

# Berkhamsted Gymnastics Club COVID-19

## return to training

It is extremely important that you read and understand our Policy outlined below, as a large amount of effort, handwork and courses to enable our club safe for all our staff, coaches, gymnasts and parents. We ask you ALL our Parents to take responsibility in helping us by following all the procedures, notices and information we have produced.

## Policy Procedure

for coaches, gymnasts, and parents'  
requirements which must be adhered to

### General Cleaning

- ✓ Deep clean of equipment and the gym will be planned on a regular basis
- ✓ Coaches and staff will clean all equipment before the start of the day, and between each session as shown under the heading coach's responsibility.
- ✓ Contract cleaning company will disinfect all door handles, frames, toilets and sinks daily
- ✓ Staff will clean the toilet areas when any persons use them

### Coaches responsibility

- ✓ Must sanitise hands on arrival and departure
- ✓ If you are the first person to arrive, you must sanitise all door handles and leave the open
- ✓ If you are the first coach to arrive you must sanitise all equipment that gymnasts will use (cleaning material supplied)
- ✓ When gymnasts enter the gym all their health checks, register and sanitised hands will have been completed before they arrive into your bubble
- ✓ Coaches must always maintain social distancing 2 – metres away from gymnasts
- ✓ The coach is responsible for making sure that their bubble follows the one-way system and to keep their gymnasts within their own marked out area
- ✓ Each coach in their bubble must issue the gymnasts with hand sanitiser on each rotation on the sound of the bell (sanitiser stations are set out)
- ✓ After each session/class all equipment used will be cleaned and wiped down before the next session/class starts
- ✓ After each session and before the next the coach will have 15mins for a drink, toilet break and wash their hands as they will not be able to leave their bubble when the class starts
- ✓ The coach is responsible for disposal of their own group to their parents making sure the gymnasts hand sanitises before leaving the gym
- ✓ Last person in the gym needs to wipe down all surfaces in in the gym, entrance, and toilet areas.
- ✓ Any gymnast or staff member who is unwell must be reported to the lead coach to enable the COVID procedure for sickness to be followed



## Gymnasts responsibility

- ✓ Gymnasts must be familiar with our procedure by watching the video and reading and understand the procedures set out below, parents will ask you to help them with this.
- ✓ Gymnasts must arrive ready for their session as there will be no changing room facilities
- ✓ Gymnasts must arrive on time, if you are late you will not be allowed in to train.
- ✓ On arrival gymnasts must wait to enter observing 2 metre social distancing and they will enter the gym 1 at a time after their temperature has been taken by an infrared thermometer, if the temperature is above 37.8 gymnasts will not be able to train or enter the gym and asked to leave
- ✓ Shoes will be removed at the door and handed back to their parent / guardian before entering the gym
- ✓ Gymnasts must respect the markings layout within the gym and follow instructions given by their coach
- ✓ Gymnasts will be social distanced within their bubble and work independently on pieces of apparatus as there will not be coach contact at all
- ✓ After each rotation gymnasts and coaches must hand sanitise before using the next apparatus
- ✓ On floor gymnasts can only work Conditioning, Strength and compete basic skills
- ✓ At the end of the session the gymnasts will line up on the floor area within their bubble, by the emergency exit observing the 2-metres social distancing, the coach within their bubble will stand by the emergency door and when parent arrives gymnasts will be called to leave.
- ✓ Gymnasts for the next session cannot enter until the group before have all left
- ✓ Gymnasts may bring water bottles but they must be named. Any bottles left behind will be thrown away, NO food will be allowed.
- ✓ Gymnasts to wear slip on shoes either flipflops or cros for ease of entering and leaving the gym

## Parents dropping off for training and picking up after training

- ✓ Parents must be familiar with our policy procedure and by watching the video understand the process of arriving and leaving, this information has been sent via email it can also be seen on our Facebook page and Website
- ✓ If there is a group already training parents and gymnasts must wait in their cars.
- ✓ Classes will start on the hour
- ✓ Any gymnast who arrives late for their class will not be allowed into train this is to ensure our Covid measures are maintained.
- ✓ Parents must STAY with their child until registration, temperature checks have been completed and the child has entered the gym
- ✓ When waiting to enter parents and gymnasts must social distance from others using the markers laid out along the floor
- ✓ Only one gymnast must enter at a time, others must wait until asked to enter by the member of staff
- ✓ All gymnasts will have the temperature taken by an infrared thermometer (no contact) if they have a temperature above 37.8 they will not be able to train and asked to leave with the parent / guardian
- ✓ There will be no viewing due to the small spaces, therefore we ask parents/guardians to either stay in their car or come back at pick up time. We ask that parents do not stand around once they have dropped off or picked up they leave immediately
- ✓ Gymnasts will leave from the side emergency exit opposite Ashlyn's sports hall, please wait for them maintaining social distancing, they will come to you.
- ✓ Please make sure you arrive on time as we will have no facility to hold them at the gym

- ✓ Anyone showing symptoms of Covid-19 will be stopped from training and sent home and parents from that bubble will be informed.