

Little Hero Sports A parent's guide to LHS classes & camps.

Hi Little Hero Sports Parent/Guardian!

We've put together the information below to give you an insight, and a few pointers regarding your upcoming activity with us.

Camp and Class Safety.

We want you to feel as comfortable as possible when your child with us, so we have safety systems in place including signing in and out procedures, formal risk assessment of facilities, emergency protocols, programme coordinators and fully trained first aid/CPR coaches on every site. Under no circumstance will your child be left on their own, and all of our coaches are of course DBS background checked. Our director team has been running sports camps and classes for over 20 years, player safety is and always will be our number one priority.

Program Times.

We ask that you please arrive for your activity as close to the start time as possible, if you're early our coaches may still be setting up and if you're late we may have already started the first activity – we don't want you to miss out! If your child is in an activity whereby you'll be leaving the playing area and picking them up after, we ask that you please collect your children promptly. Our coaches often have other sessions to attend, any delay can have knock on affects for other groups.

Parental Observation - Are parents required to stay at the program?

That depends upon the age of your child and the length of the program. We ask that parents attend throughout the entire program if both of the following criteria are true:

1. Your child is 6 years old or under.
2. The program is less than 1 hour in duration (per day).

If you are a parent or guardian of a player enrolled in a Mini Multi Sports Parent and Me class (ages 2-3 years) you will be expected to join in for the entirety of the session to encourage and assist your little one.

Parents required to stay at the program should be located immediately next to the playing area and be able to supervise their children for water breaks, bathroom breaks or if their child leaves the coaches' playing area at any time.

Please turn over for more.

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Child Behavior:

Our coaches have been selected for their ability to maintain group and session control. On occasion a player may require elevated levels of personal attention, and our coaches will adapt as necessary without jeopardizing the experience for the rest of the group. Should an individual's behavior become disruptive, despondent or violent despite our coaches attempts we may ask the parent/guardian of that child to step in – our coaches need to tend to the entire groups' needs as a priority. Please work with our coaches on site, we want the best for all of our young players and if there are certain techniques of engagement that work for your child, please let us know.

Signing In and Out:

On the first day please bring your child directly to the coach on site to sign in, here we may check emergency contact details etc. should you be dropping off and picking up later. The coach will not allow your child to leave unless you are present, so please don't wait in a car or car park. If your child is allowed to walk home or leave with someone else, we require you to personally hand a written letter of consent to your child's coach.

What To Bring:

Clothing: Most of our classes are indoors in which case please dress comfortably for sport and physical activity. For outdoor classes please dress your child appropriately for the weather. During Spring and Summer protection from the sun (hat/sunscreen) is especially important. Unless otherwise notified, non-marking trainers will be suitable for all activities.

Equipment: All equipment is provided by Little Hero Sports, your child is welcome to bring their own equipment i.e. a football or age appropriate tennis racquet – but we advise that you write their name on it first.

Drink: Please provide plenty of fluid for your child to last the duration of the program. Not all facilities have water fountains, bringing a refillable bottle from home is recommended.

Weather:

We strive to have an indoor facility available for all of our camps and classes, in the off chance that we do not have an indoor facility available weather conditions will be considered. For the safety of our players our coaches will make an educated decision based on forecast and current weather conditions at the site. We will cancel an outdoor program if safety is jeopardized. Any time missed will be compensated on a case by case basis.