

COVID-19 Operating Guidelines – Norwich Gymnastics Club

URGENT DETAILS FOR RECOMMENCING GYMNASTIC CLASSES – Please would you take the time to read to ensure that you are aware of the safest possible procedures that are in place to protect your child/children in this very trying period

Please note:- Pre-School regulations will be reviewed late August so hopefully a more relaxed approach will then be advised by the government

We have been working with British Gymnastics and putting measures in place to ensure that we are offering the safest possible start/return to a training situation for your child/children. Therefore, we are following the social distancing requirement and limiting gymnasts numbers training in the gym to ensure the safety of everybody involved.

If your child will not be able to adhere to the social distancing rules for various reasons, please delay starting/returning to their gymnastics class until government regulations are eased. Plus, if there are children who are unable to take themselves to the toilet please would you delay your child starting/returning to training until we can permit parents back into the building to assist them to ensure that your child's return will be as smooth and comfortable as possible.

On arrival into the gym

Gymnasts waiting to commence their session will be asked to line up outside the gym building until a coach comes to the door to welcome them and bring them into the facility. Parents/Carer's with gymnasts waiting to enter the building will be asked to line up keeping to the present social distance recommendations from the government at the main double doors entrance of the gym. Unfortunately, parents **will not** be allowed in the building due to the present health and safety situation.

There will be 1 or 2 coaches at the entrance wearing the various face shields and masks to welcome your child/children. The coaches will take their temperature with a non-contact thermometer, complete the register and supervise the sanitising of your child's hands and feet. Please can we ask that you do not leave your child until their temperature has been taken and the coaches are happy with the reading.

Gymnasts should arrive ready to commence their session in suitable attire as no clothing and **no shoes** can be taken to the changing room. Your child is welcome to bring in a drink (please ensure this is labelled with your child's name as any items left on the premises over-night will be disposed of as lost property will no longer exist).

Please ensure your child has removed any jewellery and that their hair is tied back. Any new piercings will need to be taped up prior to arrival into the building and the gymnast will need to provide their own tape as the coaches are unable to assist with the taping up of the piercings due to the non-touch policy.

Your child will then be guided straight into the gym, through the double doors and onto a designated spot to commence their warm up.

5 minutes into your child/children's training session, the coaches will lock the main entry doors for your child's safety and to prevent early access and the gathering of parent's and children for the next class(es) waiting to commence their session. Therefore, unfortunately, if your child is more than 5 minutes late, we will be unable to allow them into the building to commence their session.

During the session

Once the gymnast has warmed up, they will be split into appropriate groups of 5 or 6 and commence their time on the apparatus where social distance rules must be adhered to throughout the session. There will be a one-way system operating around the gym and signage to indicate and encourage this.

Vault

Each gymnast will be given various individual activities whilst ensuring safe distancing.

Bars/P.bars/Rings

Each gymnast in the group will be allocated a bar/rings/activity with an exercise to complete and will not be allowed to move around until the next station is free.

Beam/Pommels

Gymnasts will each work on a single beam for the duration of beam session and again will only move around when the coach asks them to and the same applies to boys with their various pommel setups.

Floor

Gymnasts will be allocated an individual line to work on and kept to the social distance requirements.

Trampoline

Gymnasts will be given a 'spot' to sit on around the trampoline and they will only leave that 'spot' to go onto the trampoline bed and have their turn and then return to their 'spot'.

Please note that due to the non-touch situation the gymnasts will be encouraged and coached without any breaking of the social distance rules and consequently no supporting will be allowed until social distancing rules have been relaxed therefore, safe progressive activities will be in place for the gymnasts essential development

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 children to go to the toilet before they arrive at the gym building, should a gymnast need to use the toilet social distancing must be adhered to. Please ensure that hands are washed thoroughly after using the toilet.

Exiting the session

Once the gymnasts session is completed, the gymnasts will sanitise before exiting the building via the roadside **fire exit doors**. Please can parents ensure that they are ready to collect their child/children on the grass or path by the roadside double fire exit doors. Please ensure the latest social distance is adhered to whilst waiting for the coach to open up the doors and call your child's name for you to then step forwards and collect your child.

Unfortunately, due to the tight turnaround that our coaches need to adhere to, they will be unable to answer any questions or queries on entry or exit of the building. Therefore, please ensure you email any questions or queries to norwichgymnasticsclub@virginmedia.com.

Personal training equipment

Unless from the same family, we cannot allow any sharing of bar equipment such as gloves, loops, handguards, wristbands or chalk. If your child/children need chalk there will be some available to purchase at the desk on arrival, so please ensure that the correct payment of £2.50 is paid in a named, sealed envelope as we cannot make arrangements to have change available. Therefore, please would you ensure that your child arrives with all these items in preparation for the training sessions. Plus, any drinks bottles need to be labelled with the gymnasts names and left on the table at the entrance.

Gymnasts will need to bring in their own **named** hand sanitiser to use in between equipment rotations and any medicine or inhalers can be kept in their chalk bag. If the gymnast does not have a chalk bag, a small polythene bag to hold these items and keep with them throughout the session will be sufficient. The gymnasts will then be instructed to put the sanitiser on their hands before and after using apparatus.

Cleaning

To help keep your children safe, we have increased our cleaning procedures and implemented some additional cleaning measures to help prevent any transmission of the virus. We will be cleaning equipment throughout the sessions, and then doing a daily clean of the gym.

Illness

Please do not attend your class if you have shown any symptoms listed by the NHS or have been in contact with anyone showing symptoms for at least 14 days since the last sign of any symptoms. Keeping any cases of Coronavirus out of the gym is the most effective way of preventing transmission, and so by attending, you are disclaiming that to the best of your knowledge, you should not be isolating as specified by the UK Government. If you have any of the main symptoms of coronavirus (COVID-19), please get a test as soon as possible. Stay at home until you get the result.

Main symptoms

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Privacy Policy

We have updated our privacy policy, as due to the government and NHS test and trace scheme, we may need to share registers of everyone that has been into the building on certain days if requested. This information would only be shared with the relevant authorities if required. The updated privacy policy can be seen by going to:

<http://www.norwichgymnasticsclub.co.uk/Privacy/>

Further Updates

Please can we ask you to continue to check our website www.norwichgymnasticsclub.co.uk and to 'like' our Facebook and Instagram pages as we will shortly be adding our 'What to expect when returning to training' video, which will ensure you and your child/children understand what to expect on arrival and drop off to the club, how to sanitise correctly and the collection procedure at the end of the class.

Facebook - <https://www.facebook.com/norwichgymnasticsclub/>

Instagram - [norwich_gymnastics_club](https://www.instagram.com/norwich_gymnastics_club)

Finally, please be aware that as we move into the new normal that delays may occur at the start and or end of your child's session and we ask that you bear with us whilst we try to adhere to all of the guidelines outlined by the UK government and British Gymnastics. Please note, these practices may change in line with government guidelines and our programme will be adapted accordingly.

Glenys Halford – Club Leader

Kerry Hunter – Assistant Club Leader