

Fit and Fed

The programme is only open to children who live in Pill and who are aged between 4 years and 16 years old.

The programme will run Monday to Friday from the 20th July to the 14th August 2020.

Registration Form Link

https://forms.office.com/Pages/ResponsePage.aspx?id=DQSlkWdsW0yxEjajBLZtrQAAAAAAAAAAAAAN_sisZuNUNIFS_NjEyREVTVlhVMUVLSvk1OFE3SkxCSi4u

FIT - Sport and Physical Activities

The FIT aspect of the programme is a coach led sport or activity session held on our outdoor 3G pitch from 11am to 12pm each Monday, Wednesday and Friday. As per government guidelines the sports activities will be non-contact or low-contact (such as football, circuit training, dodge ball) and the group will be limited to 20 children per session.

This session is only available for children aged between 8 to 16 years.

Parents or carers will be notified in advance to confirm which sessions that their child or children have been registered for. Children should only turn up on days for which you have received confirmation.

Children should arrive at the entrance to the 3G pitch at 11am and should bring a filled water bottle or other drink (access to drinks on site will be limited). Children should wear clean trainers or astro trainers - no other type of footwear is permitted.

Children will be required to use alcohol based hand sanitiser before they enter the 3G pitch and again on the way out.

Children will only be allowed to access the Centre if they need to use the toilets and this will be managed on a one in one out basis and the toilet facilities will be cleaned and sanitised on a regular basis.

On Tuesday and Thursday there will be an option to loan some sports equipment to take home or to use on the fields. All sports equipment will be cleaned and disinfected when it is returned from loan.

Children will only be able to join the sports sessions or to loan sports equipment if we have received a completed registration form from a parent or carer.

FED - Snacks and Hot Lunch

The FED aspect of the programme is the daily provision of snacks and hot lunches to local children.

The food will be supplied on a collection and takeaway basis.

This service is available to children aged between 4 to 16 years. Children will only be provided with food once we have received a completed registration form from a parent or carer.

Parents or carers will be notified in advance to confirm which days that their child or children has been registered to receive food. You should only turn up on days for which you have received confirmation.

Snacks will be issued from a collection point outside the front of the Centre daily between 10.45am and 11.00am.

Hot lunches will be issued from a collection point outside the front of the Centre daily between 12.00pm and 12.15pm.

Children aged 8 to 16 years may collect their own food, however, children younger than 8 years should be accompanied by a parent or carer.

Social distancing measures must be observed during food collection.

Parents and children will not be allowed to access the Centre and toilet facilities are not available.

GENERAL

Numbers are limited and spaces will be allocated on a first come first basis. Where there is over-subscription a process will be implemented to ensure that the service is made available to as many local children as possible.

Completion of this form does not guarantee registration and you will be contacted by phone or email to let you know whether your child/ren have been registered and what days they should attend. Children should not attend for food or sports activities on days for which you have not received confirmation.

A full health and safety risk assessment has been completed and control measures have been in put in place to ensure that everyone remains safe during the sessions.

Children must not attend the sessions if they, close family members, or people they have been in close contact with show any signs of COVID-19.

Children will be briefed on arrival and will be expected to conform to safety measures including the use of alcohol based hand sanitiser and social distancing.