

POLICIES AND PROCEDURES



CLUB COVID-19 POLICY & FAQs - UPDATED 01/03/2021

British Gymnastics have created a Step Forward Plan to help the gymnastics community respond to the Covid-19 pandemic. As a British Gymnastics affiliated club, we will be following the guidance set out for clubs in the Step Forward Plan which provides a clear direction for the gymnastics community on what steps to take and when to take them, in line with government advice on safely returning to operations. The Plan includes guidance on Health & Safety, coaching during social distancing and communications to parents and gymnasts. British Gymnastics and the UK Government have provided us with continual updates, guidance and legislation. Members should note that the guidance and legislation is continually evolving and is subject to change.

WHAT ARE COVID-19 SYMPTOMS?

Coronavirus symptoms include: a high temperature, a new, continuous cough or a loss of, or change to, your sense of smell or taste. If you have any of these, get a Covid-19 test, stay at home and do not attend any sessions with us.

The club will be following all guidance set out in the 'British Gymnastics Step Forward Plan: Contacts, Self-Isolation, Symptoms and Tests' document: [Microsoft Word - SFP Contacts Self-Isolation, Symptoms and Tests.docx \(british-gymnastics.org\)](#)

Further information and clarification regarding "symptoms", "contacts", "self-isolation" and "when to get a test" can be found on the NHS website.

WE HAVE MADE CHANGES TO OUR USUAL WAY OF OPERATING AT ALL VENUES

- Drop Off window: On arriving to a session, parents/guardians and children are asked to wait outside of the building until one of our coaches is available to sign gymnasts in for their session with us.
- The Drop Off window in Syston opens 10 minutes before each class starts and the Drop Off window in Melton open 5 minutes before each class starts.
- Children are asked to arrive ready to participate (changing facilities will be out of use)
- Participants are welcomed into the building by a member of staff and once shoes and belongings have been placed in the correct zone, participants are asked to wash/sanitise their hands before entering the Gymnastics area.
- Temperature checks/use of thermometers will be used as an additional control measure to reduce the risk of transmission within the venue.

- Springers then participate in a General Gymnastics class that has been planned to allow for social distancing. On finishing classes, participants are asked to wash/sanitise their hands again before leaving.
- Pick Up window: The Pick Up window opens 5 minutes before the scheduled finish time for each class as activity will be stopped slightly early to allow a longer window for dismissal.
- Classes in Syston have a 15 minute changeover window between each session to allow for a social distancing with different classes.
- Classes in Melton will arrive and depart using our one-way system to prevent a cross over between gymnasts.
- Children are dismissed one at a time.
- We ask all members to take extra care when entering and leaving the car park.

WHAT SAFETY MEASURES ARE IN PLACE AT THE GYM?

We're working hard with our National Governing Body to ensure our club is safe for our gymnasts by cleaning our gym regularly, adapting our operations to keep our members safe, following Government guidelines planning our sessions to allow for social distancing, constantly monitoring and reviewing our safety measures upskilling our coaches on our new ways of working, applying additional hygiene procedures and non-contact temperature checks will act as an additional control measure.

HAS THE CLUB CREATED A CLEANING ROUTINE?

Yes, we have created a general cleaning routine & club cleaning routine for Covid-19. This includes guidance on choice of cleaning products, waste disposal and safe cleaning practice.

Little Springers Gymnastics has considered various other changes to their use of equipment to avoid the spread of Covid-19:

Metal surfaces such as bars will not be used at this time.

Hand apparatus such as balls, ribbons and bean bags will not be used at this time .

Suedette fabric which can be found on beams and vaulting tops will not be used at this time.

All Jersey equipment such as our jersey mats will not be used at this time as they are not easily cleaned due to the permeable nature of the polyester or cotton top of the mat.

Sessions have been planned to use as much PVC/Vinyl equipment as possible so that coaches can easily wipe down the surfaces. This includes adding PVC/Vinyl surfaces to standard set ups such as Handstand Flat Back onto a Safety Mat. Gymnasts hands will make contact with a wipeable surface instead of the carpeted floor.

Hand washing/sanitising will be required at the start & end of every session for both gymnasts and coaches.

In addition to this sanitising stations will be found around the gym. Gymnasts will also be encouraged to bring their own hand sanitiser along to their session to carry with them along with other belongings such as water bottles.

All staff will be trained to follow our new club cleaning procedure, be provided with PPE & will sign off all cleaning activities.

SHOULD GYMNASTS WEAR FACE MASKS/PPE DURING THEIR SESSIONS?

Both British Gymnastics and the Government do not recommend the use of masks/face coverings during sports activities. All forms of face coverings may restrict breathing efficiency and should not be used during exercise except on specific advice from a physician. Gymnasts can wear masks whilst not on apparatus, between time in apparatus, if they so wish, but masks should not be worn whilst on equipment or performing any form of gymnastics elements, including warm ups/cool downs.

ARE COACHES ABLE TO SPOT/SUPPORT GYMNASTS?

Social distancing must be adhered to at all times and no contact is permitted between coaches and gymnasts, or gymnasts and gymnasts until the relevant government remove/review social distancing. Activity planned and delivered will be appropriate for socially distanced coaching and no close spotting/supporting is permitted under the current guidelines. PPE will be provided for staff when cleaning and for first aid purposes. This will include a mask, gloves and apron.

WHAT ARE THE CLUBS' RESPONSIBILITIES UNDER THE TEST AND TRACE SYSTEM?

Little Springers will maintain registers of staff and members who are in the facility and a note of the date and time they have been in the facility. If somebody who has been in the facility tests positive for Covid-19, the NHS test and trace may ask the infected person or their carer to provide details of anyone they have been in contact with. These registers will assist in this process. The club may have to provide personal details (names and contact numbers) of members to the NHS test and trace if they request it.