

Health & Safety Sport Policy

In order to maintain high standards of safety and hygiene, everyone in the school community must take responsibility for themselves and for each other. The school capacity during the summer programme has been reduced to one third.

Drop-off and pick-up

Both drop-off and pick-up will be staggered and organised through different meeting points. Only students will be allowed inside the school buildings. Parents and visitors will only be allowed within the outdoor school facilities, having to wear a face mask and ensuring proper hand hygiene.

Students should get out of their car with a face mask and walk down to their respective entrance gate observing social distancing. Duty personnel will instruct students on the way to follow to the different school areas.

Pick-Up

Parents must wait outside the school buildings. Students will be released from class on a staggered basis and will be required to maintain social distancing.

Common Areas

- ✓ Mandatory rules have been posted throughout all areas of the school.
- ✓ We have established clearly marked circulation itineraries to respect safety distances.
- ✓ Nobody is allowed to stop for no particular reason in the circulation paths.
- ✓ We have established a shift system to ease the circulation of people when entering and exiting classes.
- ✓ We have established outdoor waiting areas.
- ✓ There are going to be sanitation points with sanitizing hand rub / disposable tissues / self-closing bins, clearly marked on the way to the sports facilities and at the entrance to toilets and tracks / facilities.

Changing Rooms and Toilets

- ✓ No more than 3 people will be allowed at the same time.
- ✓ Athletes will not shower after trainings.
- ✓ Athletes will arrive to school wearing their training equipment for the first training session and will only use the changing rooms to get changed before and after the pool.
- ✓ Changing rooms will be disinfected after each groups leaves.

Dinning Room

During lunch, children will eat in a designated space, and food will be served individually at the table.

Outdoor Playgrounds and Multipurpose Rooms

- ✓ Training sessions will be carried out with a maximum of ten athletes (unless health or sports authorities indicate on the contrary).
- ✓ Social distancing measures of a minimum of 2 meters will be guaranteed.
- ✓ Doors will always be kept open to avoid touching knobs and handles.
- ✓ Everybody will have to clean their hands before the start of the activity. All rooms will have a sanitizing point for hand hygiene.
- ✓ Participants will always bring their own material and two towels: one to keep themselves dry and one to spread on the floor. It is recommended that towels are long enough to cover the whole body.
- ✓ We recommend the use of wristbands and/or hair bands to avoid touching the face.
- ✓ Each participant will bring their own bottle of water / liquid. Bottles cannot be shared.
- ✓ Athletes' backpacks will be placed on the ground in individualized areas.
- ✓ Rooms, machines and sports equipment will be cleaned at the end of each shift.
- ✓ At the end of the activity the room will be ventilated.
- ✓ Athletes should exit the room in order and respecting the social distance of 2 meters.
- ✓ There will be no stops during the exit.

Use of materials

- ✓ Materials used during an activity can only be manipulated by the person responsible for the activity, never by the users. They will be disinfected before and after the activity.
- ✓ Balls: Each athlete will use the same ball during the activity. They will be disinfected at the end of the activity with hydroalcoholic solution or a mix of water with bleach.

Athletes

Athletes should:

- ✓ Not come to school if they are sick or have symptoms compatible with COVID-19.
- ✓ Comply with the rules and guidelines established by the school.
- ✓ Sign a commitment document.
- ✓ Take responsibility over their own and other people's health. This is a shared responsibility.
- ✓ Wear the protection equipment established in the school and for sports: gloves, masks, wristbands, hair bands, etc.
- ✓ Report any incident they consider relevant.

Family members

Parents and relatives must comply with the rules of the facility and follow the guidelines set by the school for students' drop off and pick up.

- ✓ Parents and relatives will only be allowed into the outdoor school facilities, always wearing a face mask.
- ✓ They will always have to maintain social distancing from other parents.
- ✓ They should book an appointment if they wish to talk to office staff.

Sports Activities

- ✓ It is totally forbidden to spit or throw saliva, touch your own face or that of a partner while in the sports facility and/or during training.
- ✓ In sports such as football or basketball, coaches will plan technical and tactical exercises with the ball (avoiding contact of the ball with surfaces other than feet, hands or game material), to avoid exercises that involve physical contact among participants.
- ✓ There will be specific physical preparation sessions for each sport.