

Key Government guidelines we are following

British Gymnastics have put together a 'Steps Forwards Plan' which we are following along with our own additional measure and guidelines. There are a number of guidelines we must follow and that we have introduced which are stated below.



- Cleaning and Hygiene:
 - We will be using a Toucan Eco111 system for our between user and between group cleaning as it is safe, effective and eco friendly.
 - When using the area as a circuit there are hand sanitising stations as stations within the circuit.
 - Equipment stations immediately after a sanitising station and no touch, i.e. just a jumping station, will not be cleaned between participants within the same group, however other stations will.
 - On entry and exit you will need to use the non touch hand sanitizer.
 - We will be doing an hourly clean and an end of day deep clean each day. Coaches when cleaning will be wearing full PPE.

- Facility capacity:
 - We can only have 30 people in at once including staff.

- Groups:
 - We will be operating with either 3 x groups of 8 or max of 2 x groups of 8 and 1 group of 9 which = 25 gymnasts max, leaving 4-5 staff spaces.
 - Children cannot change groups or attend more than one group at the club.
 - Recreational and intermediate children will have the same coach every session.
 - Squad children may have two coaches over the week of their sessions.

- Signage:
 - Arrows around the gym to show you the circuit direction.
 - Signs to show where sanitizing stations are.
 - Numbers to tell you and show you the number of the station in the circuit.
 - Crosses on the floor as a marker on where to stand.
 - Lines along the floor to follow whilst moving around the gym, reception and out the building.

- Social distancing:
 - Social distancing of 2m will be adhered to at all times by staff and children, this is a requirement for us to operate and includes children of all ages.

- We ask when you are in the car park you maintain social distance at all times, queuing for the class, waiting for the class to begin and even whilst waiting for your child to finish.
- Risk assessments:
 - Uploaded onto our website.

Additional Measures

In addition to the above, we have also put in place some of our own safety measures.

- Bring the minimal personal items you require into the centre. Participants will have a personal bucket that will stay with them for the duration of the session to put their belongings in. The bucket will be colour coded to your class group colour.
- You will be required to wait in the car or outside, socially distancing along by the gym club window. 5-10minutes before your class your coach will call you in and take your temperature. If your temperature is 'Green' 37.3 or under then you will be invited in. If it is 37.8 or above and/or shows 'Red' you will be asked to return home.
- If you miss this entry window you will not be able to join in as you will have missed the required entry procedure and gymnasts from another class may even be preparing to leave. If there is an unexpected reason please call us and if you are attending a longer session we may be able to organise a 'clear' time free from departing gymnasts to admit you to your session. For recreational gymnasts this will not be possible.
- We do take our safeguarding and safe coaching practices seriously, but unfortunately at this time we must operate a 'drop off' only policy for all classes school age 4-6yrs and upwards.
- We have covered the walls with plastic covering so that these can easily be cleaned at the end of the day. We have purchased beam vinyl coverings so that these also can be cleaned between each group.

Axminster Gymnastic Club Safety Guidelines

- You must travel to work individually or in household groups. Adhere to using a face mask if using public transport.
- If anyone is seen to be arriving to a session together we will not let them participate and if someone is due to go home with another child we will also not allow this, we will have to ring their parent/guardian to come and collect them.

- Arrive dressed for work or training. Hair must be tied up and ready and all jewellery removed as coaches cannot help with any of these self-care needs once in the centre.
- Gymnastics will need to have their own water bottle and their bucket stays with them so there should be no need to move for drinks/breaks.