



COVID-19 Operating Guidelines

These guidelines will be reviewed regularly and amended where necessary in accordance with the advice provided by Public Health England, Government and British Gymnastics.

Key Points

- All staff, gymnasts and parents should be aware of the main COVID-19 symptoms which include a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste.
- If staff, gymnasts, parents or members of their household experience any symptoms we ask them not to visit Ealing Gymnastics classes and to inform us immediately.
- We will continue to follow advice given by Public Health England, Government and British Gymnastics and will follow Government guidelines for 'test and trace'.

Upon Arrival

- We would like to remind parents that on every occasion you bring your child to the Ealing Gymnastics classes, you have agreed to our admission statement which states 'they or their household have had no recent COVID-19 symptoms, loss/change to taste/smell, high temperature or new, continuous cough'.
- Please arrive no earlier than 5 minutes before your class starts. If you arrive prior, please wait outside queuing along the building with 2m+ distance.
- All gymnasts must use hand sanitizer gel provided prior entering the building.
- All gymnasts must enter alone, as no parents will be allowed inside of the building and they are asked to wait outside during classes.
- Children only will be allowed to bring in a drawstring bag containing bottle of water and be large enough to pack their outdoor clothing in
- Parents are encouraged to explain to their children the importance of social distancing when they are in the gym.
- A temperature scanner will be used on all staff when they arrive. We advise you to take your child's temperature at home before you attend class.
- All internal doors will be propped open to avoid unnecessary touch points.

During Class

- Personal belongings to be placed in designated place showed by coaches, these will be cleaned in between each class.
- Gymnasts will line up on 'crosses' that are spaced 2 metre apart.

- After warm-up children will be split into small groups, rotating around the gym, with the same coach.
- Coaches will use their experience and creativity to design classes that use limited equipment and adhere to social distance rules.
- Gymnasts will only be permitted to perform skills that can be completed without the coach's physical support.
- Supporting a gymnast is only be permitted in the event of preventing an accident or injury.
- Skills that may usually require physical supporting will instead be broken down into progressions with additional safety equipment.
- No physical contact partner work will be permitted.
- In the event of an accident where first aid is required, social distancing may not be possible. The First Aider will wear a face mask and gloves ensuring they wash their hands before and after treatment.
- We encourage children to go to the toilet before they arrive at the gym, should a gymnast need to use the bathroom social distancing must be adhered to. Ensure that hands are washed thoroughly after using the bathroom.
- Water fountains can only be used to refill bottles. Please ensure all gymnasts bring enough water with them to keep hydrated throughout their session.
- Doors will be kept open allowing fresh air flow.

Upon Exit

- Gymnasts must ensure they don't leave any belongings before leaving the Sports Hall. Parents should be vigilant of this rule as until further notice we are unable to keep lost property.
- Parents by one are to collect their children by the fire exit from the side of the Sports Hall.

Cleaning

- Prior to our opening all our gymnastics equipment has been deep cleaned adhering to government guidelines.
- Regularly touched surfaces will be sanitised hourly, e.g taps, toilet flush handle.
- All used equipment e.g. mats, benches, bar, vaulting tower will be sanitised before and after the lesson.
- All carpet including the floor areas, tumble track and vault run-ups will be sprayed and sterilised before and after lesson with an anti-viral cleaner.
- If equipment is used that cannot be cleaned, i.e. bars and beam, children must sanitise their hands before and after their rotation, where possible we will avoid the use of this equipment.