

## COVID-19 Important Information

Excel Sports Academy is one of the few children's holiday camps regulated by the Care Inspectorate, the Scottish body who oversee care for children in schools and nurseries. We take extra steps to ensure everything is organized and run to the highest standard. We employ qualified teachers in the senior camp roles and all our staff have training and experience in teaching and/or coaching sport and are checked by Disclosure Scotland. Your child(ren)'s safety is our priority.

We have introduced additional procedures to keep children, staff and parents as safe as possible. We are lucky to work with St George's School for Girls one of Edinburgh's top private schools to provide a safe environment.

If the camp (or any Excel + camp) is cancelled due to Covid-19 or another unavoidable reason, you will be refunded in full. Should you wish to cancel or choose not to attend camp, our normal cancellation procedures will be followed.

### Providing a safe environment:

#### **Site**

- Our campus at St Georges School for Girls is not overlooked from the road, has no through traffic and covers 15 acres.
- All touch points and surfaces will be wiped down regularly through each day.
- The site will be Covid sprayed at the start of each week to provide protection.

#### **Drop-off and Pick-up**

- Staff will be temp checked and Covid screened every day before entering the building.
- Sign-in/ out will be contactless and completed by coaches once children arrive at camp.
- Parents will not be allowed inside the premises to reduce contact.
- Staff will wear additional PPE at drop-off and pick-up times.
- We will ask Covid screening questions on entry and may temp check children with a forehead thermometer if any signs are observed.

#### **Bubbles**

- Groups will have no more than 15 children who will bubble for the week with the same instructor.

- Bubbled children will have their own zone for lunch/snack times and we will use as many different toilet facilities around the school to separate children further.

## **Activities**

- We will use this outdoor space as much as possible.
- When using indoor spaces, we will open windows and doors for ventilation and air circulation.
- All equipment will be wiped down prior to and after use
- We will have hand sanitising stations at every activity point and rest zones
- Staff will be asked to wear masks throughout the day, and this will be mandatory when they will be within two meters of any other person. Additional PPE will be worn for first aid and at drop off/ pick up.

## **What we will ask you to do:**

### **Communication**

- Please work with us and communicate as much as necessary to help the children enjoy a full active day in a safe space.
- If you have queries, please call us rather than stay to chat on site

### **Travel**

- Do not come to campus if you suspect your child or anyone they may have come into contact with has and Covid Symptoms.
- Drop off and pick up promptly following pre-camp guidance and instruction from coaches.
- Please try to travel in without contact with others.

### **Things to bring to camp**

- Provide warm clothing as we will be outside as much as possible. When inside windows and doors will be open and it may feel cooler than normal.
- Provide all snacks, lunch and a refillable bottle. We will not be able to provide any food but will have drinks fountains available to replenish bottles.

**Government guidance if someone on site is suspected of having covid-19 (as at 25/2/21)  
- for further info go to the scotgov website, as these details are subject to change.**

If anyone in becomes unwell with one of:

- a new, continuous cough
- high temperature
- loss of, or change in, their normal sense of taste or smell (anosmia)

they should be sent home and advised to follow the [guidance for households with possible coronavirus \(COVID-19\) infection](#).

If a child in your setting has become unwell with any of these symptoms and is awaiting collection, they should:

- move, if possible, to a well-ventilated room where they can be isolated behind a closed door, depending on the age of the child and with appropriate adult supervision
- move to an area which is at least 2 metres away from other people, if it is not possible to isolate them or you offer provision outside
- use a separate bathroom if possible - this should be cleaned and disinfected using standard cleaning products and following the [guidance on the cleaning of non-healthcare settings](#) 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 (such as for a very young child or a child with complex needs).

In an emergency, call 999 if they are seriously ill or injured or their life is at risk. Do not visit the GP, pharmacy, urgent care centre or a hospital.

If a member of staff has helped a child with symptoms, they do not need to go home unless they develop symptoms themselves (and in which case, they should be tested) or the child subsequently tests positive (see 'What happens if there is a confirmed case of coronavirus (COVID-19) in a setting'). They should wash their hands thoroughly for 20 seconds after any contact with someone who is unwell.

Cleaning the affected area of the setting with normal household disinfectant after someone with symptoms has left will reduce the risk of passing the infection on to other people. See [guidance on the cleaning of non-healthcare settings](#).

### **Government Advice on what you should expect from a holiday camp facility**

The government has released [protective measures guidance](#) to help providers of out-of-school settings put measures in place to reduce the risk of infection and transmission of coronavirus (COVID-19).

- minimising contact with staff, children and young people, and other individuals who are unwell by ensuring those who have coronavirus (COVID-19) symptoms do not attend their setting - this also applies if a member of their family has symptoms or has tested positive for coronavirus (COVID-19), or if they have been advised individually by [NHS Test and Trace](#) to isolate at home because they are the contact of a case that does not live in the same house
- encouraging staff and children attending to clean their hands more often than usual, including before and after activities and before and after using toilet or washroom facilities
- ensuring good respiratory hygiene by promoting the 'catch it, bin it, kill it' approach

- cleaning frequently touched surfaces more often than usual using standard products, such as detergent or bleach
- increased frequency of cleaning of toilets and washrooms
- minimising contact and mixing between groups of children by altering the environment to allow for social distancing between children and keeping children in the same bubbles that they are in during the school day, or otherwise in small consistent groups
- health and safety has been considered, specifically coronavirus (COVID-19) protective measures - providers with more than 5 staff members should have a written policy, small and self-employed providers do not need to have a written policy but should be aware of the risks and how to reduce them
- the environment appears safe (it is a well-maintained, clean building with a clear exit route in case of emergencies and a first aid kit available) and the provider knows what to do in the event of a fire or emergency
- rooms are well-ventilated, either by a ventilation unit or naturally (for example, open windows)
- soap or hand sanitiser is readily available for staff, children and parents or carers to clean their hands - the setting may also have posters promoting frequent handwashing or the 'catch it, bin it, kill it' approach
- the setting is cleaned frequently (for example, cleaning checklists in toilets are visible and completed regularly)
- the use of toilets and changing rooms is managed to prevent overcrowding
- children attending the setting are in school bubbles or small, consistent groups of no more than 15 children and one or 2 staff members
- social distancing is promoted, through physical markers for instance
- an appointed person is responsible for first aid
- the provider has relevant training to deal with child protection and safeguarding issues (for example abuse and neglect)
- a child protection policy can be given to parents on request - this should say how children can report concerns and how the provider will make parents aware of them
- there is an appointed safeguarding lead
- a parental consent form, which asks for medical information and emergency contact details, is needed before the child attends for the first time
- a complaints process is in place

As at 3.3.21