



## C.A.C.L. GYMNASTICS CLUB

### COVID-19 Operating Guidelines

These guidelines will be reviewed regularly and amended where necessary in accordance with the advice provided by Public Health England, Government and British Gymnastics.

#### Key Points

- All staff, gymnasts and parents should be aware of the main COVID-19 symptoms which include a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste.
- If staff, gymnasts, parents or members of their household experience any symptoms we ask them not to visit C.A.C.L. Gymnastics Club and to inform us immediately.
- We will continue to follow advice given by Public Health England, Government and British Gymnastics and will follow Government guidelines for 'test and trace'.

#### Upon Arrival

- All gymnasts should arrive at the start of their session with their own bag, own named hand sanitiser and named water bottle.
- Ensure your child is dressed ready to do gymnastics in either t-shirt and leggings/shorts or a leotard. Please make sure your hair is tied up well and off the face as coaches won't be able to do hair in the gym.
- Non-slip socks are required and no child will be allowed into the gym without these due to COVID safety reasons. Please see link below which may help you to buy in advance of starting back.  
<https://www.amazon.co.uk/Sport-NON-SLIP-Socks-KIDS/dp/B07G5D9CGV>
- Please bring shoes that are easy to take off at the start and to put on at the end as coaches will be unable to assist the child putting their shoes on
- All parents and gymnasts must sanitise their hands using the sanitising station by the entrance door prior to entering the building.
- Waiting areas for classes will be well signposted for you upon arrival outside the Sports Centre building as it may be subject to change. See below the guidelines as they stand now.
- Gymnasts training in College Gym; entry through the fire escape, queue on the 'spots' outside (weather permitting) nearest the brick building (College Gym) ready for collection by your coaches.
- Gymnasts training in the Sports Hall; entry through the main door of the Sports Centre, queue on the 'spots' outside (weather permitting) on the patio area nearest the grass ready for collection by your coaches.
- Gymnasts training in Gaudick Gym; entry through the main door of the Sports Centre, queue on the 'spots' outside (weather permitting) in the middle of the patio area nearest the grass area ready for collection by your coaches.
- **Visual maps will be sent to you via email to help you with this**



- Once in the building there are clearly marked one-way systems in operation which all our members will be adhering to.
- For clarification on which Gym your child is in, we will be sending this information once your class day and time is confirmed along with a class timetable.
- All children must enter alone (excluding Gymtots classes where only one adult with a mask will guide them through and hand over).
- Please arrive no earlier than 5 minutes before your class starts. If you arrive at the gym prior, please wait outside.
- Parents are encouraged to explain to their children the importance of social distancing when they are in the gym.
- Coaches will be advised to take their own temperature before coming to C.A.C.L and we advise you to take your child's temperature at home before you attend class.
- Staff will remain in masks/visors throughout the sessions.
- Fees are to be paid in advance so as to limit any change over of cash at the session. If any communication at reception is necessary social distancing measures must be adhered to when queuing and face masks are to be worn.
- Waiting areas are closed until further notice and parents are asked to wait outside during classes.
- All internal doors will be propped open to avoid unnecessary touch points.

### **During Class**

- Personal belongings to be placed by cones socially distanced apart in the gym, these will be cleaned in between each class. Please ensure you leave nothing behind - until further notice we are unable to keep lost property.
- Gymnasts will line up on 'spots' that are spaced 1.5 metre apart.
- Floor areas to be divided into strips, with a maximum of 6 children in each.
- Children will be split into small groups, rotating around the gym, with the same coach.
- Coaches will use their experience and creativity to design classes using our equipment and adhere to social distance rules.
- Gymnasts will only be permitted to perform skills that can be completed without the coach's physical support.
- Supporting a gymnast is only permitted in the event of preventing an accident or injury.
- Skills that may usually require physical supporting will instead be broken down into progressions with additional safety equipment.
- No physical contact partner work will be permitted.
- In the event of an accident where first aid is required, social distancing may not be possible. The First Aider will wear a face mask and gloves ensuring they wash their hands before and after treatment.
- We encourage children to go to the toilet before they arrive at the gym, should a gymnast need to use the bathroom social distancing must be adhered to. Ensure that hands are washed thoroughly after using the bathroom.



- Water fountains can only be used to refill bottles. Please ensure all gymnasts bring enough water with them to keep hydrated throughout their session.
- Weather permitting the fire exits, doors and windows will be kept open allowing fresh air flow.

### **Upon Leaving**

- Gymnasts must ensure they have all belongings leaving the gym. Parents should be vigilant of this rule as until further notice will be unable to keep lost property.
- Parents are to collect their children by the same area they met at the start of the session except for the classes that are in Gaudick gym and parents will collect from the fire escape which is accessed via steps in Gaudick Road (by the Sprinters café window).
- **Visual maps will be sent to you via email to help you with this**

### **Cleaning**

- Prior to our opening the building has been deep cleaned adhering to government guidelines.
- Regularly touched surfaces will be sanitised hourly, e.g. banisters, taps, and toilet flush handles.
- All used equipment e.g. mats, beam pads, benches, wall bars, and trampoline edges will be sanitised after each rotation in the gym.
- All carpets will be hoovered and tumble tracks will be sprayed and sterilised daily with an anti-viral cleaner.

### **Equipment**

- After each rotation during the session equipment will be cleaned with an anti-viral spray by the coaches and at the same time the children will be required to sanitise their hands before they move to the next rotation.
- Until further notice only handheld apparatus such as hoops and balls will be used which will be cleaned as above this excludes bean bags and skipping ropes which are more difficult to clean.