



Unity Schools Cheerleading Session Spring Term 2022

Coach: Tejarni Hibbert (m) 07944 675335

Dear Parents/Carers,

Hackbridge Primary School are very pleased to announce that Cheerleading Club will be continuing this term for years 4-6. At cheer club, the athletes learn fun routines that are performed to music and feature stunting in small bubbles, floor gymnastics, dance and jumps whilst adhering to safe social distancing guidelines (please see attached notes).

Children should wear either their PE kit or comfortable gym clothes (no zips/low cut tops/denim) with their hair tied back and trainers. Children should also bring a NAMED bottle of water.

Athletes in Years 4-6 will meet every Wednesday after school 15.15-16.15pm.

Cheerleading Club will start on **Wednesday 12th January 2022** with the final session on **Wednesday 30th April 2021** (no session half term 16th February).

Total cost for the 11 sessions will be £55.00.

To secure a place, please visit the link below to book and pay through our online booking system.

<https://unityallstarsltd.simplybook.it/v2/#book/count/1/date/2022-01-12/>

You will then be contacted with confirmation of your child's place on the club and sent a link to our online waiver to sign. **Please do not send forms/cash into school.** Due to the need to maintain social distancing, places are strictly limited.

If you have any questions, please do not hesitate to contact me,

Many thanks,

Joanna Forest-Jones
joanna@unityallstars.com
07968 644 618

Social distancing cheer and tumble guidelines

Stunting in groups

In order to mitigate risk and avoid the spread of infection, stunt groups will be set as soon as possible, essentially creating small bubbles of 4-5 athletes who will work together whilst still socially distancing from other athletes in the team where possible. We will follow school policy as to the recommended wearing of masks.

Health & Safety

- Attendance taken on entry and noted on register
- Contact details for athletes are held securely on file for contact tracing
- If any attendee or staff member has a positive COVID19 result we will follow all health guidelines; starting contact tracing and work with school to advise all who attend the venue

Social Distancing

- Numbers will be limited
- We will maintain social distancing of 2 metres between athletes/coaches where possible
- Markers on the floor will reinforce social distancing during classes
- No congregating allowed by athletes, coaches or parents in any areas

Athletes

- Changing and equipment will be kept at a 2 metre spacing
- Please name water bottles. These will be safely positioned during training to avoid accidental sharing
- All belongings to be taken; do not leave anything behind
- No contact with anyone (high fives or handshakes)
- No attendance if feeling unwell
- If there is an underlying health condition, no attendance at training

Cleaning

- Hand sanitiser administered at entry and at the end of classes and be available during the session
- All commonly used equipment will be sanitised after class

Training

- Coaches will ensure that they maintain appropriate social distance from athletes and staff
- Coaches will ensure they do not have any physical contact with athletes
- Coaches will sanitise any portable equipment after use
- No stunting, lifting or partner work unless guidelines allow
- Limited equipment will be used
- No whiteboards to be used thus avoiding athletes congregating around them

Pick up after class (if applicable)

- Parents reminded to socially distance whilst waiting for collection at designated area
- Where applicable, children to wait 2 metres apart on markers until called for dismissal
- Hand sanitiser administered at the end of class



Unity Schools Cheerleading Liability Form & Medical Information **Sept 2021 - July 2022**

Please ensure you have signed the return slip, confirming you have read, understand and accept the below conditions and the social distancing protocol. Without a signed form, your child will not be allowed to attend cheerleading club.

I hereby release and absolve Unity Allstars, its subsidiaries, staff, employees, directors and presidents from all liability and responsibility for injuries, sickness, accidents, loss of money and property that may be sustained whilst participating at a Unity Allstars session, event, workshop, camp or competition.

I also hereby acknowledge the risks involved when taking part in cheerleading and am able to use NHS medical care in the unlikely event of an injury or accident when taking part.

In consideration of me signing this release form, I am allowing my child, to participate in a Unity Allstars session or event and intend to be legally bound and agree to waive and release all rights to claim for damages which I or my child may sustain or suffer whilst participating at the event, including travelling to and from the event.

I also confirm that my child, have not been advised by a doctor or paramedic to avoid physical exercise and do not know of any problems that my adversely affect their health when taking part at the event. Should Unity Allstars staff feel in their professional opinion that my child is not physically able to participate, my child will cease participation.

I also give permission for my child to knowingly be photographed, video or audio-taped during any of the Unity Allstars events, and give permission for such photographs, video and audio tapes to be used in print or broadcast through any media which is deemed appropriate for the promotion of Unity Allstars activities, promotions and publicity.

Medical Details - Please note these on the form when returning the reply slip to school

Does your child have any health issues we should know about? If so, how do you treat this issue?
(Food Allergies, Diabetes, Asthma, Chronic Knee, Ankle, Wrist problems, etc.)

Data Protection/GDPR policy available on request

You will only receive emails/reminder texts relevant to the school cheerleading club. Please advise me if you wish to no longer receive this information.

natasha@unityallstars.com

Collection (if applicable)

Coach must have an emergency contact number for you!

If there is any change to your child's collection procedure, please contact the coach.

Also, please collect your child promptly as the coach needs to leave straight after cheerleading club to coach their Unity Allstars teams. If they are waiting for a late pick-up, this in turn will make them late for their next class.