

# Portsmouth School of Gymnastics

## Covid-19 POLICY STATEMENT

Rev Date: 29/3/21



### SOCIAL DISTANCING PSG CAPACITY

- 27 Gymnasts **MAXIMUM**
- 6 Staff **Maximum**

## PSG RESPONSIBILITIES

- Ensure daily checks are made with Government website / current advice
- Ensure any changes / updates in advice 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 follow the [COVID-19 cleaning of non-healthcare settings guidance](#)
- Ensure all coaches understand the symptoms of COVID-19 and follow PSGs agreed procedures – [Child or Adult with symptoms at PSG](#)
- Ensure all coaches understand the symptoms of COVID-19 and follow PSGs agreed procedures – [Child or Adult with COVID-19s at PSG](#)

# Portsmouth School of Gymnastics Covid-19 POLICY STATEMENT



## 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 (following the [COVID-19 guidance for households with possible coronavirus infection](#))
- 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 will be required 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 encouraged to ONLY bring a named water bottle into the gym
- Small sports bags may be allowed into the gym, if absolutely necessary.
- We urge parents to make sure that this bag is disinfected when it arrives back home, and before it enters the gym
- Phones will be allowed into the gym but must be left in their changing boxes
- Parents will **NOT** be allowed into the facility at this time
- Start / finish times of classes will be staggered to allow for 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 difficulties with our neighbours
- All gymnasts will be required to arrive promptly a few minutes before their class start time
- **Good time keeping will be essential to the safe running of the club**
- To minimise adult to adult contact only one adult per drop off
- Parents must respect social distancing rules
- Parents are **NOT** permitted to gather at the ENTRANCE / EXIT points
- Parent 'Waiting SPOTS' will be provided
- Cars are **not** permitted to drive in front of the PSG facility

- Drop off your gymnast at the designated **PSG Drop Off / Collection LINE** if driving
- Drop off your gymnast to the designated Entry Door if walking
- PSG will provide 5 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 on the first session back, and remain in place until social distancing measures are no longer required
- Outside the **ENTRY / EXIT** doors there will be socially distanced markers
- On arrival the gymnast will be 'chaperoned' to their allocated **ENTRY / EXIT** door,
- PSG staff may administer temperature monitoring at this point with a no-contact temperature gun (dependant on government guidelines)
- Verbal checks / questions may also be asked before entry
- Gymnasts will enter their allocated door one at a time
- 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 socially distanced 'changing' area
- The gymnasts will then be asked to place their personal belongings in their changing container, and sit at their "waiting spot"

## Sessions

- PSG gym will operate a one-way system – CLEARLY MARKED
- The gym is being split into 3 separate Zones - Red, Black and Grey – CLEARLY MARKED
- Each Zone will have 9 separate 'socially distanced' stations – CLEARLY MARKED
- Coaches will advise gymnasts where to go in each zone
- Following Government guideline of a minimum of 2 meters squared per child, the gym capacity will be 27 gymnasts maximum at any one time
- Coach: Gymnast RATIO = 1: 5
- After remaining on their waiting spots for the class to start, the gymnasts will be asked to move to their first Zone within the gym
- The gymnasts will warm up in their socially distanced SPOTS
- No small, play or conditioning equipment will be used during the sessions
- \*\*TeamGym gymnasts may continue with their ZOOM conditioning at home until further notice
- The group of 9 gymnasts will remain in the same small group, with the same allocated coach throughout the session - "PSG Bubble"
- During the session each gymnast will remain in their socially distanced SPOT, until advised to move by the coach – "WAIT & ROTATE"
- **There will be NO waiting in lines at any time**
- **There will be NO groups of gymnasts together at any time**
- SPOTS will be a minimum 2-meter squared – work as circuits – socially distanced - everyone busy
- Coaches will have their own socially distanced coaching SPOT at each **Zone**
- Contactless hand sanitiser "magic wash" dispensers will be available at all 3 **Zones**
- On changing **Zone** each gymnast / coach will be asked to hand sanitise
- Gymnasts will notify the coach if they need to visit the toilet
- Gymnasts will be able to use the toilets one at a time, under the supervision of the chaperone
- Hand washing will be enforced
- Where possible the gym will be well ventilated. Doors will be propped open and the roller door lifted

- Although there may be heightened concerns around first aid, this will continue as normal with the below aspects to be used when needed
  - Gloves for general first aid
  - Face masks for general first aid
  - Resus masks for emergency first aid (all to be provided)

## **Dispersal**

- At the end of the session the gymnasts will return to their socially distanced “waiting spots”
- 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 gymnasts allocated DOOR and wait near the barriers. Please stay close to the barriers at all times, there are vehicles moving in and out of the yard at all times
- Each coach will be responsible for their groups socially distanced dispersal
- The coach will liaise with waiting parents, and disperse the gymnasts one at a time
- 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 (following the [COVID-19 guidance for households with possible coronavirus infection](#))
- PSG encourages walking / cycling to the gymnastics facility where possible
- Coaches encouraged to park nearby and walk to facility
- Maximum 6 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
- On entry to the gym each coach will be asked to hand sanitise
- The staff coaches designated changing area will be the kitchen / office – Max 2 at a time. All other coaches please use the toilets
- The coaches will place their belongings in their own changing container
- Small sports bags are allowed
- We urge coaches to make sure that the bag is disinfected when it arrives back home, and before it enters the gym
- 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 “Catch It, Bin It, Kill It”
- Enforce 20 second hand washing after toilet visits
- Enforce social distancing protocols
- Enforce wait and rotate
- Coaches may be required to wear face masks at all times (dependant on Government advice)
- SPOTTING may be given during the session according to British Gymnastics guidance and parental consent. For more detail, please view BRITISH GYMNASTICS COACH CONTACT FRAMEWORK ACTION PLAN on the PSG web site
- Coaches will mostly guide gymnasts with verbal commands only
- Coach: Gymnast RATIO = 1: 5
- The group of 9 gymnasts will remain in the same small group, with the same allocated coach throughout the session “PSG Bubble”
- Siblings will train within the same PSG Bubble wherever possible
- Please inform PSG of any lift sharing arrangements. These gymnasts will need to train within the same PSG Bubble wherever possible
- Coaches will be responsible for planning ALL socially distanced lesson plans
- Coaches will be responsible for risk assessing ALL socially distanced lesson plans
- During the session each gymnast will remain in their socially distanced SPOT, until advised to move by the coach “Wait and Rotate”
- Coaches will have their own socially distanced coaching SPOT at each **Zone**
- Contactless hand sanitiser dispensers will be available at all 3 **Zones**
- On changing Zone each coach will be required to hand sanitise
- Coaches are required to understand the symptoms of COVID-19 and follow PSGs agreed procedures – [Child or Adult with symptoms at PSG](#)
- Coaches are required to understand the symptoms of COVID-19 and follow PSGs agreed procedures – [Child or Adult with COVID-19 at PSG](#)

## Cleaning

- PSG will undertake a Deep Clean before reopening
- PSG will fog once per week
- PSG will be following the [COVID-19 cleaning of non-healthcare settings guidance](#)
- Bars to be removed from the gym
- Foam pit will be covered
- No small, play or conditioning equipment will be used during the sessions
- Enforce use of disposable gloves 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 day
- All waste to be disposed of according to Government advice
- 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 with disinfectant at the start and end of each day
- Coaches / chaperone are required to sanitize all contact surfaces in the gym before and after each session. Or use Microban 24 at the start of each session
- 15-minute interval between classes to allow for cleaning, where required
- The chaperone will be required to sanitize all contact surfaces in the toilets before and after each session
- The chaperone will be required to sanitize all frequently touched surfaces (e.g. door handles) before and after each session
- 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](#))



Q and A's

### **What safety measures have you put in place? Will you be enforcing social distancing?**

A huge amount of planning has gone into ensuring that we both minimise risk and maximise the safety of all of your children, as well as the coaches in the club. As well as staggered start times, the gym has been completely reconfigured to maintain the required 2-meter social distancing.

The gym will be cleaned in between classes, daily and even more thoroughly on a Monday and Friday.

**Social distancing will be enforced as much as possible**, but we are not naive about how difficult this will be, and it is important that we are all honest and open about that.

**Hand sanitising will be mapped into the daily schedule**, and always when members are entering and exiting the gym.

### **What happens if there is case of Covid-19 at the Facility?**

#### Child or Adult with symptoms at PSG Procedure

If a child has suspected symptoms, we will contact home immediately and ask the parent to pick them up. In the meantime, they will be separated from other children in the office to minimise risk. We will contact Public Health with a suspected case in the gym.

If a member of staff becomes unwell with symptoms, they will be sent home and advised to follow government guidance. Again, we would contact Public Health with a suspected case in the gym.

#### Child or Adult with COVID-19s at PSG Procedure

A confirmed case at PSG will result in Public Health being contacted immediately. An emergency deep clean would be organised in the gym. Public Health may recommend a wider gym closure.

The management team would liaise with the Public Health Authority to discuss the case further, identify people who have been in contact with the confirmed case and will take advice on any actions or precautions that should be taken. <https://www.publichealth.hscni.net/> At least the people in the gymnasts / coach's group "PSG Bubble" would need to self-isolate.

### **Can you guarantee my child's safety?**

All normal safeguarding measures will be in place for your child's safety, as if this was a 'normal' session at the gym. Can we guarantee that they will not catch Coronavirus due to being at gym? Of course not. But everything we will put in place will maximise the safety of your child to the highest possible level in the current circumstances. This is unknown territory for us all, and we will continue to liaise with external agencies, health experts and the Government to refine our practices as necessary. The amazing vaccination rollout has allowed a significant increase in everyone's safety.