



Return to Gymnastics Policy, Plan And Procedures for all Gymnasts 25th July 2020

The following policy is written to provide the gymnastics community of Kestrel Gymnastics Academy with an awareness of how we are going to approach a return to gymnastics for all gymnasts. Kestrel Gymnastics Academy (KGA) will continue to follow Government and British Gymnastics (BG) guidance considering the needs of our local community.

This policy will be amended following advice from the Government and BG.

Rationale

Given our improved position, the government now believes the balance of risk is overwhelmingly in favour of children returning to gymnastics. For the vast majority of children the benefits of being back in the gym environment far outweigh the currently low risk of coronavirus (COVID-19), and this policy explains the steps we will take to reduce risks further.

As a result, we can plan for all children to return to gymnastics from 25th July, and start to reverse the enormous costs of missed training. This will be an important step back towards normal life for many children and their families.

While coronavirus (COVID-19) remains in the community, this means making judgements at the gymnastics / coaching level about how to minimise any risks from coronavirus (COVID-19) with providing a fun and safe environment for our members.

The measures set out in this document is a framework to put in place proportionate, protective measures for gymnasts, parents and staff, which will ensure that the gymnastics continue to receive a high level of coaching that enables them to thrive and progress. In welcoming the gymnasts back in July, we will aim to minimise the number of contacts that a gymnast has whilst with us and implementing controls outlined below to reduce the risk of transmission.

As managing staff at KGA we have a duty of care to ensure that all gymnasts, parents and staff are safe at all times. With this in mind, we have formulated a plan which considers the health and safety of our whole community in what we feel is a reasonable and achievable way.

Aims

This document provides a framework to enable us to ensure that all our gymnasts, regardless of background or circumstances, fulfil their potential.

We will aim to follow Government and BG guidelines but we will be guided by our own risk assessments ensuring our community is safe.

PREVENTATIVE GUIDELINES

Public Health Advice

We will aim to follow the Public Health and BG Advice to reduce the risks. Essential measures include:

- A requirement that people who are ill with COVID-19 symptoms stay at home
- Robust hand and respiratory hygiene
- Enhanced cleaning arrangements
- Active engagement with NHS Test & Trace
- Formal consideration on how to minimise potential for contamination so far as is reasonably practicable

The procedures to reduce contacts will include:

- Self registration of gymnasts (where able)
- Parents to remain in cars, or can use outdoor seating to socially distance, viewing gallery will be closed.
- Grouping of children together whilst maintaining social distancing
- Avoiding contact between groups
- Staff maintaining distance from gymnasts and other staff as much as possible.

Minimise contact with individuals who are unwell by ensuring that those who have coronavirus (COVID-19) symptoms, or who have someone in their household does not attend gymnastics.

We will ensure that gymnasts, staff and other adults do not come into the school if they have coronavirus (COVID-19) symptoms, or have tested positive in the last 7 days, and ensure anyone developing those symptoms during their gym session is sent home.

If anyone within the gym becomes unwell with a new, continuous cough or a high temperature, or has a loss of, change in, their normal sense of taste or smell (anosmia), they will be sent home and advised to follow the 'stay at home' guidance for households. With possible confirmed coronavirus (COVID-19) infection, the guidance sets out that they must self isolate for 7 days and should arrange to have a test to see if they have coronavirus (COVID-19). Other members of their household (including and siblings) should self-isolate for 14 days from when the symptomatic person first had symptoms.

If a gymnast is awaiting collection, they will be moved, if possible, to a room where they will be isolated behind a closed door, depending on the age and needs of the child, with appropriate adult supervision if requires. Ideally a window should be opened for ventilation. If it is not possible to isolate them, we will move them to an area which is at least 2 metres away from other people. If they need to go to the bathroom while waiting to be collected, they should use the disabled toilet located opposite the entrance. The disabled toilet will be cleaned and disinfected using standard cleaning products before being used by anyone else.

PPE must be worn by any staff caring for the gymnast while they await collection if a distance of 2 metres cannot be maintained (such as for a very young gymnast or a gymnast with complex needs). Designated first aides have been allocated to this role.

Any members of staff who have helped someone with symptoms and any gymnasts who have been in close contact with them do not need to go home and self-isolate in less they develop symptoms themselves (in which case, they should arrange a test)

If the symptomatic person subsequently tests positive or if they have been requested to do so by NHS Test & Trace we will follow the advice of the Health Protection Team.

Clean hands thoroughly and more often than usual

Coronavirus (COVID-19) is an easy virus to kill when it is on skin. This can be done with soap and running water or hand sanitiser. We will ensure that gymnasts clean their hands regularly, including when they arrive at the club, when they use the bathroom, and move around apparatus. Regular and thorough hand cleaning is going to be needed for the foreseeable future. We will build these routines into the gym environment and we have put hand sanitising stations up around the gym.

Ensure good respiratory hygiene by promoting the 'catch it, bin it, kill it' approach

The 'catch it, bin it, kill it' approach continues to be very important, so we will ensure that we have enough tissues and bins available in the gym to support gymnasts and staff to follow the routine.

As with hand cleaning, we will ensure younger gymnasts and those with complex needs are helped to get this right, and all gymnasts now understand that this is how the gym operates. We do appreciate that some gymnasts with complex needs will struggle to maintain as good respiratory hygiene as their peers. This should be considered in risk assessments in order to support these pupils and the staff working with them.

Face Coverings

Public Health England does not (based on current evidence) recommend the use of face coverings in sports and leisure facilities. However, if staff want to or parents want their child to wear a face covering this can be discussed with Tracey. PPE may be worn by staff for certain activities.

Introduce enhanced cleaning, including cleaning frequently touched surfaces often using standard products, such as detergents and bleach

We have put in place a cleaning schedule that ensures cleaning is enhanced and includes:

- More frequent cleaning of rooms / shared areas that are used by different groups
- Frequently touched surfaces being cleaned more often than normal including equipment.
- Toilets cleaned regularly and gymnasts will be encouraged to clean their hands thoroughly after using the toilet.

Minimise contact between individuals and maintain social distancing wherever possible -
Groupings

We will aim to reduce the number of contacts between gymnasts and staff as far as reasonably practicable. This will be achieved through keeping groups separate (in 'bubbles') and through maintaining distance between individuals. Consistent groups reduce the risk of transmitting by limiting the number of gymnasts and staff in contact with each other to those within the group. Maintaining distinct groups or 'bubbles' that do not mix makes it quicker and easier in the event of a positive case to identify those who may need to self-isolate, and keep that number as small as possible.

Gymnasts will remain in class groups for most session based activities (including warm ups for the foreseeable future) but due to practical logistics and organisation within and around the gym, we will look to implement phased drop off and pick up. Groups should be kept apart from other groups where possible and older gymnasts should be encouraged to keep their distance within groups. We recognise that younger gymnasts will not be able to maintain social distancing, and it is acceptable that they may not be able to do so. Staff however, as far as reasonably practicable must social distance from children and other adults.

Some mixing may occur in order to be able to provide usual services. For example;

Gymnasts will be required to enter the gym 15-5mins before their session starts for registration, they may be placed in the viewing gallery and sit on socially distanced chairs, then walk directly to their coach for warm up at their first piece of apparatus. E.g a class that starts at 10:00am gymnasts will be required to register between 09:45-09:55, when one class starts as another finishes; a class finishes at 12:30, and the next class starts starts at 12:30, the gymnasts who start at 12:30 will be required to register between 12:15-12:25, so that the class that finishes at 12:30 may promptly finish and parents dropping off / picking up gymnasts do not mix.

All coaches and club officials can operate across different classes and groups in order to facilitate the delivery of the amended class timetables. Where staff need to move between classes and groups, they should try to keep their distance from gymnasts and other staff members (ideally 2 meters). Again we appreciate that with younger gymnasts and gymnasts with complex needs this may not be possible.

Measures within the gym - social distancing

Ideally, adults should maintain a 2 metre distance from each other, and from other gymnasts. We know that this is not always possible, particularly when working with younger gymnasts, but the staff will do this when circumstances allow and this will help. In particular, they should avoid close face to face contact and minimise time spent within 1 metre of anyone. Similarly, it will not be possible when working with gymnasts with complex needs.

For gymnasts old enough, they should also be supported to maintain distance and not to touch staff and their peers where possible. This will not be possible for the youngest gymnasts and some gymnasts with complex needs.

We have made adaptations to timetabling and apparatus rotations within the gym to support social distancing where possible. This will include social distancing markers, and where possible rotating the gymnasts clockwise around the gym to minimise crossing paths upon rotations.

Measures for arriving and leaving the gym

Gymnasts will be required to register themselves within the club so that adults do not need to mix 15-5 mins before their class start time. For example a Rec A class that starts at 16:00, gymnasts will be required to enter the gym, leaving belongings with a parent, outside, between the times 15:45-15:55, gymnasts will enter through the main door, and may be asked to sit on chairs that have been socially distanced in the viewing gallery. When their class is due to start they shall walk directly to their coach, maintaining social distancing as best as they can, where the coach will lead a warm up, only for their group.

When a group is due to finish, their cool down will occur 5mins towards the end of their class, at their last apparatus rotation, and will leave the gym via the small, shutter door (this will be clearly marked) where the weather permits matting will be available for gymnasts to walk across, to enable a swift change over we ask that children put on shoes that are easily up on (no laces please) we recommend footwear such as sliders and flip flops (weather permitting).

Equipment and Resources

Equipment and resources are an integral part of learning beginner to advanced moves within gymnastics, any equipment used shall be wipe clean only. At the moment the two pieces of equipment that are not are the high beam and the vault, until a wipe clean surface for these is delivered these pieces shall not be used. In using the bars especially the metal bar, we will not be permitting the use of the communal gloves, please buy gloves for your gymnast, especially those who are in the squad groups (gymnasts hands do become sweaty and this is the reason we will not be using them for the foreseeable future), also the neoprene weights may not be used for the same reason, your coach may ask you to buy these.

Response to any infection

All members of KGA must engage with the NHS Test & Trace process. Everyone must be willing to:

- Book a test if they are displaying symptoms. Staff, parents and gymnasts must not come into the gym if they have symptoms, and must be sent home to self-isolate if they develop them during class.
- Provide details of anyone they have been in close contact with if they were to test positive for coronavirus (COVID-19) or if asked by NHS Test & Trace.
- Self-isolate if they have been in close contact with someone who tests positive for coronavirus (COVID-19)

We ask parents and staff to inform us immediately of the results of any testing - please see 'stay at home guidance' via the government website.

Managing confirmed cases of coronavirus (COVID-19)

We will take swift action when we become aware that someone who has attended a gym class has tested positive for coronavirus (COVID-19). We will contact the local health protection team.

As your gymnasts groups will remain small we will inform parents immediately that a gymnast within your child's group has tested positive for coronavirus (COVID-19) from there you may opt to self-isolate for 14 days (as suggest by Health Protection Team) if your child has been in close contact with the symptomatic person, or ask for a home test kit.

Close contact means:

- Direct close contacts - face to face contact with infected individual for any length of time, within 1 metre, including being coughed on, a face to face conversation, or unprotected physical contact (skin-to-skin)
- Proximity contacts - extended close contact (within 1-2 metres for more than 15 minutes) with an infected individual.
- Travelling in a small vehicle, like a car, with an infected individual.

If we have two or more confirmed cases within 14 days we may be advised to ask whole group members to self-isolate for 14 days.

Safeguarding and support

All previously implanted safeguarding and inclusion measures advised and upheld by BG and other affiliate sports groups will continue to be upheld.

For those families that have been furloughed or lost their job through coronavirus (COVID-19) lockdown measures, please see the BG's Hardship Grant which can be applied for via the BG website.

Behaviour expectations

We are pleased to say that a majority of the gymnasts are very well behaved when they are with us, however we appreciate that the change in routine brought on by the coronavirus (COVID-19) lockdown has had an adverse effect on their behaviour, our staff will endeavour to work positively with these gymnasts however it may not be possible to give them the emotional support they need, we therefore respectfully accept the right to call a parent to collect the gymnast in these circumstances. Whilst awaiting collection we will continue to be sensitive to the gymnasts needs and socially distance them from other gymnasts in the building. An adult will remain with them at all times.

Water

We will not be allowing gymnasts to use the disposable cups, whilst they are training. We therefore insist that gymnasts bring their own water bottles (which may be re-filled) to class and their name must be clearly visible. Any water bottles left behind at the end of the day will be automatically disposed of.

Toilets

- Toilets will be cleaned once per gymnasts session as well as at the end of the day, gymnasts will be only be able to go to the toilet one at a time and will not be able to que outside the toilets as we cannot maintain safe social distancing measures.
- The disabled toilet will be for the sole use of staff and gymnasts who are poorly, this is to stop any cross contamination.
- If gymnasts have any 'accidents' a parent will be called to come into the gym to support their child.
- Gymnasts will be encouraged to wash and dry their hands properly and then use the hand sanitisation station before entering the gym apparatus space.
- Gymnasts will sanitise their hands frequently throughout their class.
- PHE and H&S posters will be displayed to remind the gymnasts.

Belongings

Gymnasts will only bring limited belongings to the gym, where appropriate parents will take their child's shoes away with them, older gymnasts (particularly girls) may need to bring feminine products with them and we will allow the use of the changing rooms for this. Water bottles and kit bags will be brought into the gym, each group will have their own box to store their water bottles and kit bags in, gymnasts may ask their coach to go and get a drink when they need to, gymnasts will not be permitted to get a drink during apparatus rotation changes.

Tea and coffee corner and making class payments

If parents would a refreshment from our tea and coffee corner or to make a payment for their child's class we kindly ask that they do so 10 minutes after their class has started and the cafe area will be shut 20mins before the end of their child's class finishes and no more than two adults are near the reception area at one time this is to maintain social distancing. So for example; if your child trains in a Rec A 16:00-17:00 class adults will be permitted into the building between 16:10 - 16:40, no more than two adults in the building at any one time. The viewing gallery will be closed, any parents hanging around to watch their children will be asked to leave the building.

Cash payments will be accepted to pay for your child's classes however where possible we ask that you pay your child's fees online, our bank details have changed our new details are; sort code: 30-91-91 and Account number 48278068, please reference your child's name and class.

Conclusion

We are sure that you can appreciate that although some of these measures seem quite severe, we need to ensure the health and safety of our whole community. All gymnastics clubs are interpreting the guidance differently but hopefully, at KGA, we have been proportionate in our response. We have tried to balance the risks of COVID-19 with the fact that we are a relatively small gymnastics facility. We will always do our best to keep to the social distancing measures enforced by the government and BG but we need to be realistic in our response and consider not only health and safety needs but mental health needs too.

We appreciate that a majority of our gym community is both nervous and excited about the club re-opening, our staff have greatly missed the gymnasts. Hopefully this document has been very informative, and parents feel more relaxed by knowing the measures we are putting in place.

Thank you for your support and understanding,

Stay safe and keep well

The KGA Management Team