



# Ainsty Gymnastics & Trampoline Club

## Covid-19 Safety Policy

### COVID –19 Safety Policy and Changes to Club Operations

The health and safety of our members and staff is always our priority. To ensure our club is safe for our gymnasts, we are adopting the policies below, which are in line with guidance given by gymnastics governing bodies and the government on managing the risk of COVID–19. A risk assessment has been undertaken in devising the procedures and changes below. We ask for everyone’s full co-operation in implementing these policies.

#### 1. Drop off and collect system

Parents/carers are required to drop off and pick up children from the designated entry and exit doors. We will advise parents which doors to use in advance. Everyone should keep social distance and adhere to the queuing and one-way system.

No one will be allowed in the building apart from gymnasts or staff. It is important that children arrive in the correct clothing as there will not be any changing facilities available to use. If your child is not able to participate without a parent present, then they are not ready to attend gymnastics classes and should delay their participation. However, we will do our best to accommodate children with special requirements.

Each gymnast will be met at the entrance to the building by a coach. Parents should take away any unneeded items of clothing. They will be directed to a queue in the corridor where they will be supervised by the other coaches. Once all the children have arrived, they will be escorted into the hall. If children are still wearing shoes, they will be asked to remove them before entering. The Senior Coach will direct each gymnast to their coloured group ‘bench’ where they can place their belongings.

If you are going to be late for either Drop-Off or Pick-Up it is essential that you let us know with as much notice as possible. Please phone or text:

Freddie - 07513 901 672

Rob – 07856 602 199

Failure to do this may mean that the gymnast will not be able to enter the hall. If you arrive late, and there is nobody at the door to greet you, then please head toward the Fire Door of the gymnasium to be let in.

**Parents must not enter the building as it will jeopardise our letting!**

## **2. Class sizes and groups**

Class sizes will largely remain as we have had them due to our high staff to coach ratios which are in line with government guidance on numbers. 2/3 groups of children in each class with a maximum number of 8 children per group, with a coach allocated to each group and an additional senior member of staff where required. We will try to keep siblings together.

## **3. Class organisation and activity**

The current government guidance is that children should not wear masks when exercising. Following this we are not allowing children to wear them. If a mask must be worn, then it must be a sport specific ventilated face mask which is the child's responsibility and then must not be removed during the session. Please let us know, beforehand, if you wish for your child to wear a mask, otherwise they will be asked to remove it by their coach.

Gymnasts will stay in the same group with their coach when warming up and using equipment. When groups transition between bars, beam, vault or floor the equipment will be disinfected. There will only be 2 pieces of equipment used by any group. Groups will be spaced out with walkways between each area. There will be a one way system for gymnasts and coaches to follow in the hall.

Within in each group we will allocate a spot or mark out space for each gymnast so that a safe distance can be maintained from coaches and other gymnasts. This will include an area for their shoes, water and belongings.

There will be NO PHYSICAL CONTACT between coaches and gymnasts. This means we cannot support our gymnasts at present. The activities and equipment used will be risk assessed to ensure safety for non-contact coaching. At present, we will not be assessing our gymnasts for their badges, but we will still be developing the moves, skills and techniques needed, in preparation for when badge assessment starts again.

To ensure variety each group will be allocated a different area with different equipment each week. However, they will stay in their same groups with the same coaches.

We have altered our Class Rules to include the new rules created by our Covid Policies:

### **Our Rules**

**Always arrive for your class on time, dressed correctly, with a 'ready to learn' attitude.**

**Respect the coaches, each other, the building and all the equipment in it.**

**Keep your hands to yourself.**

**Always keep, at least, an arm's length from any other child.**

**Stay safe! Always follow instructions.**

**Always try your best.**

These rules will be discussed with the children in the first week and referred to as needed. Children who misbehave and don't follow 'Our Rules' will be asked to leave, as they are putting themselves, other children and the Coach's health at risk.

The plan is for classes to run for a full hour but whilst the systems are embedded there may be reduced activity time to allow time for cleaning and gymnast dispersal.

#### **4. Home time**

At the end of the session coaches will accompany gymnasts to the designated exit doors to meet parents/carers. Children under 11 years old must be collected by an adult or responsible person. Older children may make their own way out but only if we have had notification.

#### **5. Hygiene and cleaning procedures**

Each group will have a hygiene station containing hand sanitiser, wipes, antibacterial spray, tissues and PPE.

At the start, middle and end of the class each gymnast and each coach will be required to apply hand sanitiser.

Equipment and mats that have been used will be cleaned/disinfected after each group has completed its rotation and always at the end of each class. This will not always be possible for fabric or carpet topped equipment which will be sprayed with anti-bacterial solution where appropriate.

Before and after each session, any high touch hard surfaces, where there may be personal contact such as door handles, light switches, taps etc. will be cleaned by the site team. A cleaning checklist will be completed before the first class and after each subsequent class.

Toilets should only be used where absolutely necessary and all surfaces will be cleaned between uses by site team.

#### **6. Spectators and entry into the building**

Entry is limited to gymnasts and staff. Parents and carers are no longer allowed in the building at any time. Coaches will meet gymnasts at the entrance.

We will be unable to offer a Watch Week until current restrictions are relaxed. You will be notified about this as and when it happens.

## 7. First aid, emergency intervention and illness in class

Coaches will always endeavour to adhere to social distancing. However, in the unlikely event of emergency intervention being necessary face masks and gloves will be worn by the first aider or coach.

If a gymnast becomes unwell during the class they will be taken immediately to an isolated area, assessed by the Head Coach and parents/carers contacted.

In the event of a fire alarm or other emergency involving immediate evacuation social distancing will not be applied.

## 8. How you can help

Please ensure your child:

- is in good health
- is not showing any signs of Covid-19. If we have concerns about the well being of any child we reserve the right to isolate them, make an assessment and contact guardians.
- is dressed appropriately and ready for their class as changing facilities will not be accessible. This means earrings removed or taped, hair tied up with a bobble. We cannot supply tape or bobbles or administer either, so parents will be asked to return to do this if not done.
- has been to the toilet.
- has a filled water bottle with name on. **Children must NOT share drinks bottles.**

Please be punctual when dropping off and picking up your. Any child not collected at the finish time will be taken to an isolated area where they can wait for their parents.

Do not allow your child to attend classes if anyone in your household is self-isolating.

You must advise us immediately if your child develops coronavirus symptoms after attending. They should get tested and if positive they will need to self-isolate in line with current government guidance. We will then contact everyone who has been in close contact with your child and advise them to follow the latest government guidance on the next course of action.

If your child or anyone in your family is returning from another country your child must not return to gym until the appropriate self-isolation period has expired if applicable.

Please advise us if you change your contact details or move to a new house. It is vital we have up to date emergency contact information.

We hope by following these procedures we can continue to provide a fun and safe environment for our members to take part in gymnastics in these challenging times.