



# COVID-19 SAFETY PLAN



# DROP OFF AND PICK UP

- Drop off and pick up outside of the building
- Parents are not allowed to enter the building or wait in any viewing areas
- Use gymnast entrance door 1 only (this will be signposted)
- Coaches on entrance and exit to sign gymnasts in and out
- Social distance markings outside of the building
- Staggered start and finish times to reduce crossover
- Gymnasts must not enter the building until instructed
- Separate entrance and exit door process
- Hand sanitiser available to gymnasts and coaches when entering
- Gymnasts to come to sessions dressed ready to participate
- Shoes to be placed in own bag and left in designated pigeon hole
- Parents are reminded that any homes with vulnerable people should not attend sessions until further notice



# INFECTION CONTROL

## HIGH TOUCH SURFACES INCLUDING EQUIPMENT

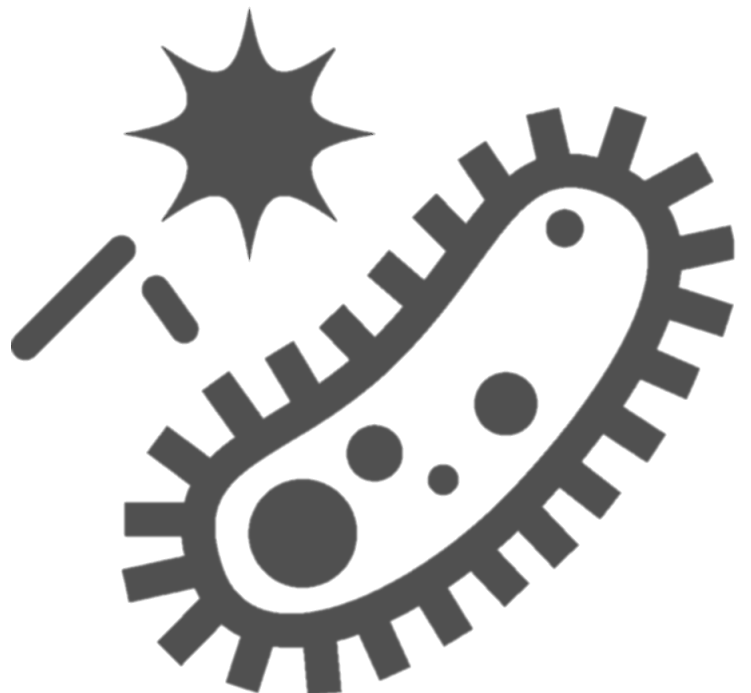
- Everyone entering the gym must sanitise hands - stations will be available at entrances and exits and throughout the building
- Equipment to be cleaned down after each class
- Door handles disinfected regularly
- Doors left open where possible
- Hand sanitiser use and hand washing to be encouraged throughout session
- Water bottles clearly marked with child's name
- Equipment which can't be cleaned easily will not be used at this time
- All belongings taken home at the end of each session



# INFECTION CONTROL

## SOCIAL DISTANCING PROCEEDURES

- Strict social distancing rules adopted in the gym in line with government advice
- Gymnasts kept in small social bubbles throughout sessions and will remain in the bubble in our phase 1 return
- Spots and boxes used to reinforce social distancing measures
- No congregating by gymnasts (and parents) in hallways and reception areas
- Venue separated into zones
- Sanitiser used by coaches and gymnasts when moving zones
- One way systems in operation when moving between zones
- No physical contact (including coaching) unless an emergency situation arises
- Bins cleaned after each session
- Gymnasts should cough or sneeze into elbow



# GYMNAST EXPECTATIONS



Gymnasts must use the provided hand sanitiser when entering and exiting the building



Gymnasts must wash/sanitise hands after each rotation and after coughing/sneezing



Gymnasts must follow coaches safety guidance and clubs behavioral policy at all times

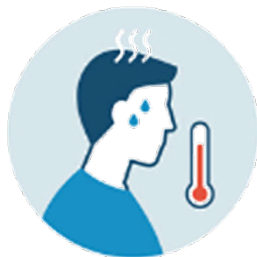
# COACHES EXPECTATIONS



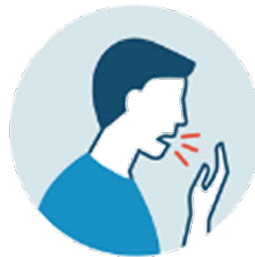
- Coaches to sanitise and clean stations/equipment after each session
- Coaches will be provided with PPE when necessary (coaches are not required to wear PPE when coaching at a safe distance, however, if an emergency arises masks and gloves will be worn)
- Wellness checks for coaches each day
- No spotting/supporting during session at this time



**Do you think you may have symptoms  
of the Coronavirus?**



**FEVER**



**COUGH**



**SHORTNESS  
OF BREATH**

**If you have any of the above symptoms please do not enter the building.**

**Please return home and seek medical advice**

**111.nhs.uk**

- Participants and or family members exhibiting any symptoms of the illness are not permitted in the facility
- Participants or family members who have travelled internationally from areas where a 14 day quarantine is required are not permitted in the facility throughout the quarantine period
- If a gymnast or coach exhibits any symptoms during the class they will be isolated until picked up to go home. The required 'track & trace' measures will then be implemented

# RAISING AWARENESS



Latest government and BG posters will be displayed across the site



Checklists carried out with staff and visitors warning of risks posed by virus and control measures in place



Continually adopt and review new WHO and government guidance



Staff to be trained on infection control and prevention