



School Club Booking checklist

This booking checklist is designed to support parents/carers and participants as they prepare to return to organised sport and physical activity in Dundee Schools.

The participant is encouraged to consider everything they do relating to hygiene, health and safety as they prepare for, participate in and reflect on their session.

Following guidance for phase 3, only outdoor extra-curricular sport will take place. In the event of severe weather, sessions may need to be cancelled.

PLAN

- Register for the block of session online through the school app or text message.
- Find out where my session is taking place and consider how I will get to it safely, avoiding congested areas
- Parents/carers should adhere to the [latest Scottish Government guidelines](#) if I am using public transport
- Arrive exactly on time, not early, to limit waiting time and avoid congestion
- Arrive on my own, or if necessary, with one other person to help me

PREPARE

- Arrive at the session wearing the clothes I intend to participate in
- Bring my own water bottle and towel, with my name clearly marked on both
- Bring my own personal equipment if I have it, and will not share it

PROTECT

- [Wash my hands](#) on arrival at the session and bring hand sanitiser or use hand sanitiser if it is provided at the venue
- Wash my hands after the session and again when I get home
- Try my best to adhere to social distancing guidelines at all times before, during and after the session
- Let the teacher coach or volunteer know if I feel unwell at any point before, during and after the session

REVIEW

- Let the teacher, coach and volunteer know if I felt the session could be improved to help me feel safe and have fun
- Consider how I got to the session, is there anything I could have done differently to improve my safety and the safety of others around me?
- Consider what I did whilst participating in the session, is there anything I could have done differently to improve my safety and the safety of others around me?
- Consider how I got home from the session, is there anything I could have done differently to improve my safety and the safety of others around me?
- Talk to someone, such as a responsible adult, coach or doctor if I felt anxious about taking part

Useful safeguarding, welfare and wellbeing resources for participants

www.safeguardinginsport.org.uk

<https://young.scot/campaigns/national/coronavirus>

<https://www.samh.org.uk/information-service>