

Portsmouth School of Gymnastics

Covid-19 POLICY STATEMENT

Rev Date: 08/07/21



PSG CAPACITY

- 30 FunGym RedGym Gymnasts / 36 TeamGym Gymnasts
- 24 FreeGym Gymnasts / 18 GymLaunch Gymnasts
- 8 Staff MAXIMUM

PSG COVID RESPONSIBILITIES

- Ensure regular checks are made of the Government website / current advice
- Ensure any changes / updates and advice are acted upon / communicated to coaches, gymnasts and parents
- Ensure current advice is being adhered to by all coaches, gymnasts and parents
- Ensure all cleaning protocols and products meet necessary standards
- Ensure that supplies of essential products are always in place
- Ensure cleaners / coaches continue to follow the [COVID-19 cleaning of non-healthcare settings guidance](#)

Face Masks

As part of the Government's 19 July 'Freedom Day', the wearing of face masks or coverings will no longer be a legal requirement in England.

However, the Prime Minister has said the wearing of masks will be a matter of "personal responsibility". With this in mind, the PSG policy on face masks will be as follows:

1. When not engaging in sport and physical activity parents / guardians should be encouraged to wear masks where possible and practical. This will include spectators on the viewing gallery and GymLaunch parents assisting with sessions
2. It is not compulsory to wear a mask/face covering whilst coaching. However, we would encourage all under 18s coaching GymLaunch to continue wearing face coverings
3. We would encourage ALL our members to take their personal responsibility with regard to face coverings seriously. If someone else appears to be or expresses that they are uncomfortable, please wear a face mask as a 'common courtesy'.

Track and Trace

Anyone entering the PSG facility must check in via the NHS Track and Trace service, this will continue after July 19 but not as a legal requirement.

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GYMNASTS / PARENTS



Arrival

- Please do not send your child to the gymnastics facility if they or any members of the family are displaying symptoms of COVID-19 or have been asked to isolate
- Any classes missed due to ISOLATION can be made up on request. Please email info@gympsg.com
- If in any doubt please check British Gymnastics advice on CONTACTS, SELF ISOLATION and SYMPTOMS
<https://www.british-gymnastics.org/documents/clubs-schools-and-leisure-centres/covid-19/step-forward/people/11705-sfp-contacts-self-isolation-symptoms-and-tests/file>
- All gymnasts will be required to arrive dressed in appropriate clothing for their gymnastics session
- We encourage all gymnasts to arrive wearing slip on shoes where possible
- All gymnasts should be encouraged to wash their hands prior to their arrival at their class
- We encourage all gymnasts to go to the toilet prior to their arrival at their class
- Gymnasts are requested to bring a named water bottle into the gym
- Small sports bags are allowed into the gym
- Phones will be allowed into the gym but must be left in their changing boxes
- Limited parental viewing IN the facility will now be available on the gallery
- 4 viewing spots for each FunGym, RedGym, TeamGym and FreeGym class can be booked monthly in advance on the Bookwhen App - <https://bookwhen.com/gallery>
- The Bookwhen App will be open at the start of each month for the following month's bookings
- Although the system allows for booking one month ahead, we would kindly ask you to book no more than 1 week in advance per month. This will allow for changes in circumstances and fairer viewing opportunities for all our members
- One parent / guardian per booking

- Parents / guardians are encouraged to wear face masks whilst in the facility
- Weather permitting the Grey entrance roller door will also be available for unlimited viewing at ALL sessions.
- Parents / guardians choosing to view from outside the Grey entrance MUST remain within the barriers
- Start / finish times of classes will be staggered to continue to allow for speedy socially distanced arrival and dispersal of gymnasts / parents
- PSG encourages walking OR park and walk to the gymnastics facility where possible - Sainsburys. This will help avoid congestion and difficulties with our neighbours
- All gymnasts will be required to arrive promptly a few minutes before their class start time. **The doors will open 5 minutes before the start of class**
- Good time keeping will be essential to the smooth and safe running of the club
- We kindly ask parents to continue to respect social distancing rules
- Cars are **not** permitted to drive in front and side of the PSG facility
- If you cannot avoid driving down Old Reservoir Road please drop your child close to our barriers where our chaperone can safely take charge of your child
- On arrival parents will walk to their gymnasts allocated DOOR, staying INSIDE the barriers at all times. This is a matter of health and safety as vehicles move in and out of Old Reservoir Road at all times
- PSG will provide 5-7 coaches and 1 chaperone at all sessions
- The coaches / chaperone will be responsible for monitoring safe **waiting / entrance / dispersal** of all gymnasts
- PSG will provide 3 colour coded **ENTRY / EXIT** doors – **Black, Red** and **Grey**
- All gymnasts will be allocated a coloured **ENTRY / EXIT** door
- This allocation will be made, and remain in place until we move facility
- On arrival the gymnast will be 'chaperoned' to their allocated **ENTRY / EXIT** door,
- Contactless hand sanitiser "magic wash" dispensers will be placed at all **ENTRY / EXIT** doors
- On entry to the gym each gymnast will be asked to hand sanitise "magic wash"
- Each gymnast will then be shown to their own changing box
- The gymnasts will then be asked to place their personal belongings in their changing box, and sit and wait until the start of class

Sessions

- The gym will continue to be split into 3 separate Zones - Red, Black and Grey – CLEARLY MARKED
- Coach: Gymnast RATIO = 1: 5 FunGym RedGym 1:4 FreeGym 1:12 TeamGym 1:6 GymLaunch
- The gymnasts will remain in the same small group, with the same allocated coach throughout the session - “PSG Bubble”
- Contactless hand sanitiser “magic wash” dispensers will be available at all 3 **Zones**
- Gymnasts will notify the coach if they need to visit the toilet
- Gymnasts will be able to use the toilets one at a time
- Hand washing will be encouraged
- Where possible and weather permitting the gym will be well ventilated. Doors will be propped open and the roller door lifted

Dispersal

- At the end of the session the gymnasts will return to their changing boxes
- All parents will be required to arrive promptly a few minutes before their session end time
- **Good time keeping will be essential to the safe running of the club**
- We strongly urge parents to walk, or park and walk for pick up (Sainsburys)
- On arrival parents will walk to their allocated DOOR to pick up their gymnast, staying INSIDE the barriers at all times. This is a matter of health and safety as vehicles move in and out of Old Reservoir Road at all times
- Each coach will be responsible for their group's dispersal
- The coach will liaise with waiting parents, and disperse the gymnasts
- Gymnasts will be required to hand sanitise on exit “magic wash”
- Gymnasts may leave the premises without a parent if previously agreed with PSG but we must warn you there are vehicles moving up and down the road
- If driving for pick up is unavoidable - Please stop at the PSG Drop Off / Collection LINE, where a coach will liaise with you, and ensure the safe dispersal of your gymnast

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COACHES

Arrival / Waiting

- Please do not attend the gymnastics facility if you or any members of the family are displaying symptoms of COVID-19 or have been asked to isolate
- If in any doubt please check British Gymnastics advice on CONTACTS, SELF ISOLATION and SYMPTOMS
<https://www.british-gymnastics.org/documents/clubs-schools-and-leisure-centres/covid-19/step-forward/people/11705-sfp-contacts-self-isolation-symptoms-and-tests/file>
- PSG encourages walking / cycling to the gymnastics facility where possible
- Coaches encouraged to park nearby and walk to facility
- Maximum 8 staff per session
- All staff coaches will be required to arrive up to 45 minutes before the start time for gym preparation and cleaning / sanitizing of all contact surfaces
- **Good time keeping will be essential to the safe running of the club**
- All coaches will be required to arrive dressed in appropriate PSG coaching kit for their gymnastics session
- All coaches will be required to wash their hands or use hand sanitiser prior to their arrival at their class
- The staff coaches designated changing area will be the kitchen / office – Max 5 at a time. All other coaches please use the toilet areas
- The coaches will place their belongings in their own changing container
- The coaches / chaperone will be responsible for monitoring safe **waiting / entrance / dispersal** of all gymnasts

Sessions

- Enforce message “Do not to touch eyes, nose or mouth with unwashed hands”
- Enforce message “Hands Face Space”
- Enforce 20 second hand washing after toilet visits
- Wearing face masks will be a matter of personal choice, unless stated otherwise
- SPOTTING may be given during the session according to British Gymnastics guidance. For more detail, please view BRITISH GYMNASTICS COACH CONTACT FRAMEWORK ACTION PLAN on the PSG web site
- Coaches will be responsible for planning ALL lesson plans
- Coaches will be responsible for risk assessing ALL lesson plans
- Contactless hand sanitiser dispensers will be available at all 3 **Zones**
- Coaches are required to understand the symptoms of COVID-19 and follow PSGs agreed procedures – [Child or Adult with symptoms at PSG](#)
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Cleaning

- PSG will undertake a Deep Clean once a month
- PSG will fog once a month
- PSG will be following the [COVID-19 cleaning of non-healthcare settings guidance](#)
- Foam pit will now be permitted in accordance with British Gymnastics guidance
- Disposable gloves will be available whilst cleaning
- Ensure all cleaning protocols and products meet recommended standards
- Ensure that supplies of essential products are in place
- Check hand sanitiser and soap stations twice per week
- Facility to be professionally cleaned twice per week. Disinfect all hard surfaces. Fabric disinfectant spray on all soft surfaces
- Coaches are required to clean all contact surfaces and changing boxes with disinfectant at the start of each day
- Cleaning stations will be available in the gym to ensure ample supplies are available
- Ensure all coaches understand the [Child or Adult with symptoms at PSG cleaning procedures](#) (see [COVID-19 cleaning of non-healthcare settings guidance](#))
- Ensure all coaches understand [Child or Adult with COVID-19 at PSG cleaning procedures](#) – (see [COVID-19 cleaning of non-healthcare settings guidance](#))