



Rugby Gymnastics Club, Covid-19 Return to Gymnastics Strategy August 2020

Within this document is the information that we will all require to start back at Rugby Gymnastics Club. By adopting these safer approaches, we will stay within the Governments social distancing requirements. We have our risk assessments in place and are ready to welcome you all back after such a difficult time for all.

Please take time to familiarise yourselves and your children with our new procedures.

ARRIVAL TO AND DISPERSAL FROM THE GYMS

- Parents and gymnasts must wait in their cars (if applicable) until a Coach opens the normal entrance door as a signal of being ready for you. You must then form a 'socially distanced' queue to the left of the entrance and into the 'no parking' area which will be marked. The social distancing rule of 2 metres applies when queuing.
- The Coach will take each gymnast's temperature to check they are fit to train.
- Unfortunately our viewing area is temporarily unavailable during this time so gymnasts must be left at the door. After dropping off a gymnast we expect Parents/Carers to either leave the site (our preference given our space constraints) or to remain in their vehicles for the entirety of the session.
- Anyone showing symptoms of Covid-19 will be stopped from training and taken to wait in the isolation area until collected. Their Parents/Carer will be contacted immediately. You will be expected to book a Covid-19 test and inform Rugby Gymnastics Club of the result so that we can follow the track and trace procedure.
- You will need to be punctual to enable our system to work, however we do know that there are often unavoidable circumstances. If you are late, please DO NOT enter the gym but instead call 01788 542617 and someone will come to assist.
- Squad Gymnasts in the PIT GYM will leave the building by the top exit adjacent to Lower Hillmorton Road. Parents/carers should be waiting and the gymnasts will be called one by one to leave in a 'socially distanced' manner under the Coach's supervision.
- GENERAL GYMNASTS will leave the FLOOR GYM via the fire exit, assisted by one of our coaches. Parents/carers should be waiting.
- Any gymnasts not collected on time will remain in the isolation area and parents must then call 01788542617 for assistance. They must not enter the gym.
- Facilities such as toilets will not be available to anyone other than gymnasts and coaches.

GYMNASTS

- You will be expected to arrive dressed for your training session as The Club will be unable to provide you with a changing area at the moment.

- You will be expected to attend with a labelled, plastic lidded box which will stay with you and will be used to house your shoes and any outer garments. Your boxes will also contain personal hand sanitizer and tissues. Your coach will let you know if you need anything else as the weeks progress.
- On arrival, you must queue outside, 2 metres apart and wait to be called forward by the Coach who will then take your temperature using an infrared thermometer.
- You should then be able to enter the gym and follow your coach's instructions to use the hand sanitization station and move to your allocated position as shown by your coach.
- You will be able to use the toilet one at a time and you will no longer be sent out in groups. You will need to put the toilet lid down **before** you flush, wash your hands thoroughly and use the hand sanitizer provided before re-entering the gym.
- There will be a one-way walking system in place and directions will be displayed on the floor to help you. This will be similar to procedures which you use in school.
- You will always have a Coach with you at all times throughout your training.
- At the end of your session, you will wait for your coach's instructions. You will line up, 2 metres apart and be supervised in leaving by the other (fire) exit to your parent/carer who will be waiting for you.
- You must not share any items with other gymnasts e.g. water bottles, chalk, sanitizer, gloves or loops etc.

GENERAL CLEANING

- Both of the gyms and the available toilet facilities will be cleaned prior to the start of the day by the cleaner, including the door handles and door frames
- Upon arrival to work, coaches will clean and disinfect the equipment to be used.
- Every evening at close of day, both of the gyms and all equipment will be sprayed with a disinfectant cleaner using a 'fogger' (by trained staff only).
- Coaches will clean all touched surfaces after each class and in-between group rotations. This includes the toilets and toilet area.

COACHING RESPONSIBILITIES

- You must sanitise hands upon arrival and departure and in-between groups using frequent hand washing when possible.
- You must maintain 2 metres social distance unless first aid is required.
- If you are the trained First Aider then you will have quick access to gloves, apron, visor and face mask (PPE) provided by the club.
- You must have your temperature taken upon arrival at work by a nominated colleague.
- You must clean all touched surfaces after each class and in-between group rotations. This includes the toilets and toilet area.
- You will be provided with a caddy containing cleaning products required for the job. You must keep the caddy close to you at all times and ensure it is not accessible to gymnasts. You will be required to keep your products stocked using supplies provided by the club.
- You will read and sign the cleaning check list after each session.

- Aprons and gloves must be worn to clean and empty bins and then be disposed of immediately. Hands must then be washed thoroughly.
- Trained, nominated coaches will use the fogger each evening at close in both gyms and toilet areas.

If you have any questions about this document or any other matters related to the return of gymnasts and staff to Rugby Gymnastics Club they should be directed to Anna Dawson, Director of Coaching and Head of Preschool Gymnastics

anna@rugbygymnasticsclub.co.uk

Our welfare officer is Laura Chan who can be contacted on **07561 166320** and **welfare@rugbygymnasticsclub.co.uk**