

# 360 GUIDANCE FOR CHILDREN



## **BEFORE CAMP**



Please wear suitable footwear like trainers that you can easily put on yourself and are appropriate for exercise.



Bring a lunch box, water bottle and suitable clothing for the weather.



Make sure everything has your name on.



Wash vour

hands with soap and water before you leave the house.

### **ARRIVING AT CAMP**



Socially distance as you wait to sign in.



Sign in at the front desk and hand sanitize on your way in.



Put your belongings on/in your safe area.



Exit the building through a different door to the free time zone.



Wait for further instructions from your coach.

# **DURING EACH CAMP SESSION**



Do not touch equipment with your hands.



Always remain 3 steps apart from anyone else.



mouth with your sleeve or a tissue when you cough or sneeze (not your hands).

Cover your



Put your tissue in the bin immediately after and hand sanitise.



If you need basic first aid treatment you will be sent to the **first aid area.** 

The first aid trained coach will use PPE while they treat you to keep you both safe.

In the event of a serious injury, stay where you are and the coach will come to you.

# **AFTER EACH SESSION**



Drink and fill up your water bottle if necessary.



Apply hand sanitizer.



Await the next instructions from your coach.



# 360 GUIDANCE FOR COACHES



### **BEFORE CAMP**



Wear clean 360 uniform.



Bring your own lunch and drinks.



Ensure vou have the necessary equipment.







Refresh your memory on all first aid protocol and procedures.



Ensure you have the relevant cleaning products if necessary.



Wash your hands with soap and water before leaving the house.

### **DURING CAMP**



Make sure

children use their safe zones and remind them to hand sanitise regularly.



Explain all expectations and tasks thoroughly.



Maintain social distancing at all times.

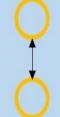
### **SETTING UP AT CAMP**

# DANGER

Consider any potential risks in your sessions in line with the assessment.



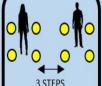
Make sure all equipment is cleaned prior to



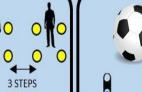
Set up safe zones/areas for each child, 2m from all others.



Organise a clear first aid area.



Ensure social distancing is indicated in the drop off and collection line.





Make sure you are set up for each session throughout the day.



Sanitise hands and be ready to welcome children.

# AT THE END OF CAMP



Ensure children collect all of their belongings and sanitise on the way



Help in the swift dismissal of all children in any way possible.



Clean all surfaces and equipment ready for use again.



# 360 GUIDANCE FOR PARENTS



## PREPARATION FOR CAMP



Please read through all of the information and documents sent to you by the 360 team.



read through the

guidance's.

#### **BEFORE CAMP**



Your child will need to wear suitable footwear for exercise, that a coach has no need to assist them with.



Your child will need to bring a lunch box, water bottle and suitable clothing for the weather.



Please make sure everything has their name on.



your child should wash your hands with soap and water before leaving.

## **ARRIVING AT CAMP**

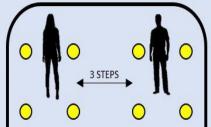


Socially distance on the clear markers as you wait to sign in.



Sign in at the front desk and ensure your child has all of their belongings as you say goodbye to them for the day.

### THINGS TO NOTE THROUGHOUT CAMP



All of our games and activities strictly follow the guidelines on social distancing and keeping children with the same children in their 'bubbles' as much as possible.



If at any point your child requires first aid, they will be sent to the first aid area where a first aid trained coach will use PPE to treat them.



Extra hygiene measures will be taken throughout the day including frequent hand sanitation/washing and the cleaning of equipment after every activity.

# AT THE END OF CAMP



Collect your child in the same way you dropped them off, by waiting in line on the markers until you reach the front desk.



Make sure they have all of their belongings and social distance as you exit the site. PLEASE
CALL THE
SITE LEADER
OR THE 360
OFFICE IF
THERE ARE
ANY ISSUES.