

16) GUIDANCE FOR PARTICIPANTS

COVID-19 Physical Activity Session Guidance

We are very pleased to be offering our sessions again. In order to welcome you back safely we ask that you read and follow the guidance below please.

All participants must read, understand and agree to the following guidance prior to attending any session.

1. Symptom check

Do not attend sessions if you or anyone in your household/ support bubble are experiencing any symptoms including:

- High temperature
- New continuous cough
- Loss/change of smell or taste

2. Wash your hands before and after each session

Wash your hands with soap and water for at least 20 seconds before rinsing and drying them. You should do this just before you leave your home to attend a session, and as soon as you return home afterwards.

3. Travel safely

Travel by car only with only people in your household or support bubble. If you travel by taxi or public transport, a face covering is required and windows should be open.

4. At the session

Arrive at the venue no more than 5 minutes prior to the start of a session, and leave immediately after so as to avoid congregation. If queuing to get in or out, maintain a 2m distance adhering to any floor markings.

Only bring what you need into the venue such as water, equipment, PPE etc. Leave unnecessary items at home or in your car when possible.

Arrive dressed ready for exercise; shower and changing facilities will not be available on site.

Use the hand sanitiser provided (or your own) upon entering the venue. Do not share towels, water or other gear with other participants.

You will be required to wear a mask at all times when you are not exercising at an indoor class (e.g. entering, exiting and moving around the facility). If you are exempt on medical grounds from wearing a mask, you will not be required to wear one, please inform your instructor.

If you would like to use hand sanitiser during the session please bring your own.

There may be additional paperwork that you need to fill in.

All venues will have an NHS QR code that you are encouraged to scan for test and trace (T&T) purposes. Since we take contact information upon sign-up, every session we will ask all attendees to confirm their consent for this to be passed on to the NHS

T&T service if needed. You will not be able to take part in any group sessions if you do not consent to the T&T procedure.

Spaces in the session will be indicated clearly by either a floor marker or equipment set up. When you come into the session please stand by your marker, filling up the spaces furthest from the entrance first. The room has been carefully measured out to ensure social distancing is achieved, please stay as close to your spot as possible.

Avoid touching surfaces as much as possible.

Please sanitise your hands on your way out of the venue.

5. After a session

Should you experience symptoms of COVID-19 following attending a session, you will need to isolate and book a test as soon as possible. You can book a test via www.nhs.uk/coronavirus, or call 119.

Your NHS contact tracer may need to get in touch with us in order to reach those that were present at the session. The T&T contact information for XXXXXXXXXXXXXXXX is as follows:

Participant Declaration: I confirm that I have read and understood the Physical Activity Session guidelines. I will complete a symptom check prior to attending any session and will abide by the safety procedures in place. I consent for my contact information to be passed on for Track and Trace purposes.

Sign:

Date:

For more specific guidance for participants with disabilities please go to **appendix 17**