



COVID-19 GUIDANCE & GUIDELINES FOR PARENTS **RETURNING TO CLASSES**

August 2020

- Please do not attend a class if you, your child, or anyone in your household is showing any of the symptoms of coronavirus (high temperature, continuous cough, loss of taste and smell)
- Please arrive on time for your class and wait in the designated arrival area. A member of staff will be there to guide you
- Make sure children are wearing appropriate gym wear (there are no changing facilities), together with flip flops, sliders or crocs (or any other footwear that is easy to slip on and off – avoid socks, trainers etc).
- Please avoid bringing any extra clothing such as coats, hoodies and jumpers (this also applies to parents in the accompanied classes)
- Please ensure one parent to one child ratio and where possible avoid bringing siblings to drop off and pick up
- Please leave as many personal belongings in the car or at home (for accompanied classes)
- Handwashing will be compulsory on entering the building and use of hand sanitizer during class and on departure.
- All children should bring their own drink clearly labelled with their name
- Chairs will be allocated for parents and children, please place all shoes and personal belongings underneath.
- Parents will be expected to social distance at all times. Please observe our markings and signs.

- Staff and Children will social distance where possible.
- The safety of your child is our number one priority, should we need to support them to prevent an accident happening we will do so taking as many precautions as possible.
- Whilst most of the classes will be held in the hall we will make every effort to take the children into the outside space to work where possible (weather permitting)
- Staff will wear PPE if administering any First Aid
- Face coverings are optional. Please feel free to bring and wear your own if you wish.
- Parents in accompanied classes must take full responsibility for their own child at all times
- Unless you are in the same social bubble, parents must not touch or come into contact with any other child, unless you have the parents permission
- All equipment will be thoroughly cleaned and sanitized after each class
- Toilets will be thoroughly cleaned at the start of each class but should you wish to use them during class we ask that you wipe all surfaces you or your child touches with antibacterial wipes provided (including the baby changing mat & unit)
- The hall will have windows and doors open for ventilation, please ensure younger children are dressed appropriately to ensure they don't get cold.
- Please arrive promptly to collect your child and follow the instructions for pick up procedure.
- All classes to be booked and paid for in advance
- These August classes are only available to current members of Little Steps Gym
- Further guidance for our phased return in September will be available nearer the time.

By reading this document you are giving your consent to adhere to these guidelines at all times.