

WhiteRose Gymnastics: Open Toddler & Parent

Our customers' wellbeing and safety is our top priority so to keep our customers as safe as possible, we have introduced a number of new measures. By attending our Open Toddler & Parent session(s) you agree to the terms and conditions set out below.

You must not attend any of our sessions if you have tested positive for Coronavirus, or if you have been told to self-isolate by NHS Test and Trace. Anyone displaying symptoms will not be allowed into the Gymnastics Centre and will be required to leave immediately. Please follow NHS and Government guidance, and if required, get yourself tested. If you receive a positive test and have recently visited our facility, you must inform the Club ASAP by emailing: office@whiterosegymnastics.co.uk. You should also not attend any sessions if you have recently returned from a [country which requires a period of self-isolation](#) upon return. You will be permitted to return once you have completed the necessary self-isolation period.

BOOK YOUR VISIT ONLINE

- You can book and pay online in advance by following the directions emailed out by our team once a space is available.
- Open Toddler & Parent session(s) are suitable for children aged 9 months - 4 years.
- Siblings under 9 months can come along for free - but must be carried in a sling where possible
- Online bookings must be made & paid for in advance before you enter our sessions

CAPACITY & SESSION SIZES

- All Baby & Toddler Gym / Family Play sessions are limited to a maximum of 50 children
- To assist with social distancing, only 2 adults per child will be permitted into the session
- Parents / guardians are required to accompany their children around the Centre to assist their children throughout the session

ACCESS TO THE GYM

- We ask that you arrive & leave on time to allow us to be ready for the next play session
- No pushchairs or prams are permitted within the Gymnastics hall - they must remain in the corridor

FACE COVERINGS

- It is requested that our visitors (aged 11+) wear face coverings when inside of the Gymnastics Centre (except when eating & drinking)
- Customers should provide their own face coverings; however, the Office may be able to supply one if you forget

SANITISING STATIONS

- Customers are encouraged to sanitise their hands upon arrival at the Gymnastics Centre, we thank you for
- Access to the Gymnastics Centre is via the Leisure Centre main entrance
- We also have a number of sanitising stations around Gymnastics Hall for customers to use throughout their visit
- Thank you for your cooperation with this

STORAGE OF PERSONAL BELONGINGS

- No outdoor footwear is permitted within the Gymnastics Hall
- Personal belongings can be stored in the wooden duckets within the Gymnastics Hall
- Please keep your personal belongings safe; WhiteRose Gymnastics do not accept responsibility for the loss or damage to any personal belongings left unattended on the premises

FOOD & DRINK

- No food/drink is permitted in the gym unless in spill proof beakers beside the wooden duckets
- Breastfeeding is allowed within the gym

TOILET FACILITIES

- We have a toilet inside of the Gymnastics Hall, as well as the Accessible Toilet (with baby changing station) in the entrance corridor
- You will also find toilets within our Male & Female Changing rooms, as well as upstairs on the Viewing Gallery
- All parents / guardians are required to fully supervise their child(ren) when visiting the toilet. Hand washing signs are in place to remind our guests of the hand washing procedures required

CLEANING MEASURES

- We have a number of additional cleaning measures in place to ensure your safety
- Full cleaning of the facility will take place on a daily basis
- Equipment (obstacle course, slides, hard toys etc.) will be cleaned between each Baby & Toddler Gym / Family Play session
- Cleaning equipment will be available for parents / guardians upon request, should they choose to sanitise an area before their child(ren) play on it

SAFE & RESPECTFUL USE OF THE GYMNASTICS CENTRE

- Please ensure your child plays with toys/equipment suitable for their age
- Parents / guardians are responsible for ensuring no intentional damage is caused to our building and its contents
- All visitors using the equipment will be responsible / liable for any damage or injury occurring from or as a result of misuse or reckless use
- Siblings aged 7+ that attend during the school holidays (Family Play sessions) must attend in a support capacity only - they MUST NOT climb / jump / swing on any of the equipment or inflatables

PHOTOGRAPHY

- Is permitted; please be respectful to other families and try get pictures/videos containing your own child(ren) only

VIEWING GALLERY & SD DINER

- The Viewing Galley is open / accessible to Centre visitors (note; there may be times it is closed for cleaning)
- Vending machines (for hot drinks, cold drinks and snacks) are available throughout the Gymnastics Centre; correct change is required

PLAY AREAS & ACTIVITIES

- Parents / guardians are responsible for their own child(ren) and they play at their own risk
- Children must not push, collide, fight, throw, run or behave in a manner likely to injury or cause distress to others
- Adults are not permitted on the inflatable Air Track or Challenger - unless it is to help a child get on / off Trampolines
- Only one child per trampoline
- Mats must remain on the trampolines at all times
- Parents can gently jump on a trampoline holding their babies
- Please refrain from using the trampolines if you are within the first 3 months of pregnancy, or 6 months after giving birth
- Do not attempt somersaults on the trampoline as this may result in serious injury

ZERO TOLERANCE POLICY

- All of our measures are in place for the safety of our guests and staff. We are working extremely hard to ensure all measures are being carried out in line with Government, British Gymnastics & East Riding of Yorkshire County Council guidelines. Any persons not complying with the measures we have in place will either be refused entry, asked to leave and may be refused future entry. We are hoping our customers will work alongside us to help us keep our facility operational and fight the virus.
WhiteRose Gymnastics has a COVID Officers in place; if you have any questions, concerns or feedback about our practices, do not hesitate to contact one of them:
- Josh Borom - jborom.wrga@gmail.com



WhiteRose Gymnastics Limited
Sunday, 12 September 2021

PLEASE NOTE: WHILST WE HAVE TRIED TO MAKE YOUR VISIT WITH US AS SAFE AS POSSIBLE, YOU ENTER AND USE OUR FACILITIES AT YOUR OWN RISK

IF YOU DO NOT AGREE WITH THIS NOTICE FULLY, YOU SHOULD NOT ENTER THE SESSION

WHITEROSE GYMNASTICS RESERVE THE RIGHT TO REMOVE ANYONE FROM THE SESSION WHO IS NOT ADHERING TO THE RULES

Safety Arrangements Statement

Accident, Near-miss, incident & ill-health reporting and accident investigation

An Accident is an unplanned event that results in personnel injury or damage to property, plant or equipment.

A Near-miss is an unplanned event which does not cause injury or damage, but could have done so.

Reporting

It is our policy to ensure that all employees and others (contractors, visitors etc.) should report all personal injury accidents, near miss incidents or dangerous occurrences that take place in our premises. We require all accidents and dangerous incidents to be reported, and documented, and evidence to be gathered in accordance with the guidance and timescales contained in the attached notes about RIDDOR.

We shall ensure that:

- o Nominated personnel are made responsible for recording and reporting hazards and are suitably trained.
- o Suitable arrangements and procedures are put in place to facilitate any subsequent incident investigation.
- o Personnel are actively encouraged to report near misses through a suitable reporting system.
- o Hazards are properly recorded and analysed and any corrective and preventive measures implemented as quickly as possible.
- o Any accidents where first aid is provided will be reported to British Gymnastics.

Accident investigation

As one of the measures that we have adopted to maximise the effectiveness of our health and safety management our accident investigation procedure will try to identify why the risk control measures failed and what improvements or additional safety controls might be needed to avoid similar incidents.

To this end we shall ensure that:

- o Anyone conducting an accident investigation is suitably trained and competent to undertake the work and provide a properly documented report.
- o Suitable arrangements and procedures are put in place to enable the development and implementation of investigation procedures and policies.
- o Any significant findings from an accident investigation are communicated to the managers.

Notes on Instances reportable under Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) 2013

The following information is a summary of the responsibilities and the main reportable injuries, dangerous occurrences and diseases. Full details can be found in the HSE's 'A guide to the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995'.

How to make a report:

To make a report, go to www.hse.gov.uk/riddor. A telephone service can be used to report fatal and specified injuries only – call the Incident Contact Centre on 0845 300 9923 (opening hours Monday to Friday 8.30 am to 5 pm).

Fatality:

If there is an accident connected with work and your employee, or self-employed person working on the premises, or a member of the public is killed you must notify the enforcing authority without delay.

Evidence:

Following any incident ensure that any evidence is collected and documented for use in an investigation, for instance:

- Details of any witnesses, including statements contact details etc.
- Photographs of the accident scene, any injuries and any equipment.

- Diagrams, including measurements, of the accident area.
- Details of any injuries and medical treatment.

Lost days:

You must report work-related injuries where a worker has been incapacitated for more than seven consecutive days. You must still keep a record of the accident if the worker has been incapacitated for more than three consecutive days. The deadline by which an over-seven-day injury must be reported is fifteen days after the accident.

Reportable specified injuries:

- Fractures, other than to fingers, thumbs and toes
- Amputations
- Any injury likely to lead to permanent loss of sight or reduction in sight
- Any crush injury to the head or torso causing damage to the brain or internal organs
- Serious burns (including scalding) which:
 - o covers more than 10% of the body
 - o causes significant damage to the eyes, respiratory system or other vital organs
- Any scalping requiring hospital treatment

- Any loss of consciousness caused by head injury or asphyxia
- Any other injury arising from working in an enclosed space which:
 - leads to hypothermia or heat-induced illness
 - requires resuscitation or admittance to hospital for more than 24 hours

Reportable dangerous occurrences (including):

- Collapse, overturning or failure of load-bearing parts of lifts and lifting machinery.
- Explosion, collapse or bursting of any closed vessel or associated pipework.
- Plant or equipment coming into contact with overhead power lines.
- Electrical short circuit or overload causing fire or explosion.

Any unintentional:

- fire, explosion or ignition at a site where the manufacture or storage of explosives requires a licence or registration, as the case may be, under regulation 9, 10 or 11 of the Manufacture and Storage of Explosives Regulations 2005; or
- explosion or ignition of explosives (unless caused by the unintentional discharge of a weapon, where, apart from that unintentional discharge, the weapon and explosives functioned as they were designed to)
- Accidental release of a biological agent likely to cause severe human illness.
- Failure of industrial radiography or irradiation equipment to de-energise or return to its safe position after the intended exposure period.
- Collapse or partial collapse of a scaffold over 5 metres high, or erected near water where there could be a risk of drowning after a fall.

Reportable diseases (including):

Diagnosed reportable diseases which are linked to occupational exposure to specified hazards include:

- Carpal Tunnel Syndrome:** where the person's work involves regular use of percussive or vibrating tools
- Cramp of the hand or forearm:** where the person's work involves prolonged periods of repetitive movement of the fingers, hand or arm
- Occupational dermatitis:** where the person's work involves significant or regular exposure to a known skin sensitiser or irritant
- Hand Arm Vibration Syndrome:** where the person's work involves regular use of percussive or vibrating tools, or holding materials subject to percussive processes, or processes causing vibration
- Occupational asthma:** where the person's work involves significant or regular exposure to a known respiratory sensitiser
- Tendonitis or tenosynovitis:** in the hand or forearm, where the person's work is physically demanding and involves frequent, repetitive movements

Gas incidents

Distributors, fillers, importers & suppliers of flammable gas must report incidents where someone has died, lost consciousness, or been taken to hospital for treatment to an injury arising in connection with that gas.

Registered gas engineers (under the Gas Safe Register,) must provide details of any gas appliances or fittings that they consider to be dangerous, to such an extent that people could die, lose consciousness or require hospital treatment. The danger could be due to the design, construction, installation, modification or servicing of that appliance or fitting, which could cause:

- an accidental leakage of gas;
- incomplete combustion of gas or;
- inadequate removal of products of the combustion of gas

Signature:		Date:	03/04/2021
Name:	Josh Borom	Position:	Director
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