

QUEENS GYMNASTICS - JUNE 2021

Dear Parents/Guardians

The British Gymnastics Team Sport Framework Northern Ireland has been approved and group gymnastics activity (physical contact and close-proximity team sport specific work between gymnasts) can take place in a safe and controlled environment.

Having examined the specified steps towards resuming team sport activities safely, it is necessary to outline the risks and associated safety controls that must be put in place to minimise the risk of getting or spreading Covid- 19.

It is important to acknowledge that there is an increased risk of transmission or contraction of the Coronavirus within team sport. The nature of the activities included in group interactions require gymnasts to come into contact with others for prolonged periods of time and because of this it is essential the control measures are placed around the activities to reduce the risk as much as possible. This includes but is not limited to; keeping social distancing in place throughout the warm-up, conditioning and cool down activities, defining groups to limit the contacts anyone person has and regular hand washing/sanitising. The first two weeks of close contact group work will also be limited to 15 minutes per day.

We are working hard to adopt and adhere to the controls as outlined in our risk assessment and the British Gymnastics Team Sport Framework NI. The measures that directly affect you as a gymnast or parent/guardian are outlined within the Covid-19 Code of Behaviour (attached) and the Opt-In Agreement (attached) which to restart activity you must complete and return. One of the main controls (once we have resumed team sport activity) is reducing the likelihood of anyone who has Coronavirus symptoms from entering the gymnastics training environment. Therefore gymnasts taking part in team sport activities **must** complete the (attached) Self- Screening Survey prior to travelling to **each** training session. **Do not attend if are feeling unwell or displaying any symptoms.** It's important to emphasise that each individual must consider their own circumstances which includes but is not limited to underlying health conditions that gymnasts or people within their household have and the increased risk associated with taking part in group work.

Gymnasts must be given the option to **opt-in** to taking part and agree with the code of behaviour and safety controls in place. They should understand its seriousness, and assume personal responsibility for their own (whilst being mindful of others) health and safety and **understand that they can opt-out and stop team sport activity at any point.** The use of masks for close group contact is optional.

Please read over the Covid-19 Code of Behaviour, the Self-Screening Survey, and the Opt-In Agreement prior to completing, signing and returning it. The Opt-In Agreement must be returned prior to gymnasts being able to resume team sport activities and there is no pressure to return to group work unless they want to.

If you have any questions, concerns or would like to discuss the return to pair and group work further please contact Jayne Devenney.

(jdevenney@yahoo.co.uk)

