

Gymstars Gymnastics Academy

COVID-19 Return to Training (RTT) – Adult Gym

We will do everything we can to work within the government guidelines.
The information below has been added to our Risk Assessments.

All staff have received training on our new policies and procedures and are aware of the updated Risk Assessments.

Please take time to read the information below and please also explain to your gymnasts their responsibilities whilst attending classes at Gymstars.

Anyone who has any 'COVID-19 RTT' related queries should please direct them to Franki using the following email address: info@gymstarsgymnastics.co.uk

Club, Coaches, Gymnasts and Parents' Requirements to Adhere to for 'COVID-19 RTT'

GENERAL

- * Coaches to regularly clean 'High-Touch' areas including toilets, door handles and light switches,
- * Outside cleaning company to be engaged to come in and clean communal areas on a regular basis.
- * Hand sanitising dispensers to be fixed to the wall.
- * Hand soap dispensers to be fixed to the wall in each toilet.
- * Coaches to clean all shared equipment.
- * Cleaning Checklist to be followed every day.

COACHES

- * Must have temperature taken upon arrival.
- * Must sanitise hands on arrival and departure.
- * Must check temperature of gymnasts upon arrival using the infrared thermometer provided. ANYONE WHO HAS A HIGH TEMPERATURE WILL BE REFUSED ENTRY. No refunds will be offered for missed sessions.
- * Must not allow any late comers to join into their session. LATE COMERS WILL NOT BE PERMITTED TO JOIN IN. No refunds will be offered to late comers.
- * Must maintain social distancing wherever possible.

- * Must follow the guidelines in the Cleaning Checklist and all Gymstars Risk Assessments.
- * Must not provide cups of water for any gymnast who forgets their drink.
- * Must try to avoid gymnasts sharing equipment wherever possible.
- * Must sanitise all equipment that gymnasts have used.
- * Must prioritise a First Aid incident over social distancing measures and then wash hands once dealt with.
- * Must wash hands if for any reason they make physical contact with a child.
- * Must inform the lead coach of any gymnast/coach who shows symptoms for them to be sent home.
- * Must have ZERO TOLERANCE for any member who misbehaves in any way. These members will be sent home and will be removed from the register for the remainder of the month. No refunds will be offered to these members.

PARTICIPANTS (Adults)

- * Must park in designated areas and not block our neighbours.
Must arrive on time for their class. LATE COMERS WILL NOT BE PERMITTED TO JOIN IN. No refunds will be offered to late comers.
- * Must wait to enter the building whilst observing social distancing and not blocking the entrance to the Ambulance yard.
- * Must enter the gym one at a time only when instructed to by a coach.
- * Must have their temperature taken when they arrive. ANYONE WHO HAS A HIGH TEMPERATURE WILL BE REFUSED ENTRY. No refunds will be offered for missed sessions.
- * Must sanitise their hands when entering the building.
- * Must arrive in minimal extra clothing and must place all belongings in the plastic box provided.
- * Must avoid physical contact with coaches and other gymnasts and work individually on pieces of apparatus.
- * Must wash their hands if they touch their face or if they make accidental contact with someone else.
- * Must follow the instructions of their coach.
- * At the end of the session must wait in the designated area by the emergency exit with their coach and only leave when told.
- * Must remember their own drink as cups of water will not be provided.
- * Must only bring water. ANY OTHER DRINK WILL BE DISPOSED OF due to the drinks being taken round with the gymnast and therefore a risk of damage to the gymnastics equipment.
- * Must not share drinks bottles, water sprays, chalk or any other items.

- * Anyone showing symptoms of COVID-19 will be stopped from training and sent home and parents from that group will be advised.