apparatus with sanitizers provided. For mats, hoops and trapezes: spray and wipe with disposable paper towel, for silks – coil up the fabric.*
  - *Swipe your membership card on exit.*

## **KIDS PRACTICE:**

- *Arrival*
  - *Arrive in time and ready for the practice avoiding use of changing rooms.*
  - *Wait outside of Oxsrads Sports Centre in the car park for the instructor to take you in. You will be invited 15 minutes before class is scheduled. So, if your practice is due to start at 4pm you will be taken into the centre at 3:45pm.*
  - *Sanitize your hands on entering the centre.*
  - *Your temperature will be checked by Oxsrads staff. In the case your temperature is higher than normal you would be asked to leave the centre.*
- *Before practice:*
  - *Use the same rigging point for your practice.*
  - *Sanitize your hands and move your mat under your rigging point.*
  - *You can help each other with mats moving them from separate ends. Remember to sanitize your hands before and after touching any surface. You could use your own sanitizer, or one provided by the centre.*
- *During practice:*
  - *Keep within your practice area. We understand kids could get excited and get carried away and in this case we happy to remind them about social distancing measures, but if we find a lack of cooperation to abide by the rules we reserve the right to dismiss the child from the practice without offering any refund.*
- *After practice*
  - *Clean your mat with sanitizers provided and coil up the silks fabric.*
  - *Wait for the teacher to escort you out of the centre.*

## **TEACHERS PROCEDURES**

### **TEACHING KIDS PRACTICE:**

- *Sanitize your hands and set up the rigging points (5 silks students max in the class).*
- *15 minutes before the class scheduled, pick up the students from outside of Oxsrads in the parking area. Kids' temperatures will be checked on the entrance by Oxsrads staff. If anyone has a temperature higher than normal you should ask the person to leave the practice and report it to AnnA. She will process it and pass this information to the parents.*
- *During the class you might need to remind the kids about social distancing, keeping within their individual practice areas etc. If you find a lack of cooperation and it will be too difficult to manage the group without jeopardising the safety of other students in the group, you have the right to dismiss any students not abiding by the rules.*
- *After practice, the kids should clean their mats and coil up their fabrics. Silks used for the practice should not be used again on the same day.*
- *Escort the group out of the centre.*

### **ASSISTING ADULT PRACTICE:**

- *Adults should use the same rigging points and only the piece of equipment assigned to them individually. In case anyone should need help with the rigging points, remember to sanitise your hands before and after you touch any surface.*
- *You have a right to dismiss anyone who is breaking the social distancing policy or who you think is putting at risk the safety of other participants with their way of practice.*
- *After practice, adults should clean their mats and apparatuses. Silks should be coiled up, hoops and trapezes should be sprayed with sanitizer and wiped down with paper towels.*