



Introduction

- This document sets out the requirements to ensure the health, safety and wellbeing of Team Bath Rhythmic Gymnastics Club members (gymnasts, coaches, volunteers, parents). It is essential the information contained within this document is communicated to all parties and/or groups involved in the activity and that there is continual communication and transparency between the parties/groups.
- A safety induction will be delivered to all coaches, participants and where necessary parents/carers on arrival to the activity. All participants and parents/carers will be briefed prior to the activity to ensure they understand the activity and expectations to keep everyone safe. Normal consideration should be applied to the attire and jewellery policy within this induction.
- Gymnastics activity will only include that covered by British Gymnastics Guidelines for recommended activity.

Government Guidelines

- We will adhere to all guidelines set out by our Governing body, British Gymnastics, which have duly been signed off by the Department for Digital, Culture, Media and Sport.

Emergency Contacts

- Covid officer and Welfare Officer Ursula Cook bath.rhythmic.welfare@gmail.com
07971 225450
- Club Chair and Lead Coach Sarah Moon bath.rhythmic.sarahmoon@gmail.com
078289 67408

First Aid and PPE

- First aid provision is provided by the university of Bath Sports Training Village – we will adhere to their guidelines.
- When first aid is required a nominated individual will call the duty office for support.
- We also have nominated First Aiders within each session.
- Members will be permitted to wear face coverings should they wish whilst not exercising. British gymnastics do not recommend wearing of face coverings during gymnastics activities.

Access to the session

- All sessions MUST be booked in advance, no walk ins will be facilitated. All spaces will be confirmed by email.
- Members will be expected to have their entrance card in order to get through reception, if a new one is required this will need to be indicated on the return to training form.
- All members are expected to arrive on time for their session and make their own way down to the hall.
- Gymnasts will be meet at the door and directed to their space for their kit, withing the halls.
- The university is implementing a 'keep left' policy around the building, we ask for all members to ensure that they abide by this.



- On arrival members will be asked to use the corridor to enter, stopping to clean hands on the way in.
- On entering the hall members will be asked to wait by the entry doors.
- Members will be asked to sanitise their hands at the designated sanitation station at this time. Any outdoor clothing must be removed and placed next to their gymnastics equipment bag.
- All gymnasts will be allocated a space, suitably distanced, in a safe space around the edge of the hall.
- Parents are not allowed into the halls, for their own and gymnast safety.
- Parents are asked to collect their child from the entry door into the hall – please do not enter the hall, where a coach will dismiss their child to them.

Track and Trace

- The club is signed up to 'Class for Kids' registration app. For class registration, contact details and personal details. This retains the registers for track and trace purposes as set out by British Gymnastics
- Coaches have access to this throughout all sessions.
- Members are asked that if them or their family have any symptoms of Covid 19 that they do not attend our sessions until they have either had a negative test result or have fulfilled the necessary isolation period as set out by the government.
- Before you return to training, we will require all members to fill in an up to date contact form with any relevant medical conditions and stating that they are fit to train.

Facilities, Equipment and session timings

- Coaches will enter the session first and set up all equipment.
- Coaches will welcome members into the session and designate their spot for the session – this will be where members keep their equipment and bag.
- Coaches will allocate a safe space on the carpet/mats. They will also conduct their warmup in this area.
- All members will be registered with a registration app to facilitate track and trace, all details will be kept so that we can contact members in the case of anyone having a positive test.
- Members are asked to only please bring their gym bag with their apparatus and a clearly marked water bottle.
- If members need to leave the hall for any reason they are asked to please ensure that they follow Team Bath directions and access to the hall – they are asked to please ensure that they undertake the same process of hand cleaning during this time.
- Members will be reminded to clean their hands every 30 minutes during the session – hand sanitiser will be provided and/or members are free to bring their own.
- At the end of the session members are asked to please ensure that they leave in a timely manner and exit the hall after sanitising their hands.
- Members are asked to please ensure that they remain socially distanced and respect each other's spaces.

Cleaning



- Carpets will be hoovered at the start of each day and between sessions, if appropriate (e.g. different gymnasts leaving and moving onto a different carpet).
- Gymnasts are asked to bring their own yoga mat/towel to lay into of the carpet, so that when participating in floor work, they are on their own mat.
- Mostly gymnasts will use their own apparatus and are asked to clean it before and after each session. Clean with soapy water or antibacterial wipes.
- Gymnasts that borrow apparatus for a session, will remain with the same apparatus throughout the whole session. In this case apparatus will be cleaned by the coaches before and after the session and before going to a different gymnast in the next session. Cleaned with antibacterial wipes.
- Gymnasts will not share apparatus.
- Participants will be reminded to sanitise or wash their hands regularly.

Capacity and Safeguarding

- The sessions will follow British Gymnastics guidelines and update members as these changes.
- The gymnasts will be split into smaller groups with their own coach who be with them for the entirety of the session.
- Participants will not generally move between groups at any time, where they do this will be carefully recorded.
- At present coaches are not allowed to be hands on with the gymnasts unless they are from the same household, this means that we will not be able to support or catch at this time. As soon as British Gymnastics allow us to be more hands on, we will do so.

Further policies

- Please refer to our website for all policies

www.teambathrhythmic.com