



# Uttoxeter Gymnastics Club

## COVID-19 Policy

### Policy Statement

UGC are focused on their responsibility to make the club as safe as possible for participants, coaches and UGC staff to take part in gymnastics whilst the COVID-19 pandemic is a risk to individuals health. The planning and execution of this policy and COVID-19 associated interventions are based on the government guidelines in place and the guidelines provided by British Gymnastics as the recognised National Governing Body for Gymnastics in the UK.

### UGC Overall Responsibilities

All members and staff of UGC are required to comply with the COVID-19 Policy to ensure the gymnastics environment is safe for all. This includes complying with any resulting written or verbal instruction provided to gymnasts or parents, COVID-19 specific club rules, club signage or directions and this policy and associated risk assessments.

### UGC Responsibilities – People and Activity

UGC will ensure the following measures are in place relating to club staff and members:

- 2m social distancing will be in place where possible
- 1m+ social distancing will be in place where 2m is not achievable and for those with care needs
- Drop off/pick up points will be used and groups notified of their entrance/exit point to ensure parents can also remain socially distanced whilst dropping off and collecting gymnasts
- Groups will be allocated specific toilet facilities and visits will be managed by coaches to minimise the likelihood of gymnasts accidentally coming into close contact with each other
- Coaches programming will be kept with groupings of gymnasts and planning will limit crossover of session coaches
- Class sizes will be reduced to minimise contact with others and in line with the Department for Digital, Culture, Media and Sport building capacity guidelines for indoor sport
- Good hand hygiene will be promoted throughout sessions and suitable hand sanitisation stations will be available to gymnasts and coaches
- Temperature checks and health questionnaires may be used at drop-off to ensure any members with symptoms of coronavirus are prohibited from entering the building
- Activity will be delivered in a phased approach to training, to ensure gymnasts are reintegrated safely into gymnastics activity, including an initial extended period of physical preparations prior to return to skill development



- Gymnasts must arrive ready for activity as changing areas are not available during this time
- Where possible meetings between staff and meetings with parents will be conducted over mediums such as Zoom, Skype etc.
- Where meetings are required in person, social distancing will be maintained at all times
- Contactless payments methods will be used where possible

## UGC Responsibilities – Equipment and Apparatus

UGC gymnasts will ensure the following measures are in place to ensure a safe environment for staff and members:

- Marking have been placed on the floor for visual representation of gymnasts working area and travel routes
- Group sizing have been reviewed to suit the current social distancing
- Equipment and apparatus layouts have been adapted to enable cleaning before, during and after sessions
- Equipment access has been revised for ease of use by coaches and gymnasts and to limit the requirement to move around the gym area
- The bringing of personal belongings, unless for medical or health reasons, will be minimised to ensure changing areas and storage areas are not required, to minimise the likelihood of accidental contact between gymnasts
- There is an equipment, station and area-specific cleaning schedule within the gym using the guidance from the British Gymnastics to ensure equipment and apparatus can be kept sanitised
- Gymnasts will provide their own personal apparatus e.g. handguards/ chalk etc. where required to remove the need for sharing and the associated infection risk
- Cleaning/sanitising of equipment will take place as per the club's risk assessment and in line with government guidance
- There has been a review of all cleaning chemicals and 'fit for purpose' for reducing infection risk and COSHH sheets have been completed
- Cleaning slots have been programmed between each session to enable the clean down of used equipment that is going to be used in the next session
- High-use areas such as entrance/exit doors will be kept open to reduce the need for hand contact and promote free flowing air within the building

## UGC Responsibilities – Health and First Aid

UGC gymnasts will ensure the following measures are in place to ensure a safe environment for staff and members:

- Children will not be allowed to train if them or any of their family members (from the same



household) are in self isolation. Appropriate reminders have been placed around the building and on social media to help keep awareness up

- The government Track and Trace system will be adhered to and registers will be maintained with parental/carer contact details captured. All data collected will be retained in a GDPR compliant manner
- Anyone showing symptoms will be safely isolated within the gym and collection of the gymnast must be immediate. They must then follow government guidelines on self-isolation in the event of suspected symptoms. Members of staff who think they may be infected will carry out the self-assessment on the NHS website before arriving at the gym and to follow appropriate NHS guidance
- Members of staff will complete health screening questions and temperature checks before commencing work every day. Any staff member showing suspected symptoms will then follow government guidelines on self-isolation
- First Aiders provision will be adapted, including the use of PPE, to ensure any the first aid can be carried out in the safest way
- Face masks/covering will be required within non-gym areas such as the reception area etc.
- For safety reasons, and following British Gymnastics guidance, the use of face masks by gymnasts will not be permitted during activity
- All staff members who complete cleaning tasks have been upskilled in that task and the requirements of materials involved, of which all require minimal PPE such as fluid-repellent surgical mask, Disposable gloves and suitable apron/body covering

## UGC Responsibilities – Procedural Changes and Education

UGC will ensure the following measures are in place to promote good understanding of Covid-19 and a safe environment for staff and members:

- One-way systems will be used for travel in to, out of and around the gym
- There will be a limit to the number of people allowed in the toilets at any one time
- Coaches and staff will encourage coughing and sneeze into the elbow and the washing and sanitising of hand afterwards
- Coaches will support younger members in the education of why activity and procedures have changed and the importance of following them
- Coaches will programme extra time for toilet breaks within training schedule
- UGC will communicate any changes in procedure, as a result of changes in any government or British Gymnastics guidance, to ensure members are aware in advance of any changes
- There will be social distance signage on walls within gym and non-gym areas



## General Policy Information

This policy will be regularly reviewed and updated by the UGC club management team and the UGC Welfare Officer(s), in conjunction with any changes made to the government regulations and guidance and British Gymnastics Step Forward Plan framework, amendments to UGC policies and procedures and any legislative changes.

Last Review Date: 15<sup>th</sup> July 2020