

Season 6 start date

Our Competitive teams will be back as of Monday 7th September 2020 followed by recreational, skill and stunt classes the week of the 21st September.

How we will run sessions:

Our sessions will focus on tumbling, jumps, dance and conditioning. However, coaches will not be spotting any tumbles. Therefore, we will be utilising our time working on 'drills to get the skills' and also better existing technique. We understand that stunting is the fun part, but until we have the go ahead from the government and Sport Cheer England (SCE), we will be working on strengthening and flexibility to help with not only our stunts but also jumps.

Measures put in place;

- Coaches will be provided with PPE for each session.
- Before the start of the season all mats will undergo a deep clean, they will then be sprayed with disinfectant carpet cleaner daily. Please let us know beforehand if your child may have any allergies.
- As we are a small club, team sizes will remain small, allowing a safe 2M distance between athletes.
- Mats will be clearly marked with Velcro to ensure cheerleaders can keep to the social distance.
- 2M social distancing will be marked outside, please stick to the markers until a coach has called you/athlete in.
- Changing facilities will be out of use, please arrive dressed and ready to train.
- Athletes temperatures will be taken upon arrival (contactless thermometer).
- Athletes will be made to wash their hands upon arrival and exit.
- Athletes will be asked to bring their own drink bottles, clearly named and hand sanitiser.
- Minimal items to be brought to the hall – Drinks, cheer shoes and hand sanitiser only.
- Parents will not be allowed inside the hall. If you wish to speak to a coach, you will need to either email the office and or call your coach before training commences.
- Athletes will not be allowed to wait on the premises for siblings.
- Kenilworth Gardens will be used only for drop off and collection of Door 1. For Door 2 and 3 please use the church car park on Warwick Avenue.
- Any equipment that may be used will be disinfected between usage.
- No stunting, Pyramids, Spotting, Handshakes, Hugs or Hi5's

Should an athlete fall ill

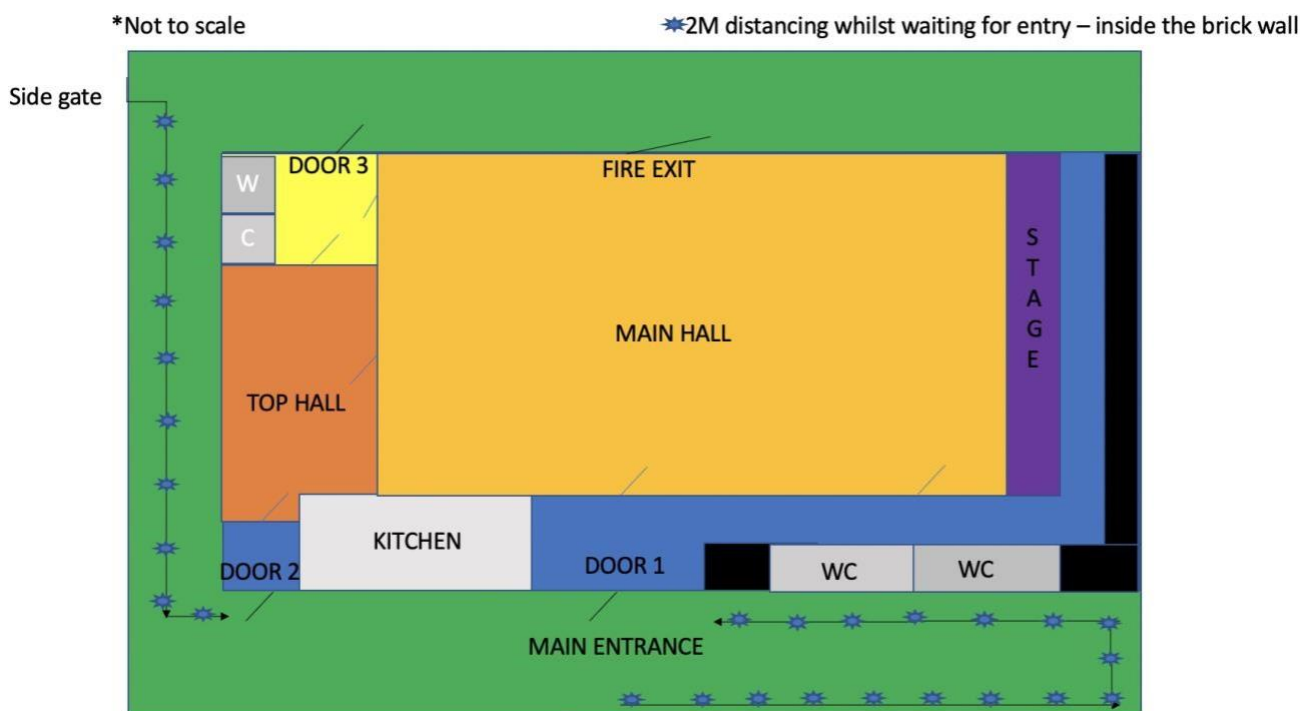
- If an athlete develops a high temperature or a persistent cough while at the gym, they should:
- Return home immediately
 - Avoid touching anyone or anything
 - They must then follow the guidance on self-isolation and not return to classes until their period of self-isolation has been completed.
 - All athletes and coaches in the same session as that athlete will be asked to return home immediately and self-isolate for 14 days.
 - We will contact the NHS Track and Trace service, to inform them of the incident and provide all relevant details.
 - All mats/equipment used by said athlete will be cleaned by coaches whilst wearing PPE.

See: [Beas Cheer Risk assessment form](#), [NHS – COVID19](#), [GOV.UK FAQ's](#)

Skills classes

Until social distancing measures have been relaxed, we will be reducing the size of our tumble classes to 12 athletes. You can select the option via your Love Admin account. Should all 12 spaces go, you will automatically be added to our waiting list. If a cheerleader fails to attend 2 or more sessions, they will be removed from the class and the space will be opened to another athlete. Payments to classes will also be charged monthly via Love Admin. - See season pack for pricing.

Entrance and Exits for each class



Mon

Buzzy 4-5.30pm Enter door 2 exit door 3
Bumble 4-6pm Enter door 1 exit door 3
Stingers 6-8pm Enter door 1 exit door 3
Stunt groups 8-9pm Enter door 1 exit door 1

Wed

Cheer4Fun 4-5pm Enter door 1 exit door 1

Fri

Tumble 4-5pm Enter door 1 exit door 3
Prestige 5-6pm Enter door 1 exit door 1
Development 5:45-7:15pm Enter door 2 exit door 3
Stunt groups 7:15pm-8:15pm Enter door 1 exit door 3
Masters 8:15pm-9:15pm Enter door 1 exit door 1

Tue

Baby Beas 4-4:45pm Enter door 2 exit door 2
Honey 4-6pm Enter door 1 exit door 3
Killers 6-8pm Enter door 1 exit door 1

Thu

Tumble 4-5pm Enter door 1 exit door 3
Ivy 5-7pm Enter door 1 exit door 3
Allstars 7-9pm Enter door 1 exit door 1