



**Arrangements for
the reopening of Lowton**

April 2021

Public Health Advice

Essential measures include:

- ✚ a requirement that people who are ill stay at home
- ✚ robust hand and respiratory hygiene
- ✚ enhanced cleaning arrangements
- ✚ active engagement with NHS Test and Trace
- ✚ formal consideration of how to reduce contacts and maximise distancing between those in the gymnasium wherever possible and minimise potential for contamination so far as is reasonably practicable

New procedures from April 2021

Return	Week Beginning Monday 12th April
Arrival and leaving Tumbles	<p>Measures for arriving at and leaving Tumbles</p> <p>Only one adult should attend site to drop off or collect and should socially distance from others. A mask will be required for all adults for drop-off.</p> <p>Chaperones to children may wait outside premises/activity area in a socially distant manner or in their car.</p> <p>Social distancing measures are still in place therefore unfortunately we cannot offer any facilities to parents/guardians, with the exception of preschool or children with disabilities*. However, safeguarding children will always come first at Tumbles and if you child is struggling at the start of the session you can wait in the café until they settle.</p> <p>*Pre-school – one accompanying adult will be invited into the gym but please bring a mask.</p> <p>*Disabilities class – a maximum of two accompanying adults will be invited into the class.</p>
Drop off and collection points	<p>To ensure our club is safe for our gymnasts we are adopting the policies below which are in line with guidance given by gymnastics governing bodies and the government on managing the risk of COVID–19. A risk assessment has been undertaken in devising the procedures and changes below. We ask for everyone’s full co-operation in implementing these policies.</p> <p>Parents/carers are required to drop off and pick up children from the designated entry and exit doors. Entry door is around the side of the gym and directly into the cafe. Everyone should keep social distance and adhere to the queuing and one-way system.</p> <p>Shoes should be removed in the zone provided when they reach their area. Parents will continue the one-way system and exit the building via the main entrance.</p>

	<p>Children will exit via the café at the front of the building. Parents/carers are required to socially distance when dropping off and picking up their child.</p> <p>Squad children will enter and exit via the changing room.</p> <p>Children must remain with the adult at all times and must not be allowed to run ahead.</p> <p>If another adult e.g. grandparent or childminder is dropping off or picking up, it is the responsibility of parents to inform them of all arrangements in place on the gym site.</p>
Office	<p>The office will remain closed for face to face communications. Parents can contact the gym by telephone or email info@tumbles-gymnastics.co.uk</p> <p>If your child comes to gym without an essential item e.g. water bottle, you must telephone school first to arrange a time to be met at the entrance by a member of staff to hand this over. (Tumbles 01942 939655)</p>
What can children bring from home?	<p>A clear water bottle with a sports top, packed lunch box (camps only), fruit snack,</p> <p>Bags are allowed into the gym of items can be kept in a flexi tubs or small plastic box.</p>  <p>Each gymnast must have their own chalk for bars. This can be purchased via the club.</p>
Clothing	<p>Children must come to gymnastics in a gym in tracksuit, or legging t-shirt wearing their leotard and trainers. No changing rooms will be open.</p> <p>If children are unable to tie their own shoelaces, they must have Velcro or slip on trainers.</p> <p>No kit or handguards will be allowed to be stored in gym.</p>
Social distancing	<p>Markings and a one-way flow in the gym and at entry and exit points will be implemented.</p> <p>Children will be back-to-back or side-to-side working (rather than face-to-face). Squad only: reducing the number of people each child has contact with by using 'partnering' (so each person works with one other).</p> <p>Providing handwashing facilities (or hand sanitiser where not possible) at entry and exit points.</p>

	<p>British gymnastics require all gymnasts to Opt-in or Opt-out of manual handling from our coaches. This will be emailed to you along with the phased return plan for manual handling.</p>
<p>Hand Cleaning</p> <p>Good respiratory hygiene</p>	<p>Children will wash their hands with soap and water on arrival and at regular times throughout the session.</p> <p>The ‘catch it, bin it and kill it’ approach continues to be very important. Additional support will be provided for the younger pupils and those with complex needs.</p> <p>Signs and posters will be placed throughout the building to raise awareness of good handwashing technique, the need to increase handwashing frequency, avoid touching your face and to cough or sneeze into your arm.</p>
<p>Enhanced cleaning of the site</p>	<p>Rooms/shared areas that are used by different groups will be cleaned more frequently.</p> <p>Frequently touched surfaces will be cleaned more often as will toilets.</p> <p>Steps that will be taken:</p> <ul style="list-style-type: none"> • Frequent cleaning of equipment including stationary gym equipment between use, using your usual cleaning products. • Frequent cleaning of objects and surfaces that are touched regularly, including stationary gym equipment • Providing spray and cloths and instructions for users to wipe down each apparatus after use to users of stationary gym equipment.
<p>Reporting absences</p>	<p>Please phone the gym and leave a message on the answer phone or leave a message for us on your Coacha account.</p>
<p>Medicines and inhalers</p>	<p>Any long-term medication and epi-pens should be brought into gym on the first day. Please remember to bring inhalers if these were taken home at the start of the lockdown.</p>
<p>PPE</p>	<p>PPE is available for all staff to be used when appropriate. This includes disposable masks, disposable aprons and gloves.</p>
<p>NHS Test and Trace</p>	<p>Gyms must ensure they understand the NHS Test and Trace process and how to contact their local Public Health England health protection team. Tumbles must ensure that staff members and parents/carers understand that they will need to be ready and willing to book a test if they are displaying symptoms.</p> <p>Staff and gymnasts must not come into the gym if they have symptoms and must be sent home to self-isolate if they develop them in gymnastics. All children can be tested, including children under 5. Anyone who displays symptoms of coronavirus (COVID-19) can and should get a test. Tests can be booked online through the NHS testing and tracing for coronavirus website, or ordered by telephone via NHS 119 for those without access to the internet.</p> <p>Staff and parents must 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</p>

	<p>Test and Trace. Staff and children must self-isolate if they have been in close contact with someone who develops coronavirus (COVID-19) symptoms or someone who tests positive for coronavirus (COVID-19)</p> <p>Tumbles will ask parents and staff to inform them immediately of the results of a test. If someone tests negative, but they feel well and no longer have symptoms similar to coronavirus (COVID-19), they can stop self-isolating. They could still have another virus, such as a cold or flu – in which case it is still best to avoid contact with other people until they are better. Other members of their household can stop self-isolating.</p> <p>if someone tests positive, they should follow the ‘stay at home: guidance for households with possible or confirmed coronavirus (COVID-19) infection’ and must continue to self-isolate for at least 7 days from the onset of their symptoms and then return to gymnastics only if they do not have symptoms other than cough or loss of sense of smell/taste. This is because a cough or anosmia can last for several weeks once the infection has gone. The 7-day period starts from the day when they first became ill. If they still have a high temperature, they should keep self-isolating until their temperature returns to normal. Other members of their household should continue self-isolating for the full 14 days.</p> <p>Please contact Tumbles via email or telephone as soon as possible so all parents with pupils in the relevant bubble and Public Health can be informed.</p>
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We are looking forward to seeing all the children back doing what they love!

Tumbles Academy of Gymnastics