

## RUGBYTOTS SOCIAL DISTANCING CLASS INFORMATION

In line with Government guidelines, we have been working on a plan to ensure our Rugbytots and their grown-ups can get back to having some serious fun!

We have put together a simple layout and structure to the class which will ensure your safety at all times. You should expect to cover every aspect of a normal Rugbytots class as we have taken all the games from our programme that will work best in this environment and put them together for a fun-packed session.

### CLASS GUIDELINES

Please respect the following whilst attending:

- Only attend the class with **one adult**
- **Do not attend** the class with anyone who is **high risk or over 70**
- Do not attend the class if anyone in your household is **unwell** or has a **high temperature**
- If you bring your own equipment **do not share** it with others
- Any Rugbytots equipment will be **cleaned prior to the start** of the class
- Maintain government advice on **social distancing rules at all times**
- **Do not gather with other parents** before, during or after the class
- **Wash hands** before you attend the class and **use the sanitiser** available on entry
- **Stay in your channel** as much as possible
- **Do not worry or become anxious** if your child leaves your channel as this is likely to happen
- Please **respect the markings** and take instructions from your Coach/Station Master
- Please **be punctual** to allow for a smooth transition between classes
- Please **HAVE FUN!!**

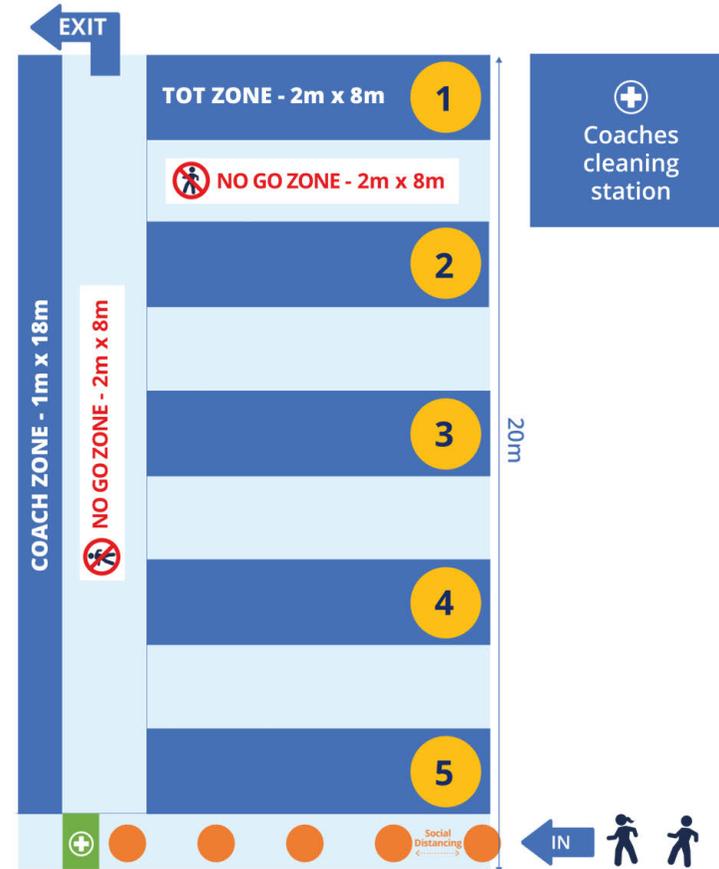
## PHASE 1

As you can see from the diagram, you will have an **entry point** to the Rugbytots area. This will be marked out with **spots placed apart to allow for social distancing**.

One by one, you will be asked to **enter a channel** via the **sanitisation station** to clean your hands. Fill the channels from the **furthest away first**.

Once in your channel "**shut the gate**" behind you and the coach will start the class when everyone is ready.

- Tot Spot
- Sanitisation Station



**Or as we like to say to the tots: The big choo-choo train will be formed, with big engines two meters long.**

When the station master blows the whistle, the train starts chugging, it chugs through the barrier where you will have to squish twice on the special machine to open and then each engine has to find their engine shed. Once your engine is home in its shed, you can shut the big gate behind you so the station master is able to give you some really fun games to play from two meters away. Once you have played all your games, the station master will ask you to start your engines again so you can exit the top of the station one by one, with the nearest engines going first.

