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## COVID-19 Guidance and support

Social distancing guidelines should be followed between people from different households wherever possible. This means a distance of 2m between people from different households, or 1m plus mitigations (such as face coverings or avoiding face-to-face contact) where 2m is not possible. Maintain social distancing on arrival, for the duration of the activity, and on departure. Avoid unnecessary breaking of social distancing such as handshakes, huddles, and celebrations between participants.

If possible, hand sanitise (bring your own hand sanitizer/antibacterial wipes etc.) at intervals if your sport or recreation means you have to touch communal surfaces. Once you are home, remember to wash your hands. If you have to use shared equipment, make sure it's been cleaned and sanitized, and practise strict hand hygiene yourself. The best way to offer protection is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, is recommended. Participants are discouraged from bringing any equipment, baggage, or clothing that is not essential for their participation in the Kangoo Jumps class, and should as far as possible, make their own arrangements for safe storage. Where these need to be stored centrally, only the owner should handle the equipment. If others need to handle it, strict hand hygiene measures should be observed. Injuries during the class should still be treated as participant wellbeing is paramount.

If you are symptomatic or living in a household with someone else who has a possible or confirmed COVID-19 infection you should remain at home and you SHOULD NOT have visitors to your household.

If you have been asked to isolate by NHS Test and Trace because you are a contact of a known COVID-19 case, DO NOT exercise outside your own home or garden, DO NOT exercise with others, DO NOT book a class with Kangoo Club Southend; you can spread the virus to others even if you never get symptoms.

### **Transport:**

You can travel for physical activity. Ideally use your nearest, local appropriate venue to reduce pressure on transport infrastructure. But you can travel to outdoor open space irrespective of distance. You shouldn't travel with someone from outside your household unless you can practise social distancing - for example by cycling. It is not possible to practice effective social distancing in small vehicles.

To help keep yourself and your fellow passengers safe, you should not travel if you: are experiencing any coronavirus symptoms, are self-isolating as a result of coronavirus symptoms or as a result of being in contact of a confirmed case of COVID-19, or sharing a household with somebody with symptoms, or are clinically extremely vulnerable.

### **Children/Spectators:**

You can bring your children with you to exercise. You can exercise with members of your household, and it's important that children have as many chances to be as active as possible.

But please remember that if you have children with you, you are responsible for supervising them at all times and in line with social distancing guidelines. Children are not always good at hand hygiene; the virus can be spread by touching contaminated surfaces. Therefore, pay special attention to children's hand hygiene.

Supporters, parents, and other spectators remain socially distanced whilst attending Kangoo Jumps session. Spectator groups must be restricted to discrete six person gathering limits and spread out, in line with wider government guidance. Crowding or congregation must be strictly avoided.

**Medical Provision:**

All participants, officials, volunteers and spectators must undergo a self-assessment for any COVID-19 symptoms. No-one should leave home to participate in sport or officiate if they, or someone they live with, has any of the following:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

Should an individual have demonstrated any such symptoms, they must follow NHS and PHE guidance on self-isolation. More information [www.gov.uk](http://www.gov.uk)