

Gymstars Gymnastics Academy

COVID-19 Return to Training (RTT) – Version 6

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 wear a mask when taking a temperature or hand sanitising a gymnast upon arrival.
- * 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.

GYMNASTS

- * 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.
- * Must enter the gym one at a time only when instructed to by a coach.
- * Must be prepared to enter the gym on their own.
- * Must be able to go to the toilet on their own (for school age members only).
- * Must arrive with long hair tied back.
- * Must arrive with any earrings (studs only) covered which have been pierced for less than 6 weeks and must remove earrings which have been pierced for longer than 6 weeks.
- * 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. Mobile phones should not be brought into the gym.
- * 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 be able to go to the toilet on their own.
- * Must follow the instructions of their coach. Gymnasts who misbehave in any way 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.
- * 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.

PARENTS

- * Must make sure their gymnast is fully aware of the new procedures and the need to follow the instructions of the coach. Any child who misbehaves in any way will be sent home and removed from the register for the remainder of the month. No refunds will be offered to these members.
- * Must make sure their gymnast is prepared to enter the gym on their own.
- * Must only send their gymnast if they are able to go to the toilet on their own (school age members only).
- * Must send their gymnast with long hair tied back.
- * Must send their gymnasts with any earrings (studs only) covered which have been pierced for less than 6 weeks and must remove earrings which have been pierced for longer than 6 weeks.
- * Must send their gymnast in minimal extra clothing on top of their regular gymnastics attire.
- * Must send their gymnast with their own drinks bottle as cups of water cannot be provided by the coaches.
- * Must send their gymnast with 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 send their gymnast with their own gymnastics kit relevant to their training needs e.g. chalk, water spray etc.
- * Must make sure their gymnast arrives in time for the start of their session. LATE COMERS WILL NOT BE PERMITTED TO JOIN IN. No refunds will be offered to late comers.
- * Must wait in their car until the start of their child's session.
- * May walk their gymnast to the entrance to ensure they socially distance whilst waiting.
- * Must make sure their gymnast only enters the building when instructed to by a coach.
- * Must allow their gymnast to have their temperature taken before they enter the building and must wait for this control measure to be completed before leaving the area. ANYONE WHO HAS A HIGH TEMPERATURE WILL BE REFUSED ENTRY. No refunds will be offered for missed sessions.
- * Must not enter the building. Any questions should please be sent by email: info@gymstargymnastics.co.uk
- * Must form a socially distanced queue to collect their child from the fire exit door by the car park.
- * Must not block our neighbours if waiting in their car and must park in designated areas.

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

COVID-19 policy on siblings in Pre School sessions

We appreciate there will be times where childcare issues may mean that you have an extra child for the day. However, due to COVID-19 capacity restrictions you must please check with us first before bringing along a sibling to a Pre School class.

As our COVID-19 policy states that twins must have 2 adults with them, unfortunately we cannot have one parent with 2 siblings who both require their attention.

Siblings can only therefore only attend if they fit into one of the following categories:

1. They are young enough to spend the session in a car seat. A sling is ok so long as the parent has both hands free to assist the participating gymnast.
2. They are old enough to understand they must sit quietly on the side of the gym, away from the class, and read a book (or other activity) whilst the class is running i.e. those who are of school age but are not at school due to teacher training.

Siblings CANNOT participate in the session.

Due to the current situation, coaches cannot make physical contact with any of the children. Therefore, for the gymnast's safety, the focus of the parent must be on the child who is participating in the class.

Accompanying adults are welcome to wear a face mask but this is not currently compulsory. However, all adults must please observe the 2m social distancing rule, wherever possible, during the session.

Gymstars policy on refunds

As with any other reason that a gymnast may miss a session (holiday, family gathering, high temperature etc.) unfortunately, in the instance of a gymnast having to miss their gymnastics class due to self-isolating because of a confirmed or unconfirmed COVID case within one of their bubbles then the missed classes are non-transferable and non-refundable.

This would also apply in the unfortunate situation where we had to advise a bubble of gymnasts to self-isolate due to confirmed or unconfirmed case within their gymnastics bubble.

The Gymstars team are doing all they can to protect the gymnasts who participate in classes at our club but as with anything, there are no guarantees. We appreciate your understanding and ongoing support.