

# OBA GUIDANCE (OIC) *updated 9.9.20*



## Before

- Complete online booking form, including contact information for Track & Trace
- Pay for your session in advance online 48hr prior to session
- **Parents/carers MUST advise if they are accompanying their child into the games hall for the session. If so they MUST remain in the games hall for the duration.**
- Adhere to the [latest Scottish Government guidelines](#) for transport
- Arrive exactly on time, not early, to limit waiting time and avoid congestion
- Arrive on your own, or if necessary, with **one** designated adult; as per above
- Arrive ready for play as changing rooms will not be open
- Physical distancing restrictions should be maintained before the activity and face masks should be worn on entering the venue through the front door (left hand side)
- Bring your own hand sanitiser, and apply upon arrival

## During

- Register with the return to sport co-ordinator on arrival
- Let the coach know if you feel unwell at any point before, during or after the session
- If you display symptoms during a session you must inform the return to sport co-ordinator, [go home immediately, isolate and book a test.](#)
- You may be advised to go home if you have been in close contact with someone who has developed symptoms. Your co-operation in such instances will be much appreciated.
- Store personal equipment at the back of your allocated court and do not share
- Sanitise hands regularly and practice good hygiene
- Physical distancing restrictions should be maintained both on and off court
- Remain at your allocated court for the session
- Currently guidance only allows for playing groups of 6 and maximum of 2 people on court at once
- Out with the games hall, i.e. to use toilets, face coverings should be worn

## After

- Take all personal equipment away with you
- Sanitise hands after the session and again when you get home
- Physical distancing restrictions should be maintained after the activity and face masks should be worn on exiting the venue via the PE doors (KGS)

**DO NOT attend any OBA session if you, or anyone in your household, have any symptoms of COVID-19**