

## Dirt School Kids Academy: COVID-19 Course Procedures

Updated: 17/07/20

We have updated our standard operating procedures as outlined below to ensure your child's safety as well as that of other participants and our coaches. Please read the following policy carefully, make sure you understand the steps we are taking and please get in touch with us if you have any questions.

Dirt School is taking the spread of COVID-19 extremely seriously. Our number one priority remains the safety and wellbeing of our clients and coaches, ensuring that we can all enjoy this amazing sport in a safe environment.

First and foremost, we please ask that if you or your child, anyone you live with, or anyone you or they have been in close contact with is experiencing any COVID-19 symptoms you contact us immediately to postpone your child's booking. We will reschedule the booking at no cost to you.

Please familiarise yourself with our policy below before your child attends any Dirt School Academy course:

- All disclaimers and media release forms will now be completed online. You will receive copies of these prior to your child's course and you must complete it electronically before they attend. Our coaches will not carry any paper copies and will be unable to provide you with a form on the day. Failure to fill out this form online may result in your booking being cancelled.
- Upon arrival, you will be asked to wait with your child until our coaches have carried out a helmet and bike check. You will be asked to make any necessary changes to the fit of your child's helmet under the instruction of our coaches, unless they are able to do this themselves.
- Our coaches will use antibacterial hand sanitizer before and after each bike check and wear a mask when carrying out the check.
- Please make sure your child's bike is in good working order before their course. Dirt School will not provide any spares such as spare inner tubes etc, please make sure your child has a spare inner tube to fit their own bike and that bar end plugs are fitted. Our coaches will assist your child with any mechanical problems, using antibacterial hand sanitizer before and after touching their bike, and a face mask whilst carrying out any repair.
- Our coaches will adhere to social distancing guidelines as outlined by the Scottish Government. For Little Rippers, children will be educated at the start of each course and advised to try and not get too close to each other. We aim to educate our riders on covid, but this is no longer a legal requirement. For Youth Academy, our riders will be advised to stay 2m (roughly a bike length) from our coaches and other participants.

- Please make sure your child has all of the food and drink they need for their course - we will take a break midway through our sessions to eat snacks or packed lunches on the hill.
- All children will be asked to use antibacterial hand sanitizer before and after eating any foods and our coaches will do the same. We strongly recommend that you provide your child with a small bottle of antibacterial hand sanitizer and make sure they know how to use it beforehand. Our coaches will instruct them where necessary.
- All Dirt School coaches will be equipped with their own personal protective equipment, antibacterial hand sanitizer and spare first aid supplies carried in sealed bags.
- All of our Dirt School Coaches have been through Covid-19 related training and have a clear understanding of how to manage the group, first aid, and mechanical incidents.
- Advanced Academy riders are asked to bring their own small first aid kit with them. If they don't have their own, they may be asked to carry one of our spare first aid kits provided in a sealed bag so please make sure they have a rucksack to fit this.
- Advanced Academy riders will be encouraged to treat themselves for any first aid incidents where our coach deems it possible to do so.
- On Youth Academy and Little Rippers courses, our coaches will carry spare first aid kits in sealed bags to prevent any cross contamination.
- No child will be treated with a first aid kit that has already been in use.
- If our coaches have to carry out any first aid, they will use antibacterial hand sanitizer, wear a mask, gloves and eye protection before they come within 2metres of your child.
- We strongly encourage you to provide your child with a face covering, such as a mask or buff. Our coaches will encourage them to use this when necessary.
- All locations chosen on our courses will be suitable for social distancing to take place, our coaches will manage the group and ensure all riders are giving each other space during our sessions.
- Whenever passing through gates, only our coaches will open and close them. They will use antibacterial hand sanitizer before and after doing this. Your child will be asked not touch gates or any other surface that may have shared contact.
- We strongly recommend you bring a change of clothes for your child at collection, place their riding kit in a sealed bag and wash them immediately when returning home.
- We strongly recommend that if your child is vulnerable or at high risk, they do not attend a Dirt School Academy course at this time. If this is the case and you have already booked, please contact us straight away.

If you require clarification on any of the points above, please contact [learn@dirtschool.co.uk](mailto:learn@dirtschool.co.uk)  
 We look forward to welcoming your child to Dirt School Academy this season!