



Home Workout Safety Notice

Please consider the following Swim England guidance for home workouts before taking part in all CoSSS online activities. CoSSS, Coaches and Swim England accept no liability for any injury or issues arising.

If you are Under 18 years of age, please ask a parent/guardian to consent to you taking part. They must agree to the following:

- You are fit and healthy for the intended training
- The training environment is suitable
- A responsible adult will always be in proximity to you to deal with any issues that arise and to stop the training if there are any health or safety concerns
- Provide a mechanism for you to feedback to a member of the team with any problems or issues with the session

Check your surroundings

- Do you have enough space to exercise safely?
- Can you exercise outside?
- If indoors, is the floor safe?
- Is the area well ventilated?
- Do you have a mat? If not, is the ground suitable for body-based exercises?
- Are there any trip hazards? If you can, move any items or furniture that you might bump into out of the way
- Keep pets and any other distractions away during exercise

Please remember

- Appropriate clothing should be worn including suitable footwear, no jewellery etc.
- Stay hydrated
- Equipment used should be cleaned before and after use

Thank you!