

Safe Return to Gymnastics Guidelines



Woking Gymnastics Club

Last updated: 25/03/2021



Affiliated to: British Gymnastics
South East Region Gymnastics Association
Surrey Gymnastics Association
Surrey Association of Youth Clubs
Woking Youth Council





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Registered Charity No. 1152822

The health and safety of our members and coaches is our utmost priority, so we have implemented several changes to our daily operations, session structures and introduced new procedures. These changes can be found within this document, our safe return to gymnastics video guide and our COVID-19 risk assessment. Please make sure you follow these guidelines to ensure the safety of yourself and other members. These new rules and procedures are mandating by guidance from British Gymnastics and the Government.

Before any gymnast can book into a class, parents will be asked to confirm that neither the gymnast nor household has been in contact with anyone with symptoms within the last 14 days. If the answer to this is yes, the child will not be allowed into our facility to participate in their gymnastics class until the required self-isolation period has been adhered to.



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Drop off and collection

- All members will be asked to park in the large gravel car park. No cars will be allowed into our club car park.
- We are asking that all gymnasts wash their hands thoroughly before attending their class and check their temperature at home.
- Gymnasts will be greeted by a member of our coaching team as they walk to the entrance to our club car park. Here they will be checked into their class, have their temperature taken and asked to sanitise their hands.
- All gymnasts and coaches are required to have a temperature test before entering Woking Gymnastics Club. If a high temperature is recorded, you will be asked to wait 5 minutes and have another temperature test. If the temperature recorded still exceeds 37.8, you will not be permitted into the gym.
- Please be aware that queuing or waiting outside for your child to be checked into their class may be necessary. We remind you that you are responsible for your children's safety while outside. Please remain socially distanced whilst queuing, waiting, and moving around outside the building.
- Once a gymnast has been checked in, they will be guided into the gym through the left-hand side door (direct entry into the gym). Our main club entrance is currently closed. In some cases, the children will be required to queue before entering the gym and social distancing measures have been put in place for this.
- No parents/guardians will be permitted into the gym at any time. If you do need to speak to a member of our team, please follow the advised communication channels.
- At the end of each class, children will be directed back into our club car park where they can be collected. A parent or guardian must be present for a child to be dismissed. Please wait for our coaching team to dismiss the children individually.
- All children must be dropped off and collected promptly. If a child is more than 5 minutes late for their session, they will not be permitted into the class. If you are more than 5 minutes late collecting your child, they will be taken into an isolation room where they will wait until a coach is available to dismiss them. We will be operating a three-strike policy, if this 5-minute rule is broken three times, your child will be asked to not return to the club throughout August.

Gymnasts

- All gymnasts must arrive ready for their session, our changing rooms will be temporarily closed.
- No large bags or additional clothing will be permitted into the gym (leotards/training clothing only). Gymnasts will only be allowed to bring in one water bottle which will be placed in an individual box upon entry. Any items left in the gym at the end of each session will be removed.
- As our water fountain is temporarily closed for health and safety reasons, all children must come with a water bottle to take part in their session.
- If your child requires any medicines e.g. inhaler, this will also be placed in their individual box upon entry.
- Please ensure your child comes into their session with socks.
- All coaches and gymnasts will remain socially distant throughout their session. PHE & Government guidelines will be followed with social distancing of 2m/1m+ throughout the gym with markings and mats in place to serve as a reminder.
- If a gymnast has any underlying health conditions, we suggest not returning to training at this stage.
- Gymnasts are advised to not train in masks.
- If a child is presenting any symptoms, our coaches will remove them from their session and parents will be asked to come and collect them.



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Cleaning

- The number of gymnasts and coaches in the gym has been dramatically reduced to allow for social distancing. We will be asking all gymnasts and coaches to stay 2m/1m+ away from each other at all times.
- Woking Gymnastics Club has undergone a full, professional deep clean.
- Daily cleaning schedules have been introduced for our coaches. The gym, equipment and mats will be cleaned before and after every class and well as a deep clean at the start and end of each day.
- Gymnasts will be required to sanitise their hands before and after their session, as well as between apparatus rotations.
- Five new hand sanitising stations have been installed throughout the gym.
- Gymnasts will be limited to certain equipment to reduce risk of contamination throughout the gym. We have reduced the amount of equipment we use, taking hard-to-clean equipment (such as our foam pit) out of use.
- Coaches will not be able to physically support gymnast until further notice.
- Fire exits will always be open (weather permitting) and the fans on to improve ventilation within our facility.
- Our toilets will be open and will be cleaned on a regular basis. Only one child will be permitted into the toilets at any time.



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Social distancing and class structure

- There will be no more than 30 gymnasts within our facility at any time.
- For recreational sessions, classes will be limited to 15 gymnasts, with each class of 15 having 4 assigned coaches.
- Session times will be staggered to allow for change over times and safe entry and exit from our facility.
- During our warmup and cool down times, gymnasts will be assigned an individual mat where they will remain during this time.
- The gym is divided into 'zoned areas' with each station clearly defined and planned to ensure that gymnasts from one group do not mix with gymnasts from another class.
- Within recreational classes, gymnasts will be separated into small groups of 5, each with their own coach.
- Gymnasts should refrain from touching any equipment that they have not been instructed to use by their coach.
- We will be assigning squad gymnasts with their own named bag with chalk in. Gymnasts must bring this chalk bag to every session and it must not be left in the gym at the end of a session. Shared chalk buckets have been removed from the gym. No chalk is to be shared between any gymnasts.
- Equipment and mats will be cleaned before the next class starts.
- No congregating allowed by gymnasts or coaches.

Emergency Procedures

- If any athlete tests positive for Covid-19 having been at Woking Gymnastics Club, the gym will close immediately and will undergo an additional thorough deep clean. All athletes having been in our facility during this time will be notified immediately.
- In an emergency, if you need to collect your child early or will be late collecting them, please call the club so we can inform our coaching team as soon as possible.
- If you are calling outside of our office hours (09:30 – 17:00, Monday to Friday) please select the emergency option when calling the club.
- Squad gymnasts – if your child is training at our second venue on Egley road, please contact your child's coach directly in an emergency.
- If first aid needs to be administered, staff will use a sensible approach and limit contact as far as possible, while dealing with the situation effectively. Mask, gloves, and aprons will be worn whilst delivering all first aid.



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