

## **Online virtual training policy**

As we move to online virtual training for the lockdown period, it is necessary to update our policy in order to protect our athletes and coaches. Please read the below information to ensure you understand and agree to this before attending online training.

1. Any tasks set by coaches are completely voluntary. If you feel that your child is unable to complete them for any reason then that is absolutely fine.
2. All physical tasks will be set with the athletes need in mind and these will be differentiated by class to ensure that they are for an appropriate age or level. We ask that you read the session description beforehand to ensure the class you attend is of an appropriate difficulty level. Please feel free to apply your own restrictions based on your child and the environment in which they are completing the tasks.
3. All video or photo responses to tasks should be posted publicly in the comments section of the task or messaged directly to the Flyers email or social media accounts. Under no circumstances should athletes send messages directly to coaches private accounts.
4. Any live videos via zoom or other platforms should follow these guidelines:
  - All athletes and coaches should be dressed in appropriate clothing.
  - Wherever possible the video should take place in a safe communal area such as living rooms.
  - The door should remain open and if at all possible an adult should be present or within ear shot.
  - Appropriate language and behaviour should be used at all times.
  - In the event of a 1-2-1 training session via video conferencing, an adult must be present with the athlete and a second coach will be linked into the video call to protect all involved.
  - There will be a minimum of 2 coaches present in any live video training.
  - Live video trainings will be through the Zoom platform where you will need a password to access it.
  - Under no circumstances should athletes or parents share the Zoom links or passwords to anyone outside of the Flyers programme.
5. Any concerns from either coaches, athletes or parents should follow our safeguarding procedures and be reported to the head coach or welfare officer.
6. It is the responsibility of the individual athlete and their parents/carers to provide a safe environment for any physical tasks. We recommend a space where athletes can move freely and be away from sharp/breakable/hard objects and surfaces.