

NORTHWOOD GYMNASTICS
RE-OPENING COVID-19 STRATEGY PLAN
ST Helens Sports Centre
Invitation Group
OUTDOOR GYMFIT SESSION

April 2021

Our plan to deliver outdoor sessions is 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 St Helen's Sports Centre

Times and booking information will be emailed to you separately.

Sessions running are also subject to weather conditions. If we have to cancel – we will go online and email you.

Please see our STH Outdoor Fitness Risk Assessment – this will be available on our website before sessions commence.

The sessions that we will run at ST Helen's Only - will initially include our Invitation Gymnasts only. Development (ages 6 and 7 years only, Advanced, Advanced Plus and Squad).

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 this can be seen below.

INFORMATION FOR GYMNASTS AND THEIR FAMILIES

GYMNAST'S PREPARATION - OWN EQUIPMENT - WHAT TO BRING - BEFORE YOU COME

- As we are running fitness sessions on a hard court outside. Gymnasts will be asked and expected to bring their own mat. This will be a **yoga** mat, which will be suitable for the re-entry activities that will be necessary when gymnasts return.
- Yoga mats will be placed on a hard, outside floor.
- Without a mat, you will not be able to train, as not safe to do so.

Due to the time away from training, we are taking into account that every gymnast needs to rebuild SQUAD basics and confidence, before they are ready to work on their higher-level skills. High-level skills will be re-introduced at a later phase, along with the use of equipment, when safe to do so.

SQUAD Basics include - Fitness, Flexibility, Strength and Floor Skills.

- Gymnasts will bring their own sensible sized kit bag.
- Gymnasts will be asked to bring their own hand sanitizer to use regularly throughout the session.
- Hand sanitizer will also be available on site.
- Gymnasts will be asked to bring their own tissues to use if needed during the session.
- Gymnasts are expected to bring a carrier bag to place any used tissues in, which they keep in their kit bag, and take this with them at the end of the session.
- Gymnasts are expected to bring their own face mask, see first aid procedures below.
- Gymnasts will only need to wear their mask if there is a first aid incident.
- If it is good weather, please apply sun cream before you come.

TOILETS and HYGIENE

- We ask that all gymnasts go to the toilet at home, before they leave for their session.
- The outdoor session is only 45 minutes long.
- Toilets will still be accessible during the session if needed.
- Use of toilets in the centre are based upon St Helen's Centre – Risk Assessment
 - * All customers 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 reception area of the sports centre.
 - * Access to toilet facilities will be based on a one in one out system and managed by a member of the sports centre team via the main reception door.
 - * A Coach will accompany younger children to the building, whilst maintaining social distancing.
 - * Main reception door will remain on fob access to prevent customer/gymnast for gaining un-controlled access.
 - * Gymnasts and Coaches must use hand sanitiser stations/wash hands before and after use.
 - * STH Centre Staff to wipe clean toilets between 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 each session.

COACHES PPE

- Coaches will wear a face mask covering when meeting and greeting gymnast/s with their Parents/Carers, whilst keeping 2 metres distance.
- 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 starts back.

- Please follow the signage from the carpark provided by the centre.

DROP OFF & COLLECTION LOCATION

- Parents/Carers will drop the gymnast at the **side gate of the school** near the zebra crossing in the carpark. A coach wearing a mask and gloves, will be there to greet them and carry out registration and checks before the session starts. More details below.
- Please see attached diagram.
- **PLEASE DO NOT USE THE MAIN RECEPTION ENTRANCE.**

- We advise that parents/carers do not enter the training area or sports centre for any reason.
- 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 2m apart from other families.
- 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 viewing area will not be open during this phase.
- 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.
- 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 leave the site, once checks have taken place.

TRAINING AREA

- Parents will be not be permitted to come into the training area
- Any equipment or gate handles will be cleaned with alcohol sanitizing spray between sessions.
- Each session has been split into 2 groups of gymnasts. With staggered start times and entrances, this will enable us to have no more than 8 gymnasts entering at any one time. Gymnasts and their families will be 2m apart when entering. More details will be provided with your enrolment information.
- We will operate social distancing in the gym hall and all gymnasts and coaches will be spaced 2m apart within their groups, in an assigned area. Movement around the

building 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.
- Each gymnast will work on their own yoga mat in their own area.
- Gymnasts will need to keep their kit bag with them in their area of the gym. There will be no access to cloakrooms.
- We ask gymnasts not to bring coats or jumpers.
- Gymnasts are expected to place all shoes and other clothing they may need to remove when they arrive, in their own bag.
- 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.
- Deep cleaning will take place at the end of every session.
- 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 customers 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/Carers will drop the gymnast at the **side gate of the school** near the zebra crossing in the carpark. A coach wearing a mask and gloves, will be there to greet them and carry out registration and checks before the session starts. More details below.

PLEASE DO NOT USE THE MAIN RECEPTION ENTRANCE.

- The coach will bring out the gymnast one at a time, social distancing to the designated pick up area.
- Parents will be expected to social distance whilst waiting for their child to be dismissed by a coach.
- 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.
- 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.

Please do get in touch if you have any questions, if we have not answered your questions in this information.

office@northwoodgymnastics.co.uk