

## **Recreational Gymnastics**

Bracknell Trampoline Centre, has lost daytime access to the venue at Brakenhale School. Bracknell Gymnastics Club, located at Bracknell Sport Centre, has kindly allowed us to use their equipment and space to run our sessions this term.

Bracknell Gymnastics Club has been working hard with British Gymnastics to safely return gymnasts to the gym. Please take a few minutes to read this important update for how gymnastics has adapted to the requirements of 2020.

### **Programme**

In order to adhere to social distancing requirements, we will need to modify the timetable to reduce the amount of people in the gym at any one time. Trampolining classes will be capped at 6 places across 2 trampolines. This enables best use of space and time to minimise cross overs with people arriving and leaving the gym.

### **Parental Support**

At present government guidance is restrictive with spectating. However, for preschool aged children, one parent or carer may accompany the child into the hall. Please kindly make other arrangements for siblings as we cannot accommodate them safely.

### **Entry and Exit Protocols**

Entry and exit will be directly from the car park through the compound behind the car wash. Coaches will lead out their groups and supervise for 5 minutes at the end of the session. Expect to queue at current social distancing spacings as you would to enter a supermarket. Anyone and everyone who enters the gym must pass through decontamination and observe the one-way system.

### **Decontamination Entry Procedure**

A member of staff with PPE will be on hand to supervise the decontamination zone and help guide younger children through the process. The club also reserves the right to check temperatures before entry with an infrared thermometer.

Full procedure and policy can be found at [www.bracknellgymnasticsclub/membership](http://www.bracknellgymnasticsclub/membership) After passing the decontamination zone the coach will show you where to put your drinks bottle and direct you to a floor spot to wait on until the class begins. From there gymnasts are expected to continue social distancing throughout the session under the supervision of the coaches.

## What You Should Bring

What to bring	Purpose	What will happen if you forget
Hand sanitizer	To use as and when for personal piece of mind and added safeguarding.	Optional
Drinks bottle	Hydration	Optional
Clean pair of socks	To put on after passing through decontamination	We reserve the right to refuse entry

Further preparations: Check temperatures at home before attending. Anyone with a temperature greater than 37.8 degrees Celsius should remain at home. Please note that gym attire must be washed before your session, including any supports. Fake nails are also not allowed. Masks and gloves pose significant risks to health and safety of gymnast - anyone wishing to use them must consult the coaching team in advance.

## Coaching

Expect coaches to be working. Coaches will be adhering to social distancing and relying primarily on verbal instructions, carefully designed apparatus set ups and feedback. This greater use of methodical skill progressions without hands on coach support may not be every gymnasts' preferred learning style but it is very effective and a safety requirement for the time being. Coaches may also wear items, which we would not normally allow whilst supporting, such as face shields, visors and possibly other items to encourage hands not to touch their face (e.g. gloves). They may also wear watches if they are being used to remotely control the music to minimize touching screens. Please note that in the event of a dangerous situation a coach's training will likely result in them compromising social distancing to try and protect the gymnast. Although this is not intended it is a foreseeable risk and members should not attend if they are unwilling to accept this. Should this happen in a session the parents will be informed.

## Cleaning Regime

The gym will be cleaned daily but a list of target areas will be cleaned in between sessions as a minimum (e.g. door handles).

## First Aid

Cross contamination is always a key consideration for first aid in any case. In these circumstances please be prepared for first aiders to attend with gloves, apron and face shield for any level of need, just because it will involve moving closer than the normal social distancing.

## Symptoms & Control

Anyone with the following symptoms (after speaking with a medical professional if needs be) should email [lexi.lawton@bracknelltrampolinecentre.co.uk](mailto:lexi.lawton@bracknelltrampolinecentre.co.uk) for advice before attending.

<ul style="list-style-type: none"><li>• Cough</li><li>• Fever</li><li>• Loss of smell or taste</li></ul>	<ul style="list-style-type: none"><li>• Sneezing</li><li>• Sore throat</li><li>• Diarrhea</li></ul>
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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 email 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 email the club for a decision on attendance. Attendance will not be denied unreasonably.
- 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.

If staff become concerned about observed symptoms they have an obligation to take action to safeguard themselves and the rest of the gymnasts. The gymnast concerned would be directed to an area away from the training environment and their emergency contacts will be called to come and pick them up.

## Compliance

Members and coaches will be excluded if they (or their parents/legal guardians) fail to adhere to this policy.

## Welfare

As always members can contact either Leigh Barker ([leighbabgc@gmail.com](mailto:leighbabgc@gmail.com)) or Peter Tranckle ([peter@bracknellgymnasticsclub.co.uk](mailto:peter@bracknellgymnasticsclub.co.uk)) if they have any concerns.