



Ainsty Gymnastics & Trampoline Club

Covid-19 Safety Policy for PlayGym

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. Entrance system

Parents/carers are required to use the designated entry and exit doors. Parents will be advised 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 and their ‘adult’ or staff. It is important that children arrive in the correct clothing as there will not be any changing facilities available to use.

A coach will meet you at the entrance and you will be directed to a Waiting Area. A mask must be worn on entering the building. Once all the children have arrived, you will be escorted into the PlayGym Room. Once in the room you will be able to remove your mask and outdoor clothing. Also, you will be asked to remove your shoes. Children should also remove their socks, as socked feet can slip on the gymnastics apparatus.

2. Class sizes and groups

Class sizes will remain as we have had them, due to our high staff to coach ratios, which are in line with government guidance on numbers. Each child should only have 1 ‘adult’ with them.

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 your responsibility and then must not be removed during the session.

Within each area 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 your 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. Coaches will be able to advise parents how to support where applicable.

To ensure that the children remain socially distanced, each gymnast will spend an allocated amount of time on a specific piece of equipment. This will also allow coaches to observe and assist as required. When instructed, all the children will then move around to their next piece of equipment.

The last 20 minutes of the PlayGym session will be in the Trampoline Park and children will need to wear their own Trampoline Socks. Parents will help the children to put these on. The Children will then be escorted to the Trampolines, whilst the parents gather their belonging together to take downstairs. Parents will be required to wear a mask between leaving the PlayGym Room and entering the Park. Belongings can then be kept in our designated Trampoline Area. Masks do not need to be worn in the Trampoline Area. Parents will need to take an active role in supporting their children whilst on the trampolines.

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.

4. Hygiene and cleaning procedures

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

All equipment and mats have been treated with Viraguard. These gives 90 days of protection.

High traffic area will be sanitized after each session.

5. Spectators and entry into the building

Entry is limited to 1 gymnast and 1 adult.

6. 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.

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

7. How you can help

Please ensure you and your child:

- are in good health
- are not showing any signs of Covid-19. If we have concerns about the well being of any adult/child we reserve the right to isolate them.
- have been to the toilet.
- have a filled water bottle with name on. **Children must NOT share drinks bottles.**

Please be punctual when arriving and leaving.

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

You must advise us immediately if you or 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 you or your child and advise them to follow the latest government guidance on the next course of action.

If you or anyone in your family is returning from another country you 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.