



COVID-19

**Meet and Greet Protocol including flow chart to follow for any
Coach/Athlete or visitor**

Covid -19 Meet and Greet Protocol and Coach and Athlete entry into the gym



This process is to be used by all individuals that need to gain entry into the Cheerforce Gym including but not limited to: Coaches, Athletes, Parent Captains, health care professionals, contractors and relatives.

Does the individuals visit to the Gym follow the time table published and is essential for the safe continued practice of season 9 or where necessary authorised by the programme directors.

Yes

No

Does the Coach/athlete or visitor have either a) a high temperature (above 37.8 or feel hot to touch on chest or back) or b) a new, continuous cough c) loss of smell? Please use forehead thermometer to determine and to inform judgement. Confirm that all other household members are well and not showing signs and symptoms above. If they are please decline entry and advise to isolate for 14 days.

Explain current position on the Cheerforce ten meet and greet protocol and politely decline entry unless authorised by programme director or Head Coach within the gym at that time.

Yes

No

If visitor has a temperature of 37.8, a continuous cough or loss of smell then please refuse entry into the gym. If refusal is for an individual under the age of 18 please inform NOK without delay and ask them to isolate upstairs on their own until transport can collect. Provide them with a face mask if possible and ensure that they are aware that they cannot return to training until they have completed the relevant isolation period and must be clear of a temperature for at least 48 hrs or whichever is longest. Advise that they must book a meeting with coach prior to return.

Follow further 2 step approach below:

1/ *Ensure they wash their hands and that this is done thoroughly and in line with guidelines which are displayed within the kitchen and toilet facilities of the gym.*

2/ *Ensure that the athlete leaves all personal belongings and brings minimum stuff into the gym prior to commencing any session. Hand hygiene should be followed before leaving the Cheerforce Gym also.*

IF SUPERVISION IS REQUIRED PLEASE ENSURE GLOVES, APRONS AND FACEMASK WORN BY THE INDIVIDUAL SUPPORTING. MAKE A NOTE OF ANY REFUSAL FOR CF10 RECORDS

Please note if any visitor to the Cheerforce Ten Gym fails to comply with this protocol then they will not be able to visit or train in the gym.