



Working together for a
safe return to gymnastics



OLGA POOLE GYMNASTICS & REBOUND CLUB

COVID-19 POLICY

The following policy is a collection of adaptations and a vision of how gymnastics training can be modified to minimize the chances of virus transmission at OLGA POOLE in partnership with EveryoneActive. Members and coaches should familiarize themselves with this policy and make their own informed choices about participation under the following conditions as OLGA POOLE and EveryoneActive takes measures to risk manage for the Coronavirus. **PLEASE READ thoroughly.**

PRIORITY OBJECTIVES

- Maintain the safety of members and coaches as much as possible.
- Comply strictly with UK Government guidelines in line with EveryoneActive and British Gymnastics policies to inform all processes and decisions made.
- Facilitate a phased and controlled return to operations that is manageable and efficient.
- Create an environment where social distancing can be strictly enforced and physical activity can be undertaken.
- Adapt our delivery styles to adhere to social distancing whilst being as informed and safe as possible so members can return to full training when possible and appropriate.

PROGRAMME

In order to adhere to social distancing requirements training numbers/groups/times will have to be adapted and modified to ensure that compliance is met with capacity numbers and delivery guidelines. Although every effort will be made to maintain some consistency there will need to be a degree of flexibility in expectations when it comes to scheduling and programming. Group scheduling cannot return to the way it was, unfortunately. Scheduling will be developed to try to bring back as many of our services as possible, and provide as much opportunity as we can.

PHASED REOPENING & CAPACITIES

Returning to operations will be done in a phased and manageable manner that allows for assessment and modification during each stage, and with the needs of a club as a whole at the root of every decision made. Classes and groups will only be reintroduced when we are certain we can mitigate the risk associated and manage the situation with absolute safety. Indoor sporting services are required to work within government guidelines and strict facility capacity numbers that are likely

to change regularly moving forwards. We will develop our phased reopening in total adherence to this and continue to adjust as time goes on. Whilst considered plans have been made, these are subject to change at any time should amendments to capacity guidance arise.

SPECTATING/VIDEO VIEWING SCREENS

Unfortunately the live stream communal viewing area in the corridor will not be available for the time being. The re-opening of the live stream area will be reinstated at the absolute discretion of EveryoneActive and Rossmore Leisure Centre when it is safe and possible to do so, likely when the government fully remove social distancing measures. However before then it will unfortunately not be available for use. Coaches will be open for communication via email/phone as always.

PERSONAL BELONGINGS & GYM BAGS & CHALK

All members will be required to have a gym bag that can store all of their personal belongings in - including clothes, shoes, equipment, personal chalk, drinks. Bags must be big enough to be able to fit all personal items. Belongings must remain in their personal bag and the bag must remain in their own personal space in a designated area. Drinks will be taken from bags, consumed, and then returned to bags, as will be the same with towel use. Gymnasts will be directed by coaches as to where their bags needs to be placed. Gymnasts must come already in training attire as there will be no changing facilities available. Please ensure gymnasts have spares of items such as hair ties and earring tape, as no spares or club stock ones can be given. There will be no communal chalk available at this time, so personal chalk must be brought if needed.

Items that may be needed:

- Plastic bag for shoes inside gym bag
- Appropriate training attire/spares
- Adequate hair products for longer haired members
- Drink
- **PERSONAL HAND SANITIZER - COMPULSORY**
- Sweat towel
- Gym footwear/tramp shoes
- Equipment – handguards, grips, bands etc. NOT TO BE SHARED.
- Earring tape if needed. No earrings at all is far more preferable.

ENTRY & EXIT PROCEDURE – [as of 28/08/2020]

ENTRY PROCEDURE - All members must enter through Rossmore Leisure Centre front doors and turnstiles. **Membership cards will be needed to gain entry through the turnstiles, and entry will only be granted 5 minutes prior to class start time.** Track and Trace records will be kept and used from membership card scans and group registers stored on our system. Members can ONLY enter for sessions they are booked into. All members will need their membership cards to gain entry - reception can issue new ones if needed.

Children over 8 must enter alone and make their way down to OLGA, children under 8 may enter with 1 adult family member who must then leave once the child has entered the gym. This process is identical for swim lessons also.

TRA & DMT gymnasts will enter via OLGA door number 1 and **must sanitize upon entrance and the stations provided.**

MAG, WAG, TUM gymnasts will enter via OLGA door number 2 and **must sanitize upon entrance and the stations provided.**

Children with recorded medical conditions are allowed to have 1 parent stay on site, but they must be out of the way of OLGA entrance/exits, and you may be questioned by a duty manager as to why you are remaining in the building.

Please advise gymnasts to line up accordingly and await coach's permission to enter the gym and adhere to social distancing as much as possible whilst doing so.

EXIT/PICKUP PROCEDURE – Gymnast pick up area for parents will be in the school area of the Rossmore car park. **Dismissal will happen 5-10 minutes before the scheduled end of lesson time** to allow for cleaning before the next group participate - so please be available slightly early. Gymnasts will be escorted by their group coach through one of the Rossmore fire exits and brought through the school to the pickup area.

TOILET USAGE

Toilet usage will be strictly limited to the one toilet cubicle immediately outside of the gym. All gymnasts must notify coaches before making a toilet trip, as always. Members MUST wash their hands before returning to the gym, and then MUST use their own personal sanitizer once returned before resuming training. Please ensure that this process is communicated to your child prior to attending again. Coaches will also make sure it is consistently communicated and followed.

COACHING

Please expect coaches to be placed differently and to deliver sessions unlike before. This will primarily be because of social distancing measures, but also it is paramount that the gymnasts build back up to full training and fitness safely and methodically. Coaches will be more distant than usual and relying primarily on verbal instructions, carefully designed apparatus set ups and feedback. Coaching practices for some disciplines will be more different than others. There will be NO supporting for quite some time, until government social distancing rules are totally removed. Gymnasts need to be prepared to make sure that they are alert and listening to instruction at all times for the safety of everyone! Any gymnast that struggles to do so continually may be stopped from training. Please bear with the coaches as they adapt their styles of delivery during this time. All coaches will have accessed the British Gymnastics published guidance and suggestions on delivering gymnastics in a COVID secure environment before resuming training. We are extremely lucky at OLGA to have fabulously experienced and talented coaches that I am sure will have many ideas, but please be assured that none of them are experienced in this current situation! Coaches will not be required to wear PPE facemasks/gloves but may do so if they wish. Please note that in the event of

a dangerous situation a coach's actions will likely result in them compromising social distancing to try and protect the gymnast. Although this is not at all intended, it is a foreseeable risk that needs to be acknowledged and members should not attend if they are unwilling to accept this. Should this happen in a session the parents will be informed immediately.

CLEANING REGIME

The gym has been fully sanitised before opening. Moving forwards, the gym will be cleaned on a daily basis, however a list of target areas will be cleaned before, after, and in between sessions as an absolute minimum and any immediately cleanable equipment or mats that have been used will be done so after or in between sessions. Larger equipment used including trampolines, DMT, Fastrack etc will be cleaned at the first appropriate moment and using relevant equipment in line with health and safety guidance from British Gymnastics. Staff will have been trained with regards to cleaning processes prior to returning to operations and this will be signed off. These cleaning guidelines will be displayed in the gym in several places and have been developed in line with British Gymnastics Step Forwards Plan guidance which can be accessed on the BG website. Coaches and staff members must also thoroughly wash their hands before and after each session.

FIRST AID ASSISTANCE

Cross contamination is always a key consideration for first aid in any case regardless of the current social distancing measures. In these circumstances, if first aid assistance is required, then please be prepared for first aiders to attend with gloves, apron and face shield for any level of need to completely minimise any risk as much as possible. Some gymnasts often ask for plasters or tape from the first aid kit, these will not be given or administered unless absolutely necessary.

SYMPTOMS AND CONTROL

Anyone with the following symptoms (after speaking with a medical professional if needs be) **MUST** speak to their personal coach for advice attending -

- Cough
- Sneezing
- Fever
- Sore throat
- Loss of smell or taste
- Diarrhea

We appreciate that not all of these symptoms are indicative of COVID-19 but they are all relevant to the spread of respiratory tract diseases. We wish to know this information for the following reasons:

- Anyone who tests positive should notify the club immediately so we can advise the relevant members and coaches to self-isolate.
- Anyone with mild symptoms that are not suspected to be related to COVID-19 should still speak to the coach for a decision on attendance. Attendance will not be denied unreasonably.
- Anyone who has a family member self-isolating should not attend and should self-isolate with said family member.

- Anyone who is excluded for suspected symptoms can either wait the government recommended self-isolation period or submit for testing. If they can show evidence of a negative test result they will be permitted to return to training sooner.

Please note - If staff become concerned about observed symptoms they have an obligation to take action to safeguard themselves and the rest of the coaches and gymnasts. The gymnast or staff member concerned would be directed to an isolation area away from the training environment with ample social distancing and their emergency contacts will be called to come and pick them up.

SOCIAL DISTANCING

All appropriate areas of the gym have been marked with white Velcro social distancing 2mx2m boxes. This includes the floor area, all surrounding walkways, trampoline waiting areas and walkways, DMT waiting area, vault run ups, tumble track and run up. Gymnasts will be advised to wait and participate within these 2m boxed areas as much as is possible.

OLGA MEMBERSHIP PAYMENT

For the time being, all OLGA membership payment subscriptions have been stopped, and any that rolled during the COVID break have been wiped whilst we work on a solution for this.

COMPLIANCE

Members and coaches will be excluded if they (or their parents/legal guardians) fail to adhere to this policy. Disregard for these measures will not be tolerated.

REFUNDS

If members are excluded / self-isolating we cannot offer refunds for those missed sessions. Basic home fitness and preparation programmes for development and competitive athletes will be provided by the personal coach in these cases. Please converse with personal coaches. This will not be the case for recreational, or club competitive members.

DEVELOPMENTS & ADJUSTMENTS

This policy is subject to adjustment at any time in line with current government guidance as a minimum standard, and any further policies and guidelines set out by EveryoneActive and the national governing body British Gymnastics.

WELFARE

Members can contact either Mikey Barnes, OLGA Manager (michaelbarnes@everyoneactive.com) or Jenny Gerrard, OLGA Welfare officer (olgawelfare@gmail.com) if they have any concerns.

OLGA COVID-19 Club Policy developed in line with policies and guidelines from Public Health England, EveryoneActive SLM, and British Gymnastics Step Forwards Plan.