



BURNLEY GYMNASTICS CLUB - COVID-19

POLICY AND PROCEDURE

There have been many changes made within the club for a safe return for all members, staff and parents. Please see below all new measures in place that MUST be followed at all times to ensure everyone is kept as safe as possible and that the club can run safely.

We are operating a phased return and they are as follows –

Phase 1 – The gymnasts returning to phase 1 will be the advanced gymnasts and those gymnasts who train 2-6 hours. These classes will recommence on Saturday 25th July.

Phase 2 – The gymnasts returning in phase 2 will be those gymnasts who train 1.5 hours and potentially some of the older 1-hour beginner classes. These classes will commence on Saturday 15th August.

Phase 3 – In phase 3 we are hoping to return the rest of the classes such as the beginner classes, home ed, parent and toddler, pre-school and adult classes. These classes will fall in line with the schools reopening and will commence on Saturday 5th September.

For safety, we are not allowing any parents/guardians to watch in the viewing gallery until further notice. Therefore, a drop off and pick up system will be in place for the time being.

Please do not send your child to training if they feel unwell or show any signs or symptoms of COVID-19. If your child develops Covid-19 symptoms after attending a class, you must follow the government guidance and get your child tested. If your child tests positive you MUST inform The BEST Centre/Burnley Gymnastics Club immediately.

Arriving at the centre – parents/guardians must drop their child/children off at the main entrance. Please arrive on time for your child's/children's session to ensure it runs as smoothly as possible and to reduce risk of cross over with other gymnasts in different classes. Please ensure you abide by the social distancing rules at all times, please do not congregate in the car park or gather around the entrance or exit. The gymnasts must sanitise their hands as soon as they enter the building.

Pick up of gymnasts – please also arrive on time to pick up your child/children. Please collect your child/children from the fire exit door situated near the roller shutter doors. Once again please ensure you abide by the social distancing rules whilst waiting to collect your child/children. On exiting the building, the gymnasts must sanitise their hands.

One-way system - We will also be operating a one-way system in the centre. Gymnasts must remove their outdoor shoes before entering the gymnasium. They must wait at the door until they are told to

enter, by a coach. Gymnasts must then follow the colour coordinated mats (red) to their designated zone cubby holes. They will then put their belongings in the cubby holes and find a place where the cones are situated, in their designated zone area. Gymnasts must ensure they stick to the social distancing rules - Please see the guided video tour to understand the new procedures. This can be found on The BEST Centre and Burnley Gymnastics Club social media pages.

Please keep belongings to a minimum. Please be ready to start your session in order to minimise use of toilet/changing facilities. Please do not get changed once you are in the building. Drinks (water) are allowed but no food/eating in the building.

Toilets - There will be 1 person allowed in the toilet at any one time.

Signs and Posters – there are lots of posters and signs up around the building to help gymnasts with the new procedures and also to remind everyone how to keep as safe as possible.

In line with British gymnastics and Government guidance there will be no more than 15 gymnasts per class. Each class will remain with the same instructor.

Cleaning procedures – There is a heightened cleaning regime in place. Each Coach will be responsible for maintaining and cleaning their area/zone they are working on that day, plus any equipment that their class/classes have used. There will be regular cleaning of high touch areas such as surfaces, toilets etc. Cleaning will be done during the class when needed and also at the end of each sessions. Coaches must ensure their working area is clean before session. Cleaning checklist must be signed after cleaning has been done.

Staggered class times – there will be staggered class times of 15 minutes to allow time to clean equipment and to also help with cross over of classes and reducing the number of gymnasts entering and leaving the building at the same time. A full deep clean will also take place daily ready for the next day.

PPE for gymnasts - Both British Gymnastics and the government do not recommend the use of masks/face coverings during sports activities. All forms of face coverings may restrict breathing efficiency and should not be used during exercise except on specific advice from a physician.

PPE for coaches - DCMS guidance does not make it compulsory for coaches to wear a mask/face covering. Coaches should adhere to social distancing guidelines, therefore would not need PPE. PPE will be worn for cleaning and first aid purposes and this should be with a fluid repellent mask, gloves and aprons.

Track and Trace - We will be keeping a record of names, addresses, contact telephone number and email address for 21 days for NHS Track and Trace purposes. We will keep records secure and they will not be used for anything else. You must consent to having your information shared with Track and Trace in order to attend the class and must confirm that you will self-isolate for 14 days if asked to so by NHS Track and Trace.