



Power Athletics Lockdown Procedure for Classes

Power Athletics Cheerleading

Date of Next Review: November 2020

Reviewed by: Sian Young on 19/09/2020

In the event of a national or local lockdown or any type of restrictions which may lead to indoor face to face classes unable to go ahead, we plan to follow these procedures with a plan to keep the timetable similar to in person classes:

Jump and Stretch Classes:

Partial Lockdown: Outdoor classes ensuring government measures are being followed, where weather is poor these can be rearranged to a different day. Payments unaffected.

Full Lockdown: Classes will be moved online and delivered via Zoom, they will be reduced to 30mins, cost will be reduced to 25% of full in person classes and any refunds will be issued.

Cheer4Fun:

Partial Lockdown: Outdoor classes will be planned with reduced numbers if necessary to comply with any government guidelines. This may mean that different time slots will be offered. Poor weather will affect these classes and we will do our best to rearrange any that fall on a day with rain. Payments will be unaffected but full refunds will be given to any classes cancelled due to weather.

Full Lockdown: Classes will be moved online and delivered via Zoom, they will be reduced to 45mins, cost will be reduced to 50% of full in person classes and any refunds will be issued.

Tumbling:

Partial Lockdown: Outdoor classes will be planned with reduced numbers if necessary to comply with any government guidelines. This may mean that different time slots will be offered. Poor weather will affect these classes and we will do our best to rearrange any that fall on a day with rain. Payments will be unaffected but full refunds will be given to any classes cancelled due to weather.

Full Lockdown: Classes will be moved online and delivered via Zoom, they will be reduced to 45mins, cost will be reduced to 50% of full in person classes and any refunds will be issued.

Competition Teams: (assuming this happens after team placements)

Partial Lockdown: Outdoor classes will be planned with teams split into groups to comply with any government guidelines. This may mean that different time slots will be offered. Poor weather will affect these classes and we will do our best to rearrange any that fall on a day with rain. Payments will be unaffected but full refunds will be given to any classes cancelled due to weather.

Full Lockdown: Classes will take place on Zoom for the full training times for each team, we will work on choreography and training skills that can be done at home safely, all athletes will be required to continue with their cheer district training also. Music will be emailed out to all athletes so they have a copy to practice at home with as well as any videos from coaches going over choreography. Payments will be reduced to 50%.

Privates: All 1-2-1 with coaches will be cancelled, you will need to speak to your coach for payment information.