



Covid-19 Policy

The following policy is a collection of adaptations and a vision of how gymnastics training can be modified to minimize the chances of virus transmission at Bracknell Gymnastics Club. Members and coaches should familiarize themselves with this policy and make their own informed choices about participation under the following conditions as Bracknell Gymnastics Club takes measures to risk manage for the Coronavirus.

Main Objectives

- ✚ Maintain the safety of members and coaches.
- ✚ Comply with government guidelines
- ✚ Controlling measures to keep contamination out of the gym environment
- ✚ Controlling measures to maintain social distancing wherever possible in and outside of the immediate gym environment.

Programme

In order to adhere to social distancing requirements we will need to modify the timetable to reduce the amount of people in the gym at any one time.

Although every effort will be made to maintain some consistency there will need to be a degree of flexibility in expectations. From time to time it may also be necessary to deliver training as a combination of sessions at the gym and home training programmes. This will be detailed in Appendix 2 when available.

Spectating

Unfortunately we do not have a solution at this time for managing spectators effectively in terms of space and social distancing. For the time being the spectator area will be converted into a decontamination zone with access for participants and coaches only. There is no objection to parents staying on site but this will be at the discretion of Bracknell Leisure Centre and they **MUST NOT** cause an obstruction or risk the social distancing measures.

Entry and Exit Protocols

Entry and exit will be direct from the car park through the compound behind the car wash. Please be on time to collect young children. Coaches will lead out the Development and Primary groups and supervise for 5 minutes at the end of the session. If parents have not collected on time, they will be led back in through decontamination. Parents may have to then queue up and pass decontamination themselves to collect their children. See Appendix 1 for an overview of the adapted set up.

Expect to queue at current social distancing spacings as you would to enter a supermarket. Parents can accompany their gymnasts to the door. It will not be easy for parents to directly speak to coaches at this time so we would encourage emailing info@bracknellgymnasticsclub.co.uk in the first instance. There also remains the possibility of catching the attention of the club manager or parents can pass through decontamination if it is important.

Anyone and everyone who enters the gym must pass through decontamination and observe the one-way system.

Decontamination Entry Procedure

A member of staff with PPE will be on hand to supervise the decontamination zone and help guide younger children through the process. The club also reserves the right to check temperatures before entry with an infrared thermometer.



Step 1: Queue for the door respecting social distancing.



Step 2: At the door remove shoes / socks & place them in a plastic bag that you bring and place that bag in your gym bag.



Step 3: Progress through the foot baths (one with disinfectant for 40 seconds; then on to plain water) then dry your feet with the paper towels.



Step 4: Wash hands. Then wipe down drink bottle at the station provided.



Step 5: WASH HANDS (must always be the final action).

After passing the decontamination zone, move directly to the bunker to deposit your belongings in one of the cupboards and then move directly to the floor area to sit on one of the spaced throw down spots to be briefed by your coach (see diagram of the Gym). From there gymnasts are expected to continue social distancing throughout the session under the supervision of the coaches.

What You Should Bring

What to bring	Purpose	What will happen if you forget
Hair grips / scrunchy / alic band / head band / hair bands as required	Gymnastics safety but also to discourage hands moving to faces.	
Pair of clean sliders	In case you need to visit the rest rooms during your session. These must be cleaned in decontamination.	You will have put your shoes back on and go back through full decontamination upon returning.
Kitchen towel (one off donation)	To try your feet and hands as you pass through the decontamination zone.	We are asking everyone to please donate one roll of kitchen towel to the club so that there is enough supply for you waiting at the club on each visit.
Plastic bag	To put shoes and socks in before putting into your gym bags	Either leave them outside the gym or drop the loose into your bag. If you put them into your gym bag then whatever you contacted as you walked in or from home/other locations will now be all over insides of your bag and the contents.
Hand sanitizer	To use as and when for personal piece of mind and added safeguarding.	Its optional
Drinks bottle	Hydration	If you forget it and need to purchase a bottle you will need to handle cards / money and go through the process of decontaminating all of these items.
Gym bag	To fit all of the items you need and can fit into one of the gym boxes at decontamination.	If you need to put additional items in a leisure centre locker we cannot take any responsibility for the cleanliness of that locker.
Gym based footwear (if	If your team requires certain footwear it must be put on	You will have to train/coach in bare feet if you do not have footwear

required)	'clean' within the gym and MUST NOT have been worn at any other location (even home) since being cleaned.	that is clean and hasn't been worn anywhere else (even at home).
Small umbrella	There will be a requirement to queue respecting social distancing from the car park to the back door. If it is raining you may require an umbrella to keep dry.	You will get wet.

Further preparations: Check temperatures at home before attending. Anyone with a temperature greater than 37.8 degrees Celsius should remain at home. Please note that gym attire must be washed before your session, including any supports. Fake nails are also not allowed. Masks and gloves pose significant risks to health and safety of gymnast - anyone wishing to use them must consult the coaching team in advance.

Toilet Trips

As always the coach should be informed before leaving the hall for any reason. Anyone re-entering the hall must go through decontamination again. If members use sliders when briefly leaving the gym they need not go through the foot bath again but must still wash hands. The member of staff with PPE supervising the decontamination will be available and alert to young children returning promptly to the gym.

Coaching

Expect coaches to be working and dress differently. Coaches will be more distant and relying primarily on verbal instructions, carefully designed apparatus set ups and feedback. This greater use of methodical skill progressions without hands on coach support may not be every gymnasts' preferred learning style but it is very effective and a safety requirement for the time being. Coaches may also wear items which we would not normally allow whilst supporting, such as face shields, visors, glasses and possibly other items to encourage hands not to touch their face (e.g. gloves; hoodies to use the central pocket). They may also wear watches if they are being used to remotely control the music to minimize touching screens. Please note that in the event of a dangerous situation a coach's training will likely result in them compromising social distancing to try and protect the gymnast. Although this is not intended it is a foreseeable risk and members should not attend if they are unwilling to accept this. Should this happen in a session the parents will be informed.

Cleaning Regime

The gym will be cleaned daily but a list of target areas will be cleaned in between sessions as a minimum (e.g. door handles).

First Aid

Cross contamination is always a key consideration for first aid in any case. In these circumstances please be prepared for first aiders to attend with gloves, apron and face shield for any level of need, just because it will involve moving closer than the normal social distancing.

Symptoms & Control

Anyone with the following symptoms (after speaking with a medical professional if needs be) should email info@bracknellgymnasticsclub.co.uk for advice before attending.

- Cough
- Fever
- Loss of smell or taste
- Sneezing
- Sore throat
- Diarrhea

We appreciate that not all of these symptoms are indicative of COVID-19 but they are all relevant to the spread of respiratory tract diseases. We wish to know this information for the following reasons:

- ❖ Anyone who tests positive should email the club immediately so we can advise the relevant members and coaches to self isolate.
- ❖ Any one with mild symptoms that are not suspected to be related to COVID-19 should still email the club for a decision on attendance. Attendance will not be denied unreasonably.
- ❖ Anyone who is excluded for suspected symptoms can either wait the government recommended self isolation period or submit for testing. If they can show evidence of a negative test result they will be permitted to return to training sooner.

If staff become concerned about observed symptoms they have an obligation to take action to safeguard themselves and the rest of the gymnasts. The gymnast concerned would be directed to an area away from the training environment and their emergency contacts will be called to come and pick them up.

Compliance

Members and coaches will be excluded if they (or their parents/legal guardians) fail to adhere to this policy.

Refunds

If members are excluded / self-isolating we cannot offer refunds for those missed sessions. Home programmes will be provided during these times as they were during lockdown.

Developments

This policy is subject to adjustment in line with current government guidance as a minimum standard.

Welfare

As always members can contact either Leigh Barker (leighbabgc@gmail.com) or Peter Tranckle (peter@bracknellgymnasticsclub.co.uk) if they have any concerns.

Appendices

This document is linked to:

Appendix 1 – Gym Plan

Appendix 2 – Training Programme (TBC)

Appendix 3 – Cleaning Schedule (TBC)