

Covid Requirements From June 2021

Parents dropping children at club/children arriving at club

- Queens Gymnastics Club will have a one-way system in place. Parents should drop off their child/children when they arrive and gymnasts must enter the hall by proceeding through the emergency exit while adhering to social distancing guidelines.
- Children should toilet and be changed ready for class on arrival.
- Children will be signed in on arrival and as they will have registered with the club before joining the class, the club will hold all contact details.
- Parents will not be allowed into the gymnastics area past the emergency entrance door.
- Parents will not be allowed to spectate gymnasts during classes either at the emergency exit door or the main entrance door.
- Once parents have dropped their children inside the gymnastics hall, they must leave/not stand around and comply with social distancing guidelines.

Parents collecting children/children leaving

- Parents will follow the same protocol as dropping off children.
- Coaches will bring children out to parents with parents and children leaving asap and adhere to social distancing guidelines.

Group work

- Each coach will be allocated small groups of gymnasts that will create bubbles. The groups will remain with the designated coach throughout their session and to the best of our ability each bubble will not mix.
- Each group will warm up together instead of a large group.
- Any piece of apparatus which requires gymnasts to wait in line will adhere to social distancing guidelines to the best of our ability. As children are not the at risk group and don't require strict social distancing rules, lines will be marked out with 1m distance markers to highlight to gymnasts where they may standing. This procedure will differ with age appropriate groups.
- We will refrain from using certain pieces of apparatus due to the difficulty in cleansing during sessions.
- Until government guidelines remove social distancing legislation, Queens Gymnastics Club will refrain from any form of contact activity such as Sports Acrobatics or group training that would involve physical contact.
- Bubbles will not exceed 15 children and coaches. We will still adhere to gymnastics ratios and safeguarding policies at all times.

Administration staff

- Our administration staff will adhere to 2 metre social distancing regulations while carrying out all duties.

Coaches

- While not working with groups of gymnasts, all coaches will remain 2 metres apart in line
- with social distancing guidelines. During breaks and changes in sessions, all coaches will adhere to social distancing.

PPE

Gymnasts

- It is not a requirement by government of British Gymnastics, that gymnasts wear face masks or coverings during sports activities.
- Gymnasts may if they wish, wear face coverings between time on apparatus and while standing in line. Face masks must not be worn while on equipment or performing any gymnastics elements. This includes warm up and cool down.

Coaches

- It is not compulsory for coaches to wear PPE during activities.
- PPE will need to be worn in the event of a first aid accident or for cleaning.

Parents

- In line with recent guidelines which recommend face coverings to be worn in enclosed areas, we would advise all adults entering the hall/building to wear face coverings at all times.

Hand Sanitising

- Hand sanitiser will be available at the admin desk situated at the emergency exit door/entrance to the hall.
- There will also be hand sanitiser available at every station around the gym. Gymnasts will be encouraged to sanitise their hands at regular intervals. Where appropriate, gymnasts should use their own hand sanitiser. Coaches will be expected to adhere to the same procedures.

Cleaning

- All hard surfaces will be cleaned between sessions using an alcohol based anti-bacterial spray and blue roll.
- The blue roll will be disposed in bins/black bin bags which will be emptied regularly/carefully disposed of.

Sharing Equipment

- As Queens Gymnastics Club does not require any personal equipment such as hand guards or rhythmic equipment, this eliminates the risk of contracting the virus through the sharing of personal equipment.
- Communal chalk bowls will not be available – should gymnasts require chalk, they must bring their own. This must be stored in a named lock tight box and must not be shared with other gymnasts.

Procedures for individuals displaying Covid-19 symptoms

- It is the parents responsibility to ensure their child is well when arriving at gymnastics.
- It is recommended that parents take their child's temperature before arriving.
- Should your child display any Covid-19 signs/symptoms, please do not send them to gymnastics club on that day and seek advice from the Covid-19 testing line.
- Should a gymnast display signs during class, they will be removed from the class and placed in the isolation area until a parent/responsible adult can collect them.
- Coaches will take the child's temperature should they see fit.
- If a child is sent home with suspected Covid-19, parents must sign a document.
- Should any person test positive, they must isolate for 14 days.
- The gym must be deep cleaned.
- Everyone attending on the day must be notified and tested.
- It is the parents responsibility to notify our coaches of the child's Covid-19 test results.

Covid-19 Signage

- Signage will be available to advise/guide parents and gymnasts in all areas to ensure safety of visitors.

Personal belongings

- Parents/gymnasts must take all personal belongings with them and not leave any items around the gym floor.