

## GUIDE FOR PARENTS

Please read this guide carefully

If you or your child have any Covid symptoms:

- Get a test
- Stay at home until you get the result
- Don't have any visitors

### BEFORE LEAVING HOME

Make sure your child.....

- ✓ visits the toilet
- ✓ is wearing their training kit including hand wraps. *The coaches cannot help with this*
- ✓ brings their boxing gloves and skipping rope if they have them



- ✓ has their own water bottle, (filled) plus hand sanitiser **with their name on both**

- ✓ washes their hands with soap and water for 20 seconds



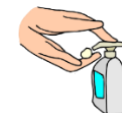
### DROPPING OFF and PICKING UP

- Only travel with people in your own household.
- Please queue with your child at the main **ENTRANCE** social distancing - and return to collect them from the **EXIT** at the correct time.
- **TEST and TRACE.** If required please scan the NHS QR code. If you are unable to do this please give your contact details to the coach.
- If you haven't set up a direct debit you can pay when you arrive. *Please have your card or exact cash ready.*
- Your child or a coach will text you when the session finishes.
- The coach will bring your child down the **EXIT** stairs.



### AFTER TRAINING

- ❖ Your child will sanitise their hands.
- ❖ Collect their belongings.
- ❖ Text you and wait to be taken to the EXIT stairs to meet you.
- ❖ If you need to speak to your child's coach - please ring them.



Please download the **NHS Test and Trace App** onto your phone.

Use it to scan the QR code if required

Thank you for helping to keep everyone safe

