



TEMPO TOTS Health and Safety Plan whilst restrictions are in place due to COVID-19

Please see below for a summary of our specific health and safety information in regards to Tempo Tots classes whilst COVID-19 infection Control is in place. Tempo Tots Teachers will adhere to routine practices around health, hygiene and safety as per current Government and NHS guidelines. All teachers have attended a Covid-19 risk assessment briefing.

Health & Safety Notice

Risk assessments are undertaken by your session leader at every Tempo Tots venue. As parents and carers we are sure you are aware that although every effort is taken to ensure that our environment is safe and the props used are in good condition and age appropriate, accidents can occur to children in the safest of environments. Please ensure that you supervise your child at all times during the session as Tempo Tots cannot be held responsible for accident or injury incurred during our classes or at any other time in our venues, other than as set out in these Terms and Conditions or as required by law. Many thanks for your co-operation in this matter.

Some classes may be offered online. If you are participating in an online class, we can't take responsibility for the safety of the space in which you choose to participate in the class, or any accident or injury incurred by you or your child while participating. You must supervise your child at all times during the online class, and ensure that the space in which you choose to participate in the online class is safe. You must also ensure that any props that you choose to use during an online class are safe and age-appropriate. Do not participate in indicated videos if you or your child is prone to seizures, as flashing lights and rapid imagery changes may be used. Motion sickness may also be experienced.

Hygiene in our Sessions

All our session leaders are equipped to wipe down, clean, wash and sanitise relevant equipment and the session room between sessions. We wash blankets and replace/check quality and cleanliness of all our props regularly and every prop is cleaned and sanitized between sessions.

Before each class we will be;

- Working closely with individual venues to ensure best practice around health and safety: <https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities>

- Displaying easy to read family-friendly notices to draw attention to essential health and hygiene practices and social distancing requirements. <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing-after-4-july>

- Limiting customer bookings into each class and restricting non-essential visitors (please speak to your teacher if you would like to bring additional family members or visitors along to class as it may not be possible)

- Allowing a longer change-over between each class for cleaning purposes which includes cleaning common hard surface touch-points

- Asking customers to stay at home if they are showing symptoms of COVID-19 and inviting them to take advantage of their online replacement class

- Reminding customers to travel-light to class and to keep their personal belongings apart from others

- Updating customers with any new government and venue requirements around the wearing of appropriate face coverings before, during and after class.

<https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own>

- Inviting customers who attend class to borrow our single-use instruments/props which will have been sanitised and freshly packaged in separate units. Customers may prefer to bring along their own Tempo Tots approved instruments purchased from the Tempo Tots online shop.

- Inviting customers to bring along their own small blankets for personal use
- Reminding customers not to share any of the above instruments/props or their personal items
- Informing customers attending class, that their contact details may be made available to the NHS track and trace central database if required by law. www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing

During each class we will be;

- Adapting elements of our lesson plans to adhere to social distancing and to minimise physical contact. This includes marking out areas where customers and teachers sit on their own front facing Tempo Tots mats. It also includes carefully adapted and timed movement activities.
- Inviting individual customers to use single-use Tempo Tots instruments/props which have been cleaned and made safely available to carers. Parents who choose to use single-use instruments may also choose to clean their instruments with a single use disposable anti-bacterial wipe. Alternatively, customers may use their own set of Tempo Tots approved instruments which they may purchase from the Tempo Tots online shop.
- Single-use instruments/props are returned by customers at the end of each class to a designated marked box which is lined with a bin liner and sealed with a lid. These instruments/props and boxes are clearly earmarked for cleaning whilst stored in a safe place.
- Working in line with Government guidelines in regards to how teachers and customers are asked to wear face coverings.
- Working with government guidelines around singing. Current government guidelines stipulate that socially distanced professionals may sing but that group singing and singalongs be avoided.

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/performing-arts>

- Asking customers not to eat or drink in class unless absolutely necessary.

- Reminding customers of the availability of hand sanitiser, tissues and bins. Any bodily fluids must be isolated, soiled items removed and mess immediately cleared up. Disposable gloves face coverings and apron will be worn when dealing with bodily fluids. Hands will be cleaned before and after. The same rules apply to any first aid provided.

- Keeping the windows and doors open where possible

- Registering every class member for track and trace purposes

After teaching sessions we will be;

- Ensuring that information /guidelines are reviewed and updated regularly and communicated to customers

- Cleaning instruments/props/boxes/classroom/teaching area and venue where appropriate using cleaners stored in a box with a lid out of reach of children.
Cleaning Instruments/props and boxes

The following cleaning and disinfecting agents/products will be used to ensure a high standard of hygiene and cleanliness (other cleaning and disinfecting items may be used depending on availability and venue requirements):

Hand Sanitiser (HS) – the sanitiser made available at class will contain between 75% – 95% alcohol and is for use by carers and toddlers before class and at the end of class. Carers may choose to use their own sanitiser or the one provided by the venue if preferred. Babies do not have to use hand sanitiser.

Anti-bacterial washing up liquid and hot water or appropriate anti-bacterial spray for all single-use instruments/props and boxes which will be thoroughly cleaned and dried overnight. Instruments/props and boxes will be cleaned with anti-bacterial washing up liquid and hot water or antibacterial spray, dried with a clean dry microfibre cloth and placed in a clean box with a lid. Teachers will wear a mask and use a fresh pair of gloves to open the box and to distribute and collect the instruments/props.

Antibacterial cleaning wipes – Teachers will clean their own use instruments/props between classes with antibacterial spray or wipes and overnight

with antibacterial spray or antibacterial washing up -liquid. Customers may choose to clean their own cleaned single-use Monkey Music instruments/ props with an antibacterial wipe.

Surface Sanitiser/spray and Microfibre cleaning wipes or Disinfectant for the cleaning of hard surfaces such as door handles, light switches and floor area around mats. <https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings>

Illness of carer, child or teacher:

Anyone who is unwell or has a temperature must stay at home
<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

The key symptoms of COVID-19 include:

A high temperature

A new continuous cough

A loss or change to the sense of smell or taste.

Symptoms will need to be reported as soon as possible if the teacher or customer has been potentially exposed to a person who has been diagnosed with covid-19, or is suspected to have COVID-19, or if they have undertaken travel.

If classes cannot run because a teacher is unable to teach because of illness, a make up class will be made available online or, scheduled for the end of term.

Our Responsibility

Although your session leader will take every reasonable measure to limit COVID-19 infections, you are wholly responsible for you and your child's safety and wellbeing during your Tempo Tots session. Neither your session leader nor Tempo Tots accepts any responsibility if you and/or your child becomes unwell following a Tempo Tots session.

Track and Trace

If you and/or your child starts to display COVID-19 symptoms following a Tempo Tots session you must immediately contact your session leader so they can take steps to notify the other people that attended your session. By booking a Tempo Tots session, you agree that we can hold your contact details and use them to contact you if we believe that you may have been in contact with someone with COVID-19 symptoms. You understand that if we inform you that you have attended a class with someone who has later developed Covid-19 symptoms, you must stay at home for 14 days after that session, and neither you nor anyone from your household will be permitted to attend a session until those 14 days have passed.

The above information will be reviewed and updated as more Government guidelines become available.

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