



Club COVID-19 Policies & Procedures

South Durham Gymnastics Club
Spennymoor Leisure Centre
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Spennymoor
Co. Durham
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REVIEW PERIOD	REVIEW DATE	SIGNED
Issue Date	August 2020	Melissa Spence – Development Manager
Reviewed	November 2020	Melissa Spence – Development Manager
Reviewed	June 2021	Melissa Spence – Development Manager
Reviewed	August 2021	Melissa Spence – Development Manager

THESE PROCEDURES WILL REMAIN UNDER CONSTANT REVIEW & WILL FOLLOW GOVERNMENT GUIDANCE
ON SOCIAL DISTANCING AND OTHER COVID-19 MEASURES

Travelling To & Arriving At The Gymnastics Centre

- Access to the Gymnastics Centre is via the main entrance of Spennymoor Leisure Centre; when you arrive at the gym, if the doors are not open simply press the buzzer on the wall and a member of the team will let you in;
- We ask our members to arrive no earlier than 5 minutes before their designated class start time to avoid congestion within the reception area;
- Upon entering the Gymnastics Centre, we request that all visitors sanitise their hands at the stations provided;
- We also request that people aged 11+ entering the Centre wear face coverings unless medically exempt; this is because some areas may become congested, especially during class changeover times;
 - Those participating in activity should remove face coverings upon entering the Gymnastics Hall;
- Registers of everyone attending a session will be kept for 21 days so that we can comply with NHS Test & Trace;
- QR codes are positioned throughout the building for people to 'check in' using the NHS COVID App.

Spectating / Viewing Gallery

- The viewing gallery and the SD Diner are open for viewing for all sessions*;
 - **The gallery is closed on a Friday night from 6pm for cleaning;*
- Sanitising and cleaning stations are available throughout the viewing gallery should people wish to clean down their seat(s) before and after using them;
- We request that people aged 11+ visiting the viewing gallery wear face coverings unless medically exempt;
 - Face coverings can be removed when eating / drinking;
- Only food and drink purchased on site (at the Diner, or at one of the vending machines) may be consumed when on the viewing gallery;
- Please refer to our Viewing Policy for full details re: our viewing guidelines.

Being Ready For Your Gymnastics Session

- So that your gymnasts are ready to go, and to avoid congestion in the changing rooms, we ask that each participant arrives in sports kit ready to train;
- Participants should wear comfortable clothes and shoes that are easy to take on / off, long hair must be tied back, and all jewellery (including earrings) must be removed (please refer to your enrolment email / handbook for more details);
- Please bring with you as few belongings as possible – limiting belongs to a water bottle and essential medication where possible.

What Will Gymnastics / Trampolining Sessions Look Like?

- Gymnasts will be greeted by a coach outside of the Gymnastics Hall and led into the gym to the duckets; outdoor shoes and other outdoor clothing will be placed into the duckets before making their way to their warmup space / trampoline;
- Following the warmup, drinks will be placed in a drink's holder, which will be carried by the coach – so children can get a drink at any point without needing to return to the duckets;
 - Participants will need a clearly labelled water bottle; we request that water bottles are filled with water / flavoured water (clear liquid) and not fizzy / sports drinks such as Lucozade / Coca-Cola;
- Coaching staff will wear face coverings whilst they support / help gymnasts, but may remove it when delivering a warmup or relaying instructions to enable clear communication;
- Sanitising stations are positioned throughout the Gymnastics Hall, with requirements to sanitise at the start of each session and upon each equipment changeover / kit rotation;
- Where possible, individual equipment will be used (e.g., floor beams);
- Squad gymnasts using handguards, wristbands, water spray, chalk, foam rollers etc. are required to bring their own to each training session;
- In the event of First Aid needing to be administered, the person administering the First Aid will wear PPE.

Exiting the Gymnastics Centre

- As sessions come to a close, gymnasts will be led back to the duckets to gather their items; they will be escorted out of the Gymnastics Hall to be collected promptly by a parent / guardian within the reception area;
- **Please Note:** All children under the age of 18 taking part in our sessions MUST be collected by a parent / guardian. Your child's safety is most important to us; therefore, we cannot allow them to walk home, or to the Leisure Centre Car Park independently – we thank you for your support with this.

When Not To Attend The Gymnastics Centre

All staff, gymnasts and parents / guardians should be aware of the main [COVID-19 symptoms](#).

You must not attend our classes if you are showing symptoms of Coronavirus, if you have tested positive for Coronavirus, or if you have been told to self-isolate by NHS Test & Trace. Anyone displaying symptoms will not be allowed into the Gymnastics Centre and will be required to leave immediately. Please follow NHS and Government guidance, and if required, get yourself tested. If you receive a positive test, you must inform the club ASAP by emailing gym@southdurhamgym.co.uk.

Please Note: From Monday 16 August 2021, people who are double jabbed* or aged under 18 will no longer be legally required to self-isolate if they are identified as a close contact of a positive COVID-19 case. The Government & SDG request that identified close contacts get free PCR test as soon as possible – and do not return to the Gymnastics Centre until they are in receipt of a negative test.

**Double vaccinated adults: those who received their final dose of an MHRA-approved vaccine in the UK vaccination programme, at least 14 days prior to contact with a positive case.*

You should also not attend classes if you have recently returned from a [country which requires a period of self-isolation](#) upon return. You will be permitted to return once you have completed the necessary self-isolation period.

Cleaning The Gymnastics Centre

The Gymnastics Centre will be cleaned at the beginning / end of each day. Additional cleaning will take place in high touch point areas throughout operating hours.

Closure Of The Gymnastics Centre

In the event of the Gymnastics Centre needing to close due to a 'local lockdown' or otherwise, where possible sessions will continue to be offered online – delivered on the same day / time and by the groups individual coach.

Providing Us With Your Feedback

By booking on to attend any of our sessions, you agree to our COVID-19 Policy and will be refused entry if continually unable to adhere to the steps we've put in place.

The gym has 5 COVID Officers in place; if you have any questions, concerns or feedback about our practices, do not hesitate to contact one of them:

- Melissa Spence - melissa@southdurhamgymnastics.co.uk
- Kelly Milnes - kelly@southdurhamgymnastics.co.uk
- Jenna Maynard - jenna@southdurhamgymnastics.co.uk
- Helen Maxwell - helen@southdurhamgymnastics.co.uk *Note: Helen will be on maternity leave from Sept 2021*
- Becca Armstrong - becca@southdurhamgymnastics.co.uk *Note: Becca will be on maternity leave from Sept 2021*