



# Remote Guidelines for Young People and Parents/ Carers

During this period, we want to remain teaching you safely and support each other. In order to do this, we are going to use Zoom to teach all online lessons. When using Zoom, it is important to protect you and your families and follow our student code of conduct and our online code of conduct (below).

## Zoom Sessions

- Be kind
- Never use your full name, first names will do
- Make sure people you are living with know you are on a Zoom Luna session. Do not include them in the session
- When on a zoom session, keep the door of the room you are in open at all times
- Wear appropriate clothing, even on parts of you that you think will not be seen
- Remember it is easy to misinterpret things online
- Do not record or take photos of anything without the others' content
- If you are worried about anything message the coach or Welfare Officer
- Do not have items in your background that might reveal your exact address, school or somewhere you go regularly (e.g. a sports club or activity)
- Do not get anyone else under the age of 18 into the video conference call unless otherwise agreed between the Owner and a parent/ carer
- Keep yourself safe - do not share something that feels too personal, complicated or sad
- Do not share the link and password with anyone else
- Please turn your speakers off, if you need support with anything notify the coach leading the session via waving or turning your speaker back on

## Socially Distanced Teaching Outside

All bookings should be made via Go Team Up and/ or the Luna Facebook page. Details of addresses shall be arranged via Sarah-Jane [sarah-jane@lunaacro.com](mailto:sarah-jane@lunaacro.com)

### **The most up to date Government guidance should be followed at all times.**

- No indoor sessions are allowed to take place
- 2 meter social distancing should be adhered to where possible
- All equipment sanitised fully between each session, including instructor use
- Parents/ carers must stay with under 18s at all times, the lesson will be cancelled if the parent/ carer intends to leave
- No new moves should be taught, the lessons are for practise and perfecting form. This is for safety reasons
- Students, coaches and any other attendees should sanitise their hands before and after the session and avoid touching their face
- If students are not well, or a family member in the same house hold is not well, they should cancel the session and not rebook for 14 days
- Students should go to the toilet before the session, they will not be allowed use of a coaches toilet facilities unless in an absolute emergency
- For outdoor group sessions, no more than 5 students will be allowed in a class and they must be 2 meters apart
- Parents/ carers are responsible for ensuring their young people follow government guidelines, coaches should reinforce this