

Returning to Parkour Handbook

A Parents and Students Guide



(Photographer: Mike Dixon, Property of TPA 2018)

Thanet Parkour Academy
(Community Interest Company)

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1 Introduction & Covid-19



We are very much looking forward to returning to indoor sessions and seeing those of you that are able to come back. Our coaches have been working hard together and with Your Leisure to be able to provide classes that present the least possible risk of COVID-19 transmission. We have created a new distanced training space, designed training programs and class activities that present reduce risks where possible and completed relevant COVID-19 training. But we need your support and understanding to make this an efficient and effective system. Please make sure to fully read this guidance and discuss it with your child before attending your classes. By attending classes, you agree to adhere to the following guidance. Failure to do so may result in suspension of your attendance.

2 Present Development

General information and considerations

Coronavirus disease 2019 (COVID 19) is an ongoing Worldwide pandemic caused by the SARS-CoV-2 virus. This virus is highly infectious and at present, we do not have an effective treatment or vaccination for it. Most people (80%) who become infected have mild symptoms or may show no symptoms at all. Like other viral infections, we know that many individuals who are infected, are infectious up to 2 days (48 hrs) before they have symptoms. This means it is easy to spread before you are aware you have it.

Signs and Symptoms

In the UK, the National Health Service (NHS) describe common symptoms of COVID -19 to include:

- High temperature over 37.8* C or 100.04 * F
- New and Persistent cough
- Loss of taste and smell

In addition, other symptoms can include:

- Hoarseness
- Runny nose
- Sneezing
- Shortness of breath
- Sore throat
- Wheezing
- Tiredness

Though these are common symptoms of other illnesses, they may be signs an individual has been infected by COVID-19, and it is vital that you do not infect your teammates, colleagues, your friends and family, or the general public.

Wash your hands - regularly and thoroughly clean your hands, with soap and water (for a minimum of 20 seconds and or use an alcohol-based (minimum 60% ethanol or 70% isopropanol) hand sanitizer to remove and kill the virus that may be on your hands.

Maintain social distancing rules- Maintain a 2-metre distance where possible and wearing a mask a minimum 1 metre distance between yourself and other people not in your household when.

Avoid touching hands to face, mouth, or nose - Hands touch many surfaces and surface to hand transfer can spread the virus. Once contaminated, hands can transfer the virus to your eyes, nose, or mouth.

Catch it, bin it, kill it - Make sure you, and others around you, follow good respiratory hygiene. This means covering your nose and mouth with your bent elbow or tissue when you cough or sneeze. Disposing of the tissue and washing your hands.

Wear a mask when in an indoor environment - Should you have to enter the gym with your child at any time we would request that you wear a mask to protect yourself and others if you are less than 2 meters apart from another house hold.



3 TPA Changes in Environment and Policies

Before arriving to the Gym

Ensure you or any members of your household are not showing signs of COVID-19. If there are any suspicions of Covid-19 symptoms DO NOT ATTEND CLASS and please follow Government guidelines for self-isolation and testing. Inform us via email on info.tpa@yahoo.com immediately so that we can investigate action any protocols they may need to be carried out if necessary.

- Only bring essential items water, shoes, medical devices. Any items left in the gym may be disposed of. Water bottle should have child's name on them or easily identifiable to avoid accidental cross contamination.
- The changing rooms will not be available except to use the toilet so come ready to train.

Arrival and departure from the Gym

Drop off procedures have been laid out below, but where a child is old enough to enter the building unaccompanied we would ask that parents leave their child with the member of staff on the entry door on the socially distanced markers.

- Parents and participants are to wait on socially distanced markers when arriving for their session. Please do not arrive more than 5 mins prior to class starting and collect promptly at the end of class. **Classes are 50 minutes.**
- You will be asked to enter the building when it is safe to do so by a member of staff.
- Upon entry its preferable that students and parents use the provided hand sanitizer, from the sanitize station provided. However, students can bring their own sanitiser if necessary
- **NO** contact greetings (no handshaking etc.) to coaches or other students.
- Participants will place their belongings in what was the seating area on markers and then go straight onto the floor, or wait on spots until instructed otherwise, to where coaches will direct them to social distance marked spots.



- We are currently running a drop off and pick up service only, there is no spectators area. Any parents that have entered with their child will walk straight through and leave through the Exit.
- All doors will be propped open for the whole session.
- After the session has finished children will collect their belongings and wait to be told to leave by a member of staff.
- Parents should wait outside the exit where a staff member will be waiting and will release the children one at a time. Please maintain social distance at this time.
- There will be an QR code for NHS track and trace app for those who are using its service.
- Sessions will be 50 minutes long to allow for adequate cleaning between groups **PLEASE PICK CHILDREN UP ON TIME.**
- After leaving the building **RE-ENTRY IS NOT ALLOWED** at any time (this applies to initial drop off, collection of students and during class).



During the session

The most important thing to remember when in class is to maintain social distancing AT ALL TIMES where possible. Parents are asked to remind their children that it is particularly important that they always listen to and follow the instructions of their coach. Any misbehaviour will be met with zero-tolerance participants may be asked to sit out or leave the gym (Collected by parents).

- **THERE WILL BE NO PARTNER/GROUP EXERCISES THAT REQUIRE STUDENTS TO TOUCH.**
- The toilets are still open for students use only, with a one in one out policy and students are to use hand sanitizer upon exit.
- Students will collect their belongings and queue up, to then exit the building to be collected from the side fire exit.
- When the training format involves using segregated equipment stations, participants will be expected to be patient whilst the equipment is cleaned in between rotations.
- COVID-19 spreads through particles in the air. Please refrain from excessive shouting/screaming during sessions.



- During the session drink breaks can occur as and when, this also applies to students who wish to use hand sanitizer.
- If students sneeze or cough into their hands, they will be asked to sanitize.
- Students will be training in groups of 6 with subgroups of 3 per stationed zone whilst maintaining the two-meter social distancing where possible.
- All equipment will be sanitised before and after use. In addition, if a station change occurs within subgroup zones, then equipment used will be cleaned before training will resume (no piece of equipment will be shared with more than the same 6 people each session).

To view TPA Covid-19 Risk Assessment please follow link below

<https://drive.google.com/file/d/1isqCxtNzXLcl4yztrd6Sg4GMlKtzeivs/view?usp=sharing>

Other Policies

The following policies are available upon request and downloadable from our booking hosting site Groop.

Safeguarding Policy
 Equal Opportunities
 Health and Safety
 Risk Assessment Policy
 Confidentiality/Data Protection
 Fire Assessment Policy
 E-Safety Policy
 Involving Young People Policy
 Anti-bulling Policy
 Club Equity Policy

4 Screening and Additional Support

All coaches and students will be required to complete an Athlete Indemnity form before returning to activity. The link is provided in Section 5 of this document and on our website under covid update.

Thank you to all those who participated in our short study carried out last year regarding returning to Parkour. The study revealed that 8% of participants reported that 'financial worries were a large concern for the returning of Parkour'. It is important to keep people moving and engaging in social sporting clubs regardless of one's current personal circumstance. With that in mind TPA are offering reduced subscription fees for those who are facing financial difficulties. If you would like to discuss in confidence the support that is on offer, please contact Tyler by email or phone.

Included within our booking form is the opportunity to express any additional considerations that may support any needs within our activities. We will try to accommodate for any support needs the best we can.



5 Booking

Step 1 – Find a relevant session to attend. Due to the reducing of class sizes there is a limit to the number of sessions returning students can book. This is a maximum of 1 indoor and 1 outdoor session slots. All new students that have confirmed their place on the induction have been allocated a class so can move to step 2. All reservations are monthly bookings.

Weekly timetable from the 3rd April to 21st June

<i>Saturdays from the 3rd April</i> 11:00 – 12:00 pm Ages 5-10 (Outdoors) 12:15 – 1:45 pm Ages 11-17 (Outdoors) 3:00 – 3:50 pm Ages 5-10 (Indoors) 4:00 – 4:50 pm Mixed ages Induction (Indoors) 5:00 – 5:50 pm Mixed ages Induction (Indoors)	<i>Tuesdays from the 13th April</i> 6:00pm Mixed ages (online) 7:15pm Ages 9-12 (Indoors) 8:15pm Ages 13-17 (Indoors) (Adults from 17th May)
Please note: This is a temporary schedule we are hoping to return to our usual timetable in the summer. Indoor classes have been reduced to 50 minutes per session this is to allow adequate time for cleaning between groups. Outdoor Saturday sessions remain 1 hour.	

Class locations

Indoors/Inductions	Outdoors (street sessions)
<i>Hartsdown gymnastics centre</i> Hartsdown Road Margate CT9 5QY	<i>Street sessions take place within in Margate central.</i> Pick up and drop off locations change weekly; you will be informed at the start of each month all address locations for that month Via the booking service.

Please ensure you have read sections 3 and 4 before making any bookings.

Step 2 - Request a space/s and complete necessary forms

Returning students - Those who wish to make a booking can do this on the last section of the Athlete Indemnity and Booking Form.

https://forms.office.com/Pages/ResponsePage.aspx?id=VvqpUTL_mkSnIT4_Sapemp9-AZMTj8xIhtQQATKjqZdUMTM0Rzk4Q1oyT0gySkZaQkdEVIFFUURQSS4u

New students (induction) – All new students will be required to fill in the Athlete Indemnity and Medical Information Form. Link is below and takes around 10 minutes to complete.

https://forms.office.com/Pages/ResponsePage.aspx?id=VvqpUTL_mkSnIT4_Sapemp9-AZMTj8xIhtQQATKjqZdUMzdrMjVIT1o1TIY5MIRNVEdENVpWRFdEVS4u

If you have not received an email confirming your space on an induction course, please get in touch via tpawaitinglist@gmail.com

Step 3 - Confirming bookings

Once you have filled in the booking form, you will receive an email for an invitation to join our booking hosting site (Groop), you will then receive an session/s invitation.

Please ensure you check all your inboxes as the majority of emails from the Groop site have been going into people spam/junk/promotions box.

Please follow the instructions to complete setting up your profile and then RSPV to your session/s once an invite has been sent you. This may come after you set up your profile

Once you have confirmed your place on the Groop platform you will be provided with an automatic link to make any payments due. If you experience any user issues using the app, please use a desktop/laptop or phone web browser to make payments.

Once payment has been received, we receive your booking confirmation. Then there is no more to do, just turn up at your allotted time and follow the procedure for attending your session/s highlighted in section 3 and 4 of this document.

Please note: Invoices are automatically sent upon RSPV, if you have requested support with fees please disregard this payment request. Also, if you have requested two spaces on the same course also disregard this payment. You will be sent a doctored payment request via your Groop profile.



6 Support Resources & Club Contacts

We have provided links to NHS/Government and UK sporting bodies regarding online advice on Coronavirus and support service.

NHS General Covid-19 health advice - <https://www.nhs.uk/conditions/coronavirus-covid-19/>

World Health Organization Guidance - <https://www.who.int/news-room/feature-stories/detail/a-guide-to-who-s-guidance>

Sport England return to play guidance - <https://www.sportengland.org/how-we-can-help/coronavirus/return-play>

Parkour UK return to move guidance - <https://parkour.uk/parkour-uk-return-to-move-guidance/>

NHS Every Mind Matters - <https://www.nhs.uk/oneyou/every-mind-matters/>

MIND mental health support - <https://www.mind.org.uk/information-support/>

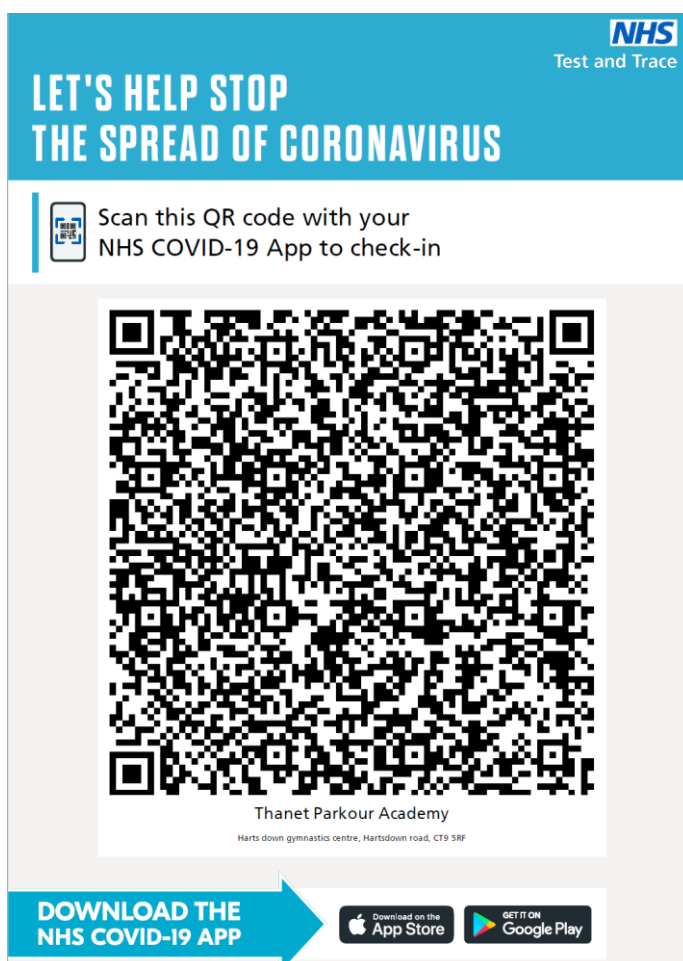
Thanet District council Support advice - <https://www.thanet.gov.uk/info-pages/community-advice-and-support/>

Free testing service- <https://www.gov.uk/get-coronavirus-test>

Club Contact details

Club Welfare Officer: Sandra Perry
- tpawelfaresp@gmail.com

Club Chairman: Tyler Frankland –
info.tpa@yahoo.com - 07728 68412



The poster features a blue header with the NHS logo and 'Test and Trace' text. Below this, the text 'LET'S HELP STOP THE SPREAD OF CORONAVIRUS' is displayed in white. A small icon of a smartphone with the app is shown next to the instruction 'Scan this QR code with your NHS COVID-19 App to check-in'. A large QR code is centered on the poster. Below the QR code, the text 'Thanet Parkour Academy' is written, followed by the address 'Harts down gymnastics centre, Hartsdown road, CT9 5RF'. At the bottom, a blue arrow points to the text 'DOWNLOAD THE NHS COVID-19 APP', with 'Download on the App Store' and 'GET IT ON Google Play' logos to the right.

NHS
Test and Trace

**LET'S HELP STOP
THE SPREAD OF CORONAVIRUS**

Scan this QR code with your
NHS COVID-19 App to check-in

Thanet Parkour Academy
Harts down gymnastics centre, Hartsdown road, CT9 5RF

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