

T30 GYMNASTICS CLUB

COVID -19 OPERATING GUIDELINES

These guidelines will be reviewed regularly and amended where necessary in accordance with the advice provided by Public Health England, Government and British Gymnastics.

Key Points

- All staff, gymnasts and parents should be aware of the main COVID-19 symptoms which may include a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste.
- If staff, gymnasts, parents or members of their household experience any symptoms we ask them not to visit T30 Gymnastics Club and to inform us immediately.
- We will continue to follow advice given by Public Health England, Government and British Gymnastics and will follow Government guidelines or 'test and trace.'

Preparing your gymnast

- Having had a significant period of time without training, your gymnast is unlikely to be able to pick up their skills from where they were in March. Please discuss with them the probability that they may not be able to do as much as they could in March. They will feel disheartened unless they are prepared for this, so your help before we come back will be crucial.
- It will take time to relearn skills and regain strength and flexibility. They will need to be patient and accept that it will be a significant period of time before they feel that they are progressing again. We will be as supportive and encouraging as we can.
- The coaches are not allowed to physically support the gymnasts in any move. The gymnasts need to understand this before they come into the gym. It is vital that we avoid contact so that we do not inadvertently pass on the virus.
- Share with them the fact that no parents are allowed in the building. They should be prepared to say goodbye to you at the door and come into the building with the coaches.
- Washing hands – we will ask them to wash their hands with sanitiser regularly during the session.
- If they feel unwell during a session, we will look after them while we wait for a parent to come and collect them. It might be that they are sitting waiting somewhere separate from the other gymnasts, but tell them not to worry because we will make sure they are safe.

- Listening to instructions – they will need to listen carefully to the coaches as there will be procedures which will need to be adhered to.
- Social distancing – I know that they may want to give coaches and friends a hug, but they will need to remember to keep a safe distance away, so it will be a friendly wave instead!
- Groups – they will be in a small group for their session. It might be that they can see a friend in another group, but they must remain in the group where they have been placed.

Communicating with the club

- If your gymnast has any new or additional needs
- Any change of circumstance
- New or existing medical issues
- If your family has been directly affected by any contact with the virus, for example a bereavement
- If you need to speak to me, please email me as I won't be able to speak to you during the sessions.
- admin@t30gym.com

Upon Arrival

- To prevent large groups gathering at the changeover of classes we have split each class into two with a 15 minute staggered start time. Each class will use one half of the gym with it's own entrance/exit door on Beacon Close. Please arrive no more than 5 minutes before time and at the correct door which will be signed clearly - so please know your class time.
- Wait in a socially distanced queue, until the doors are opened to the nominated access/exit fire doors at the side of the building in Beacon Close. Please park in the car park and not the road.
- Gymnasts ONLY may enter the building and at the nominated class start time.
- Gymnasts temperature will be checked and hands sanitised on entry.
- Gymnasts will need a full water bottle and a bag for their outer clothes. Water bottles may not be shared with other people.
- All gymnasts will need gym shoes or grip socks. Recommended but not essential.
- They should be wearing their gym kit. Access to the centre changing rooms or reception area is not possible.

- Any long hair should be tied back.
- No earrings or jewellery should be worn. Tape up any newly pierced ears – do this yourselves before you come, we cannot do it for you!
- Please arrive no earlier than 5 minutes before your session starts.

• If you are late, please be patient! We will sign you in as soon as we can.

During Sessions

- Personal belongings will be stored in gymnasts' own bags.
- Gymnasts will line up, spaced at least 1m apart.
- The gym will be split into two and have an air track and vault set up as well as a small floor area in each section.
- Initially we will not be using the asymmetric bars or the beams until we are satisfied that we can keep them sanitised effectively.
- The gymnasts will be in groups of between 5 and 7 with one coach. Where possible we will try and keep children from the same school together. They will rotate round the gym in those groups.
- The classes will adhere to social distance rules.
- Supporting a gymnast by a coach is only permitted in the event of preventing an accident or injury.
- Skills that may usually require physical supporting will instead be broken down into progressions with additional safety equipment.
- No physical contact partner work will be permitted.
- In the event of an accident where first aid is required, social distancing may not be possible. The First Aider will wear a face mask and gloves ensuring they wash their hands before and after treatment.
- We encourage the gymnasts to go to the toilet before they arrive at the gym. Should they need to use the bathroom a junior coach will accompany them, ensuring social distancing is maintained and minimum or zero contact with door handles etc. Hands will be sanitised before re entering the gym.

- Gymnasts may have a drink from their own water bottle during the session. The bringing and eating of snacks during the 45 minute sessions is unnecessary.
- Weather permitting, the fire exit doors will be kept open for added ventilation.

Upon Exit

- Please meet your gymnast at the entrance to their nominated entrance/exit door, by queuing up in a socially distanced queue. When we can see you, we will allow the gymnast to leave and meet you.
- Please check that your gymnast leaves with all their belongings as we are unable to keep lost property.
- In the event that you are late collecting your child we will keep them safe and seated in a secure area of the gym away from the cleaning operation that commences promptly at the end of the session.

Cleaning

- Regularly touched surfaces will be sanitised regularly eg. taps, toilet flush handles, door handles
- Fifteen minutes has been allocated between sessions to sanitise all equipment e.g. mats, springboards and air track. At the end of each days sessions all equipment will be treated to mist fogger sanitiser that penetrates the smallest of spaces.

Beacon Centre Specific (as advised by)

Please note that entry to the reception area by members of T30gym should be avoided unless absolutely essential. However in the event that access is critical then these notes provided by the centre should be heeded.

The whole centre has been made Covid-secure, with the following measures in place:

- easy to follow one-way systems to toilets and along corridors
- socially distanced entry and exit routes

- staff wear face coverings in areas where there may be prolonged or closer contact with customers
- hand sanitising stations in key locations and enhanced cleaning regime