

**NORTHWOOD GYMNASTICS**  
**RE-OPENING - COVID-19 STRATEGY PLAN**

**St Helen's**  
**Recreational Groups**

**PHASE THREE - INDOOR SESSIONS – Preparing for 1<sup>st</sup> September 2020**

**Opening on the 1<sup>st</sup> September will be based on**

- Advice from the Government with regards to the re-opening of sports facilities.
- Advice from British Gymnastics for the return of gymnastics clubs.
- Advice from the Venue Provider - in this case Northwood Sports Centre
- Also, what the club Partners think is right for our club and have been developing, taking into account our coaching capacity and physical limitations of the outdoor space.

**Times and booking information will be emailed to you separately.**

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**Our PHASE THREE PROPOSAL is outlined below:**

Sessions will run for 4 Year olds ONLY at St Helens Sports Centre  
SUNDAY ONLY

You will receive a separate email with booking information.

Social distancing measures will be followed at the club to minimise contact and reduce the risk of transmission of Covid-19 to children and adults. More details of how we propose to do this can be seen below.

Gymnastic activities will be planned and delivered so that there is appropriate social distancing between the gymnast and the coach. There is no supporting or spotting permitted under the current guidelines. Gymnast and coaches will be able to use equipment, as an aid to help the gymnast progress with their gymnastics skills. We follow strict cleaning procedures when using equipment.

**INFORMATION FOR GYMNASTS AND THEIR FAMILIES**

**GYMNAST'S PREPARATION - OWN EQUIPMENT**

**WHAT TO BRING - BEFORE YOU COME**

- To minimise sharing of equipment, initially, gymnasts will be asked and expected to bring their own mat. This will be a **yoga** or similar type exercise mat, which will be suitable for the re-entry activities that will be necessary when gymnasts return.
- Mats will be placed on one of our gymnastics mats.
- Without a mat, you will not be able to train, as it is not safe to do so.
- Gymnasts are expected to wear feet coverings. These can only be grip socks, or gym shoes. Children cannot not wear trainers or plimsols.

- British Gymnastics has no jewellery policy. Coaches at this time, will be unable to remove and or tape up any jewellery. We ask you not wear jewellery to gymnastics for your child's safety.

**Skills include** - Fitness, Flexibility, Strength, Co-Ordination, Apparatus (by Government guidelines) and Floor Skills.

We follow strict cleaning procedures when using equipment.

- Gymnasts will be asked to bring their own hand sanitizer to use regularly throughout the session.
- Hand sanitizer will also be available on site.

### **TOILETS and HYGIENE**

- We ask that all gymnasts go to the toilet at home, before they leave for their session. Toilets will still be accessible during the session if needed.
- All gymnasts must utilise the hand sanitiser station located at all entry and exit points.
- Gymnasts may be permitted to use the accessible toilet in the main area of the sports centre.
- Access to toilet facilities will be based on a one in one out system and managed by a coach.
- A coach will accompany younger children to the building, whilst maintaining social distancing.
- Main reception door will remain on fob access to prevent parents/gymnasts gaining un-controlled access.
- Gymnasts and coaches must use hand sanitiser stations/wash hands before and after use.
- We ask that all gymnasts, wash their hands at home, before they leave for their session.
- We ask that all gymnasts wear freshly washed clothes to each session.

### **COACHES PPE**

- Coaches will wear a face mask covering when meeting and greeting gymnast/s with their Parents/Carers, whilst keeping the distance advised by the Government.
- All coaches will wash their hands before the session starts.
- All coaches will carry their own hand sanitizer - Coaches will be expected to regularly hand sanitize throughout the session.
- All Coaches will carry, use and safely dispose of their own tissues.

### **SITE ACCESS, DROP OFF and REGISTRATION**

- The car park will be open for parents and carers. Spaces are subject to how busy the centre is.
- We kindly ask you to social distance whilst in the carpark. We will be taking reasonable steps to avoid people being gathered together, by using more entrances

and exits and staggering entry and exits where possible. You will be provided with staggered start times, entry and exit information for your child if/when your child returns.

## **DROP OFF & COLLECTION LOCATION**

- Drop off and pick up will be staggered. A coach will be there to greet their group.
- The coach wearing a mask and gloves, will be there to greet their group and carry out registration and checks before the session starts.
- Please speak your child as gymnastics check in will look very different and we need to make sure they know what to expect.
- Coaches will only wear masks at check-in.
- We advise that parents/carers do not enter the training area or sports centre, unless invited by a coach if needed to assist their child.
- Once onsite, a one-way system will be in operation and we ask that coaches and children adhere to this at all times and stay apart from other families. (2m subject to change as per government guidance)
- Only 1 parent/carer from each family should enter the site (designated drop off and pick up area) to drop off or pick up gymnasts.
- The temperature of children and staff will be taken with an infrared forehead scanner before entry into the building. The person with the scanner, will be wearing a face covering and gloves. Any child with a temperature of 38 degrees or above will need to be taken home; Gymnasts must be brought by an adult, as if there are any symptoms, including coughing, the gymnast will not be permitted to train.
- Gymnasts under 15 years old, must be dropped off by an adult in case they have a high temperature on arrival and need to be taken home. They may walk home alone at the end of a session if parents give permission.
- Gymnasts will be expected to arrive in plenty of time before their session to line up in distances – 2 metres apart. (Subject to any changes)
- Registration will take place on arrival.
- A coach will be assigned to each group. This coach will meet, check-in and only work with that group throughout the whole session.
- All gymnasts will be asked to hand sanitize before they start their session.
- Parents/carers will be expected to stay on site (not in the hall) and be accessible to a coach if needed for the child.

## **TRAINING AREA**

- Parents will be not be permitted to come into the Sports Hall, unless invited by a coach, if needed for the child.
- Any equipment or gate handles will be cleaned with alcohol sanitizing spray between sessions.
- Gymnasts will be in groups with a coach. There will be staggered start times and entrances.
- We will operate social distancing during the session and all gymnasts and coaches will social distance in-line with Government guidance within their groups, in an

assigned area. Movement around the area will be minimised, so that different groups of children do not come into contact with each other.

- Coaches will **not** be supporting gymnasts at this time. The activities delivered will be adapted to meet the needs of the gymnast, but also allow social distancing.
- Gymnasts are expected to bring their own drink, and make sure it is enough for the whole session, as the water fountain will be non-accessible.
- Firedoors will be open during the session to allow ventilation.
- All gymnasts will be expected to sanitize their hands before they leave to meet their Parent/Carer outside.

### **FIRST AID PROCEDURES and PPE**

In the unlikely event there is an accident, the following procedures will be in place.

- First aid provisions will be limited and where possible gymnasts will self-administer own care.
- Coaches will wear a face mask covering and surgical, disposable gloves, when attending to any first aid incident.
- Gymnasts will be expected to put on their own facemask, if able to do so.
- Coaches will do their best to be sideways facing with gymnasts, depending on injury.
- If a cool pack is required, these are 'one use packs' and the gymnasts will be given the pack to hold on the area themselves, unless unable to do so.
- For all other scenarios, we will work in line with our first aid training with PPE, in place.

### **PICK UP**

- Parents will be expected to social distance whilst waiting for their child to be dismissed by a coach.
- The coach will bring their group out to the parents.
- Given the proximity to residents, some of whom may be vulnerable, please be mindful and considerate of social distancing on your journey to and from the club.
- Older Gymnasts may walk home alone at the end of a session if parents give permission by email.

### **SAFEGUARDING**

It is important to recognise that as we reopen, gymnastics will look very different for the children and they will not be learning in the same way.

- Should anyone attending the club show symptoms of Covid-19, they will be separated from their group and their parents contacted immediately.
- Everyone within that group will be contacted and asked to self-isolate according to NHS guidelines. A group is the group of 6.
- Please do not bring your child to the club if they or any member of your household show any symptoms related to Covid-19:
  - high temperature (38 degrees or more) –feeling hot to touch on the chest or back

- new, continuous cough –coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (for those who usually have a cough, it may be worse than usual);
- loss or change to your sense of smell or taste – not being able to smell or taste anything, or things smell or taste different to normal.

## **SAFEGUARDING - CONTACT DETAILS and COMMUNICATION**

- You will be asked to verify your contact details, via the LOVE ADMIN app, when your child returns to the club.
- If you are being sent a payment confirmation
- All communication with staff will be made through email, or telephone.
- As I am sure you understand, there will be lots of questions at this challenging time. We will do our best to answer them and hopefully reassure you and your child. We kindly ask you not to phone us, as we are not manning an office and working from a mobile phone. Please email us your enquiry, with the best number to call you on and we will call you back as soon as we possibly can.  
**office@northwoodgymnastics.co.uk**
- The office must be informed of any changes to the emergency contact details for your child, so that we are able to reach someone at all times. Please login to the LOVEADMIN platform and update your details. If you need support this, please email office@northwoodgymnastics.co.uk.
- A senior coach will be on duty on site at each session to ensure that systems are being followed appropriately. They will remain 2m away from adults and children at all times.
- Please note that if you wish to speak to your child's coach, this will need to be done by email and we will call you.
- The Welfare Officers for safeguarding is Debbie Davies. If you do have a safeguarding concern, please get in touch immediately by emailing wo@northwoodgymnastics.co.uk
- All emails sent to this address come directly to Debbie in confidence.

These are difficult times and families may be struggling in different ways. We are here to support you as best we can, so please do get in touch if you have any questions, if we have not answered your questions in this information.

office@northwoodgymnastics.co.uk

We will communicate updates and changes in government guidance as soon as we receive it. Please be mindful that updated guidance may change our proposed plans for phased re-opening. Our plans will be under continuous review.

We hope our safety measures have reassured you, to be able to return.  
We look forward to welcoming you and the gymnasts back to the club.

We thank you in advance for all your support.