

A black and white photograph of a swimmer underwater, viewed from above. The swimmer is wearing a cap and goggles, and their arms are extended forward. The water surface is visible above, with ripples and reflections.

COVID-19 – A framework for the safe delivery of children’s activity provision during social distancing



Contents

1. Overview
2. General Guidance
3. Cleaning
4. Reception Areas
5. Changing Rooms/Toilets
6. Activity Session Delivery
7. Studios, Courts and Sports Halls
8. Outdoor Activity
9. Swimming and Wet Side Facilities
10. Food Handling and Lunch/Snack Process
11. First Aid
12. Miscellaneous
13. COVID- 19 Protocol around illness
14. Operational Business Decisions
15. Resources
16. References

1. Overview

This document sets out the framework for safe physical activity provision in schools and facilities during an anticipated period of "social distancing" following the full closure of the schools/facilities due to COVID-19. It also provides the basis for individual providers to develop their own required technical operating guidance for working with children, young people and families. This advice seeks to support staff working in facilities (i.e. school sites), to deliver physical activity programming in the safest way possible, focusing on measures they can put in place to deliver activity clubs and out of school provision post COVID-19.

The framework has been developed in full partnership with the ukactive Children's Activity Providers and has been reviewed by stakeholders across the education and physical activity sectors. It has also been informed by best practice from ukactive kids members and Department for Education guidance.

The Children's Activity Provider sector will have a vital role in ensuring the ongoing health and wellbeing of young people and their families following the lifting of COVID-19 restrictions. We believe this role has never been more important than at the current time in helping the country and British society regain its health. The Government realises how important 'exercise' is, and as the Chief Medical Officer stated: "There is no situation, no age, no condition, where exercise is not a good thing."

It is not intended to be exhaustive in covering every possible scenario but aims to provide a clear direction of travel for the sector. Nor is it intended to cover all aspects of every provider: there will be special undertakings for those with specific offerings. Providers can make their own decisions and can go above the standards within this document, **but not lower.**

This framework should also be used in addition to existing Provider operating policies & procedures and relevant Ofsted register requirements.

2. General Guidance

- Public Health England (PHE) or equivalent posters will be on display informing children/Young people and their parents/guardians and carers and staff of social distancing and cleanliness/hygiene protocols throughout the facility
- Providers will commit to the wellbeing of their staff and customers, and if they show/have any signs of COVID-19 (temperature, cough and difficulty breathing), they will be sent home to follow Government regulations
- Providers will comply with any health designation documentation that the Government implements.
- Hand wipes/sanitiser will be on offer (or people will be directed to where they can clean their hands).
- Providers will ensure that social distancing is adhered to, further criteria is below for certain areas.
- Face masks will not be mandatory for staff, unless their role requires this
- Children will all be informed of the new rules and guidance around social distancing and the new activity protocol, if there are any issues with a child/children deliberately not adhering the provider should inform the parents/carers/guardians of this and follow their behaviour policy protocol.
- Social distancing and cleanliness will be promoted when booking online through the delivery providers website.
- Protocol for staggered drop-off and pick-up times for parents/carers will be in place across all clubs.
- Across your facility prop doors open, where safe to do so (bearing in mind fire safety and safeguarding), to limit use of door handles and aid ventilation
(1. Department for Education 2020 – Coronavirus COVID-19: implementing protective measures in education and childcare settings)
- When parents/guardians/carers are booking onto delivery provider sessions you should capture if the child or family members living with the child are classed as extremely vulnerable and or/are shielding. If so they should not be attending the sessions as a matter of safety.
- If the child/staff shows any signs of COVID-19, they will be asked to leave the activity immediately (the CAP will have a process in place to make sure that the staff ratio is adhered to)

3. Cleaning

- Continue rigorous cleaning procedures throughout each day of delivery.
- If there is a COVID-19 case in the facility, the provider will follow the PHE Guidance – COVID-19 – Cleaning in non-healthcare settings while cleaning all areas of the facility.
- Staff will carry out regular cleaning of high-contact touch points throughout the premises.
- To prevent the indirect spread of the virus from person to person, regularly clean frequently-touched surfaces, such as:
 - door handles
 - handrails
 - table tops
 - play equipment
 - toys
 - electronic devices (such as phones)
- When cleaning, use the usual products, like detergents and bleach, as these will be very effective at getting rid of the virus on surfaces. After you finish using the cleaning equipment it should be locked away safely out of reach of children.
(1. Department for Education 2020 – Coronavirus COVID-19: implementing protective measures in education and childcare settings)
- Please ensure you tick off each item/area you have cleaned/sanitized on your cleaning/equipment/area maintenance checklist.

4. Reception Areas

- Hand wipes/sanitisers will be on offer (or directed to where people can clean their hands).
- Gloves are not mandatory as the World Health Organisation (WHO) advice is that it is preferable not to wear gloves but to regularly wash your hands.
- Where possible Reception areas should have a one way system for entrance and exit.
- Queue management – 2m spacing markings on the floor and if necessary outside the entrance.
- During signing in and signing out the facility will let in one parent/guardian/carer in at a time. They will state the child's/children's name/s and provide a verbal password and then the child/children will be released to the parent/guardian.
- The queuing system will follow the standard 2m distance as per all other England que systems.

5. Changing Rooms/Toilets

- Extra care/signposting will be provided to maintain social distancing when in these areas.
- Changing and cloak rooms will remain in use, as long as social distancing can be maintained, children should be sent to these areas in very small groups to avoid crowding.
- In each changing/cloak room, provide sections for each group to reduce mixing of groups.
- When utilising the toilet the usual procedure should be followed however no toilet passes should be used and all children should wash their hands and use hand sanitiser following their return to the session.

6. Activity Session Delivery

Ratios

- Ratios for safe participation are no more than 15 children per group
- You should ensure that children and young people are in the same small groups at all times each day, and different groups are not mixed during the day, or on subsequent days.
- If children in the same group are of differing ages, ensure that relevant and appropriate activity types are being delivered
- Ensure that the staff are assigned to each group and, as far as possible, these stay the same during the day and on subsequent days.

Equipment

- You should ensure all equipment it is appropriately cleaned between groups of children using it, and that multiple groups do not use it simultaneously.
- Remove soft furnishings, soft toys and equipment that are hard to clean (such as those with intricate parts) This will includes items such as parachute, foam balls, bibs, bean bags, and all equipment items that are made of fabric.

Moving groups of Children and Young People around the site and in between sessions

- Staggering will take place especially at start and end of the day when drop off and pick up is taking place.
- Separate groups are not allowed to play sports or games together at any time and should be kept separate during all delivery.

- While in general groups should be kept apart at all times, brief, transitory contact, such as passing in a corridor, is low risk. However, we advise that you stagger start and end times of sessions and move children from separate groups at different times to avoid mass gatherings in one area.
(1. Department for Education 2020 – Coronavirus COVID-19: implementing protective measures in education and childcare settings)

7. Studios, Courts and Sports Halls

- Social distancing guidelines must be followed at all times (2m apart).
- There should be a minimum of a 10-minute window in between sessions, so no 'waiting around' in groups in hallways or stairways.
- Equipment (including mats etc) will all be cleaned in between use. This will be done by the staff members.
- Where possible, markings will be made on the floor to show the area for individuals.
- Where possible, all spaces should be well ventilated using natural ventilation (opening windows) or ventilation units. Ventilation guidance can be found here:
<https://www.cibse.org/coronavirus-covid-19/emerging-from-lockdown>
(1. Department for Education 2020 – Coronavirus COVID-19: implementing protective measures in education and childcare settings)
- If you are not sure which sports are suitable to be delivered, please contact the relevant national governing body to check this.

8. Outdoor Activity

- Outdoor activity is favoured and safer due to distancing ability and open-air space.
- Social distancing and cleanliness will be promoted by the instructor(s) at the beginning and throughout session/s.
- Where possible staff should try not to directly touch children's items and if they do need to touch an item IE opening a water bottle they should clean their hands before and afterwards immediately.

9. Swimming Pools and Wet Side Facilities

- Swimming pools will open as long as properly chlorinated (as there is no evidence that COVID-19 can be spread to humans through the use of pools, hot tubs or spas).
- Maximum bather loads are based on one bather per 3m.
- Social distancing must be maintained in the pool.
- Extra care/signposting will be shown to maintain social distancing when getting in/out of the pool.
- Saunas/steam rooms/hot tubs/spa pools will only open if social distancing can be adhered to.
- Teachers/instructors/coaches and students on the poolside must follow social distancing guidelines between each other.
- Only one parent/carer per child will be allowed to supervise their child during swimming activities (external to the pool).
- parent/carer/spectator must follow social distancing guidelines.
- Any equipment used will be cleaned after/between use.
- Considerations should be made to ensure limited time is taken in changing areas, especially during the changeover of group activity to maintain social distancing.
- Hand sanitiser and/or soap will be available poolside for staff.

- Prior to re-commissioning a swimming pool facility, the following re-commissioning advice should be followed: [PWTAG Technical Note No. 43: Re-opening a pool after COVID-19 shutdown](#).
 - If flumes are available, social distancing must be followed.

10. Food Handling and Lunch/Snack Protocol

- Additional signs will be put up around cleanliness and social distancing
- Government [Guidance for food businesses on COVID-19](#) will be followed
- During Lunch and snack time children should stay within their day groups and not mix with other children from other groups.
- Lunch time and snack time should be staggered. Before lunch every child should wash their hands, keep 2m distances while eating and if possible at lunch tables leave one space between each seat.
- No sharing of food/drink is allowed.
- Use of halls, dining areas and internal and external sports facilities for lunch and exercise should be used at half capacity.
- Adequate cleaning between groups must be in place, following the [COVID-19: cleaning of non-healthcare settings guidance](#).

11. First Aid

- Although there may be heightened concerns around first aid, this will continue as normal, with the below aspects to be used when needed:
 - Gloves.
 - Face masks for general first aid.
- The Resuscitation Council UK has provided [specific guidance on CPR delivery](#).
- Please note your organisation will need to consider how it adapts its policy/procedure for administering medicines to children, this should also be communicated to all parents/guardians/carers prior to attendance.

12. Miscellaneous

- Providers to follow Government guidance for office staff.
- Card/contactless payment will be promoted.
- Providers may want to consider additional steps for any children and young people with underlying health conditions.
- All external contractors (IE Cleaners/Construction workers) on school grounds must follow social distancing and cleanliness guidelines.
- You should check throughout the day the availability of soap and hot water in every toilet (and if possible in the delivery locations) .
- You should check throughout the day the availability of hand sanitiser stations, for example at the entrance for children and any other person passing into the school to use, and their replenishment.
- You should check throughout the day that all lidded bins are not full and are available in delivery areas and in other key locations around the facility for the disposal of tissues and any other waste, they should be double bagged and emptied regularly.
- Your organisation should consider creating checklists for the above protocols, to ensure compliance and best practice is in place (IE checking at 3 time points, soap is available, sanitizer is available and bins are emptied).

- Ensure you have a good supply of disposable tissues to implement the 'catch it, bin it, kill it' approach in each classroom and enough to top up regularly
(2. Department for Education 2020 – Guidance – Planning guide for Primary Schools)

13. COVID-19 Protocol around Illness

- The following procedures should be followed if someone presents with COVID-19 symptoms.
- If anyone becomes unwell with a new, continuous cough, loss or change of taste and smell or a high temperature in an education or childcare setting, they must be sent home and advised to follow the [COVID-19: guidance for households with possible coronavirus infection guidance](#).
- If a child is suspected to be ill and is awaiting collection, they should be moved, if possible, to a room where they can be isolated behind a closed door, depending on the age of the child and with appropriate adult supervision if required. Ideally, a window should be opened for ventilation. If it is not possible to isolate them, move them to an area which is at least 2 metres away from other people.
- If they need to go to the bathroom while waiting to be collected, they should use a separate bathroom if possible. The bathroom should be cleaned and disinfected using standard cleaning products before being used by anyone else.
- PPE should be worn by staff caring for the child while they await collection if a distance of 2 metres cannot be maintained.
- Where the child, young person or staff member tests positive, the rest of their class or group within their childcare or education setting should be sent home and advised to self-isolate for 14 days.
(1. Department for Education 2020 – Coronavirus COVID-19: implementing protective measures in education and childcare settings)

14. Operational Business decisions

The below are a list of decisions to be agreed by each independent organisation:

- When do you unfurlough staff?
- Health and Safety checks pre-delivery i.e. risk assessments and updated protocols for delivery (P&Ps)
- Training of staff in the above procedures.
- How to limit the number of people in a facility.
- Pre-delivery – providers will commit to a level of communication to customers explaining the nature of programme delivery, advising them of the enhanced measures in place, providing Q&A, and ultimately reassuring customers.
- Providers to develop a risk assessment and operating plan covering all of the above and relevant other information.
- Providers protocol for club closure linked to COVID-19.

15. Resources

e-Bug has produced a series of helpful coronavirus posters:

- Horrid hands
- Super sneezes
- Hand hygiene
- Respiratory hygiene
- Microbe mania

(2. Department for Education 2020 – Guidance – Planning guide for Primary Schools)

NHS – How to wash your hands – Song

- <https://www.youtube.com/watch?v=S9VjeIWLnEg>

16. References

1. Department for Education – Coronavirus (COVID-19): implementing protective measures in education and childcare settings – 12th May 2020
 - **Link:** <https://www.gov.uk/government/publications/coronavirus-covid-19-implementing-protective-measures-in-education-and-childcare-settings/coronavirus-covid-19-implementing-protective-measures-in-education-and-childcare-settings>
2. Department for Education – Guidance – Planning guide for primary schools- 14th May 2020
 - **Link:** <https://www.gov.uk/government/publications/preparing-for-the-wider-opening-of-schools-from-1-june/planning-guide-for-primary-schools>

ukactive would like to thank our members and partners for their continued support in creating this framework

