

Berkhamsted Gymnastics Club

Covid-19 - Return to Training Policy

(For coaches, staff, gymnasts, and parents)

It is extremely important that you read and understand our Policy outlined below, as a large amount of effort and training has been undertaken to enable our club to operate safely for all our members and staff. We ask you ALL to take responsibility in helping us by following the procedures, notices, and information we have produced.

General Cleaning

- Deep clean of equipment and the gym will take place 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 and Staff responsibility (see below)
- Staff (or Contract Cleaning Company) will disinfect all door handles, frames, toilets and sinks daily
- Staff will clean the toilet areas after every use

Coach and Staff 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 doors open
- If you are the first coach to arrive you must sanitise all equipment that gymnasts will use (cleaning materials supplied)
- Ensure that gymnasts have their temperature taken, hands sanitised, and the register taken before being allowed into a coach's bubble
- Coaches must always maintain social distancing i.e. 2 metres 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 class, all equipment used will be cleaned and wiped down before the next class starts
- After each class, and before the next, the coach will have 15mins for a drink, toilet break and handwashing as they will not be able to leave their bubble when the class starts
- The coach is responsible for dismissal of their own group to their parents making sure the gymnasts use hand sanitiser and take their belongings before leaving the gym
- Last person in the gym needs to wipe down all surfaces in the gym, entrance, and toilet areas.
- Any gymnast or staff member who is unwell must be reported to the lead coach and the COVID procedure for sickness followed

Gymnasts responsibility

- Gymnasts must be familiar with our procedure by watching the video and reading the procedures set out below (Parents, please help your child with this if necessary)
- Gymnasts must arrive dressed 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 into train
- On arrival, gymnasts must wait outside observing 2 metre social distancing. They will enter the gym one at a time after their temperature has been taken by an infrared thermometer and their hands sanitised. If the temperature is above 37.9°, 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 the 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. There will be no 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 complete basic skills
- At the end of the session the gymnasts will line up on the floor area, within their bubble, observing the 2-metre social distancing. The coach within their bubble will stand by the door and when parent arrives gymnasts will be called to leave.
- Gymnasts for the next session cannot enter until the previous group 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 crocs 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 will also be available on our Facebook page and Website
- Drop off will be at the side door (opposite Ashlyn's Sports Hall).
- 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 safety 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 ground
- Only one gymnast must enter at a time, others must wait until asked to enter by the member of staff
- All gymnasts will have their temperature taken by an infrared thermometer (no contact); if they have a temperature above 37.9° they will not be able to train and asked to leave with the parent / guardian

- There will be no viewing due to the restricted space at the gym, 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.
- Gymnasts will leave from the Reception door; please wait for your child, maintaining social distancing, and they will come to you. Please make sure you arrive on time for pick-up as we will have no facility to hold them at the gym
- Anyone showing symptoms of Covid-19 will be stopped from training, sent home and parents from that bubble will be informed.