



5<sup>th</sup> March 2021

## **Social Distancing Policy**

The Social Distancing Policy of Star-Tastic Gymnastics Club is to be adopted while the restrictions of the Coronavirus remain in place. It applies to anyone coming into the workplace in any capacity, including employees at all levels. It has been created to ensure, so far as it is reasonably practicable, that work will be carried out in our workplace with a commitment to protecting everyone who comes onto the premises.

This policy has the full support of the Director, Managers and all coaches.

In implementing this commitment to manage social distancing properly we will:

1. Carry out a COVID-19 risk assessment. Before restarting work on a site we will ensure the safety of the workplace by carrying out a risk assessment and letting our employees know the results of the risk assessment.
2. Encourage employees to work at home wherever possible and only bringing in coaches that are absolutely required.
3. Encourage employees to walk to work where possible and provide additional parking areas for bikes to allow more employees to cycle to work. There is lots of parking on site so coaches should park further away from the sports hall and attempt to leave a space between cars.
4. Employees should not use public transport where possible to minimise their risk of infection.
5. Advise all Parents and Gymnasts to maintain a 2-metre distance when entering the building if arriving around the same time as others. (We will be providing hand-sanitiser open entry and exit)
6. Use clear signage to ensure parents and gymnasts follow the same procedure as employees, after entering the door.
7. We will enter via two doors where possible and have a separate exit where possible. Signs will be up for parents.
8. There will be sections in the gym which will move every 15 minutes following distancing rules. Coaches will spray and clean equipment that is shared after each group / bubble.
9. Use signage to remind employees and visitors of social distancing guidance. Introduce a safe walking route consisting of a one-way system around the corridors and sports hall floor area and ensure employees and gymnasts workstations are sited at least 2 metres away from the walking route.

Review Date: 5<sup>th</sup> June 2021

Dates Reviewed:

26/7/2020 YES

03 /08 /2020 YES

26/08/2020 YES

2/09/2020 YES

1/12/2020 YES

5/03/2021 YES



2/09/2020 – Updates:

In addition to this document, we will ensure we comply with any guidance issued by activity organisations / governing bodies such as:

- Hand sanitiser is provided at the centre. Please use upon entry/exit.
- **People should either stay 2m apart or '1m plus' – which is one metre plus mitigations.** We will assess what is appropriate for our group.
- **Face masks are optional to our coaches and gymnasts will not be required to wear masks.**

5/03/2021 – Updates:

**We have changed our policy on the use of face masks.**

- **Gymnasts / Coaches of any age will not have to use a face mask or other face coverings whilst training.**
- **Any employee or visitor who wishes to use this type of protection through sessions can do.**
- **All coaches and parents must now wear a face covering on pick up and collection. We recommend those children age 11+ also wear their masks when waiting / coming into the building and leaving.**

**GOV:**

- You are a child under the age of 11 (Public Health England do not recommended face coverings for children under the age of 3 for health and safety reasons)
- There is risk of harm or injury, to yourself or others - including if it would negatively impact on your ability to exercise or participate in a strenuous activity.
- There must be **NO WAITING** in the foyer area at all.
- Parents must wait in their cars or outside areas.
- No Parents in the gym at any time.
- Only one person may use the toilet at some of our venues will be explained to gymnasts and the toilets can be locked at the main entry door in order to communicate to other hirers that the toilet is in use. Two persons may queue for the toilet but must adhere to the social distance requirement. Queuing sites for the ladies and the gents have been marked out to facilitate this but if there are more than 2 people requiring the loo, they must wait in the hall they are attending.
- We will have gymnasts side-to-side, rather than face-to-face, whenever possible.
- We will aim to avoid people needing to unduly raise their voices to each other, e.g. playing music at loud volume so that normal conversation is difficult, to reduce the risk of transmission of the virus (from aerosol and droplets).
- **Hand washing is still the best method of keeping safe. We will encourage our groups to wash their hands and to avoid touching their mouth, eyes and nose, disposing of tissues correctly and sanitising after using tissues.**