



9th June 2021

Star-Tastic Gymnastics Club Covid-19 Return to Training Strategy

We will stay within the government social distancing requirements and the following information has been added to our risk assessments and all staff have been sent and aware of this new risk assessment. Please take time to read this and please get your gymnasts to read or if you can tell them what their responsibilities will be.

Risk Assessment Coach, Gymnasts and Parents' Requirements to Adhere to Covid-19 return to Training

General Cleaning

- * Full Clean of equipment used before training begins and again once all sessions have ended
- * Toilets, Reception area to be cleaned and disinfected (all door handles, door frames, floor and all areas in the toilets) every hour on the hour and at the beginning and end
- * Coaches on arrival to disinfect all equipment before use and then in between pieces as shown under headings coaches' responsibility and gymnast responsibility

Coaches Responsibility

- * Must sanitise hands and wear masks on arrival and departure
 - * Must use hand sanitiser regularly (will be provided)
 - * When gymnasts arrive in their bubbles coaches must check with parents that they have not had any symptoms or been feeling unwell
 - * Must maintain social distancing - 2 metres away from gymnasts at all times
- GYMNASTS AGED 11+ SHOULD WEAR A MASK FOR DROP OFF AND PICK UP ONLY**
- * Set up team must sanitise all areas in reception area, toilets, office desks with anti-viral wipes (will be provided)
 - * Set up team must sanitise all equipment that gymnasts will use (will be provided)
- *Set Down Team must wipe down all surfaces in gym, high touch area and toilets
- * If for any reason a coach must make physical contact with a child for First Aid or other essential reasons then they must wear a mask and Gloves they need to throw those away once used remembering to wash or sanitising their hands before and after.
 - * Before each new rotation bubble coaches must use a hand sanitiser.

Gymnasts

- * On arrival gymnasts must wait to enter observing 2 metre social distancing and they will enter the gym 1 at a time.
- * Gymnasts will leave personal items along the wall and each gymnast will have their own spot. Only Jumper / Jacket, Water and shoes. No bags or personal items please.
- * Gymnasts will be separated and work individually on pieces of apparatus and mats (1m).
- * Before each new rotation bubble gymnasts must use a hand sanitiser.
- * Gymnasts / coaches must wipe down the surfaces they have used. Coaches will instruct where necessary.



* At the end of the session the gymnasts will line up by the emergency fire exit door in the toilets / stairs corridor, observing 1 metre social distancing the coach will stand at the emergency door and when parent arrives gymnast will be called.

* Gymnasts for the next session will only enter via the front door and must not enter until the group before have all left.

* Gymnasts must not share water bottles, food, chalk, sweatbands, grips etc

Parents dropping off for training and picking up after training

* If there is a group already training and parents and gymnasts are early they must wait in their cars or outside of the building maintaining social distancing (2 metres)

* Only one gymnast must enter at a time through the reception area of gym.

* The others must wait until asked to enter by the coach while they are waiting to enter, please observe social distancing rules (2 metres)

* Please do not bring gymnasts if they have had a temperature, cough, loss of sense of taste or smell or have been generally unwell that week as they will not be able to train. Please help us keep everyone safe and well.

* No viewing or waiting will be allowed except for 1-1 training or if agreed with coach prior to training. Any parent that must stay due to exceptional circumstances must clean their chair and any fixtures and fittings that they have used (wipes will be provided)

* Anyone showing symptoms of Covid -19 will be stopped from training and sent home immediately and parents from that bubble group will be advised. We record registers with dates and times and interactions for our Bubble Groups in line with the NHS National Track and Trace Programme. If you suspect you may have Covid-19 you must follow the guidance on the NHS website and request a test which will then begin the track and trace process and you must fully adhere to NHS guidance.

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.**