



# Heathrow Gymnastics Club

## COVID-19 Operating Guidelines

These guidelines will be reviewed regularly and amended where necessary in accordance with the advice provided by Public Health England, Government and British Gymnastics.

### Key Points

- All staff, gymnasts and parents should be aware of the main COVID-19 symptoms which include but not limited to; a high temperature, a new continuous cough or a loss or change to your sense of smell or taste.
- If any member of staff, gymnast, parent or other member of their household experiences any symptoms, we ask that you do not to visit HGC and to inform us immediately.
- We will continue to follow advice given by Public Health England, Government and British Gymnastics, as well as following the Government guidelines for 'test and trace'.

### Upon Arrival

- Gymnasts over the age of 11 are to arrive in wearing face masks, these can be removed at the start of their session and placed into their own plastic bag which should be clearly labelled with their name.
- Prior to entering the building, all parents, gymnasts and other visitors must use the outdoor sinks to wash their hands with antibacterial soap.
- Gymnasts training in Gym 1; entry through the main entrance, queue on the 'crosses' in the waiting area ready for collection by your coach.
- Gymnasts training in Gym 2; entry through Studio 1 fire exit, queue on the 'crosses' in the Studio 1 ready for collection by your coach.
- Gymnasts training in Gym 3; entry through the main entrance sit on the floor 'crosses' in Gym 3 ready for your coach.
- For clarification on which Gym your child is in please see our [timetable](#), which is available on our website.
- All children (excluding Elementary classes) must enter alone.
- For Gymlets guidance please see Lorraine.
- Please arrive no earlier than 5 minutes before your class starts. If you arrive at the gym earlier, please wait outside.
- Parents are encouraged to explain to their children the importance of social distancing when they are in the gym.

- A temperature scanner will be used on all staff when they arrive. We advise you to take your child's temperature at home before you attend class.
- All staff will remain in masks/visors throughout the sessions.
- Fees are to be paid over the phone where possible. If payment at reception is necessary social distancing measures must be adhered to when queuing and face masks are to be worn.
- Waiting areas are closed until further notice and parents are asked to wait outside during classes.
- Limited items to be brought in e.g. water bottle (water fountains only be used for refilling water bottles), shoes, hand guards and their own chalk.
- All internal doors will be propped open to avoid unnecessary touch points.

## **During Class**

- Personal belongings to be placed in the cubbyholes, these will be cleaned in between each class. Please ensure you leave nothing behind - until further notice we are unable to keep lost property.
- Gymnasts will line up on 'crosses' that are spaced 1 metre apart.
- Floor areas to be divided in to 4 strips, with 5 children in each.
- Children will be split into small groups, rotating around the gym, with the same coach.
- Coaches will use their experience and creativity to design classes that use limited equipment and adhere to social distance rules.
- Gymnasts will only be permitted to perform skills that can be completed without the coach's physical support.
- Supporting a gymnast is only be permitted in the event of preventing an accident or injury.
- Skills that may usually require physical supporting will instead be broken down into progressions with additional safety equipment.
- No physical contact partner work will be permitted.
- In the event of an accident where first aid is required, social distancing may not be possible. The First Aider will wear a face mask and gloves ensuring they wash their hands before and after treatment.
- We encourage children to go to the toilet before they arrive at the gym, should a gymnast need to use the bathroom social distancing must be adhered to. Ensure that hands are washed thoroughly after using the bathroom.
- Social distancing also applies in the changing rooms.
- Water fountains can only be used to refill bottles. Please ensure all gymnasts bring enough water with them to keep hydrated throughout their session.
- Weather permitting the roller shutters, doors and windows will be kept open allowing fresh air flow, where this is not possible air conditioning units will be used for airflow.

## **Upon Exit**

- Gymnasts must ensure they remove all belongings from the cubbyholes before leaving the gym. Parents should be vigilant of this rule as until further notice will be unable to keep lost property.
- Parents are to collect their children by the fire exits of their respective gyms.

## **Cleaning**

- Prior to our opening the building has been deep cleaned adhering to government guidelines.
- Regularly touched surfaces will be sanitised hourly, e.g. banisters, taps, toilet flush handles and Reception desk.
- All used equipment e.g. mats, beam pads, benches, wall bars, Litaboards and trampoline edges will be sanitised daily.
- All carpet including the floor areas, tumble tracks and vault run-ups will be sprayed and sterilised daily with an anti-viral cleaner.

## **Equipment**

- Foam pit to be covered by tarpaulin except for areas that have vinyl mats for landing that can be cleaned daily.
- If equipment is used that cannot be cleaned, i.e. bars and beam, children must sanitise their hands before and after that rotation, where possible we will avoid the use of this equipment.
- Until further notice Playgym equipment is out of use.