

JK Coaching Covid-19 Policy

Throughout these unprecedented times, JK Coaching is still able to offer 'Private Coaching' (1-to-1 predominantly, or siblings of the same household) – to help facilitate children being able to get out and be active; which is of course healthy (and advised) to do so.

The safety of our participants, as well as their family (and also our coaches) are of paramount importance - and as such, please be reassured that we will be ensuring that all sessions will be undertaken in an environment that is as safe as possible.

In order to achieve this, please see below the controlled measures (taken from government guidelines and instructions) that we will have in place for all sessions:

- Social distancing between participants and coaches will be implemented (at least 2 meters apart)
- Group sizes will be kept to a minimum (only children from the same household to participate in the session together; predominantly meaning 1-to-1 coaching)
- Session content/topics will be designed to enforce social distancing (no contact/tackling; with emphasis instead on movement into space, confidence on the ball, retaining positioning, quick passing, shooting and also general fitness, etc)
- Children are advised to wash their hands before and after the session (and will also be able to do so during the session as well if desired)
- No one within the household of any participants to have showed any of the signs or symptoms (a new, continuous cough or a high fever; I can confirm that I haven't had any of these myself)
- No participants with Asthma or Diabetes, or other underlying health problems.

We are able to do these private coaching sessions from the comfort (and safety) of your own home, if you have a suitable space for the session to take place; or alternatively, we are able to do the session at a neutral venue, such as a recreation ground, etc.

We want to emphasise that the safety of everyone involved is our top priority, and as such will ensure that the above-mentioned safety measures will be followed stringently in all of our sessions – and that we will continue to comply with all of the government's instructions.

If anyone has any further questions about anything, please don't hesitate to contact us:

Phone: 07506038921

Email: info@jk-coaching.co.uk

Kind Regards,

Jake Kennett (Director)