



(AFFILIATED TO BRITISH GYMNASTICS)  
FOUNDER:  
GRAHAM SWATRIDGE

## **COVID-19 POLICY JULY 2020**

This document sets out Bulmershe Gymnastics Club policy on actions to be taken in response to the epidemic. It should be noted that any compelling advice issued by central government or the local authority will take precedence over the actions set out in this policy.

We recognise that for many of the gymnasts, the routine and structure of the club is extremely important for their wellbeing, so we aim to maintain normal routine as much as possible.

The club's policy is in response to the COVID-19 epidemic. Some of these are additional measures and some are a continuation of our already existing health and safety policy. We intend to limit the risk to gymnasts and staff by:

- the introduction of additional personal hygiene requirements for staff and gymnasts as they move around the club (e.g. hand washing/sanitising);
- Increase cleaning of equipment and auxiliary areas;
- the minimising of club visitors – only those deemed very necessary will be allowed into gym

### **Objectives:**

- to minimise the risk to gymnasts and staff during the COVID-19 epidemic;
- to carefully consider and implement ongoing Government advice;
- to maintain full awareness of the fact that for many of our gymnasts, the routine and structure of the club is extremely important for their wellbeing and aim to maintain as normal a routine as much as possible.

The club's policy towards staff and gymnast illness will be that:

Gymnasts and staff who show symptoms of Coronavirus (Covid-19) must self-isolate for a period of 14 days, as must anyone who has someone in their household displaying these symptoms.

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – started coughing repeatedly
- loss or change to taste and smell.

The Head of Operations in conjunction with the Management Team has the discretion to close the gym if in their judgement:

- the overall staffing absence level is so high that the safety of gymnasts cannot be guaranteed and/or
  - the rate of staff or student illness is excessive.
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## **Responsibilities**

The club is to maintain and update all information relating to the development of the epidemic and the current advice from the Government, Local Authority and NHS.

Staff will:

- follow government guidance on self-isolation.
- report symptoms immediately (to Head of Operations) and leave the club to go home and to self-isolate and
- report any concerns regarding a gymnast displaying relevant symptoms.

## **Hygiene Precautions:**

Gymnasts and staff will be required to follow the government advice on regular hand washing as being the best method of avoiding transmission of the virus. Hand sanitiser will be available in the club and gymnasts are asked to bring their own sanitiser. Signs and posters will be used to remind staff and gymnasts of the above.

Face masks will not be worn unless explicitly advised by Government/Local Authority or NHS officials, as this may cause unnecessary distress to some of our more vulnerable gymnasts.

All staff and gymnasts should continue to follow general principles of hygiene to prevent the spread of respiratory viruses, including:

- Washing hands often;
- Covering your cough or sneeze with a tissue, then throwing the tissue in a bin;
  - avoiding touching eyes, nose and mouth with unwashed hands;
  - avoiding close contact with people who are unwell;
- cleaning and disinfecting frequently touched objects and surfaces;
- if soap and water are not available, using a sanitiser.

Gymnasts, staff and visitors should wash/sanitise their hands:

- before leaving home
- on arrival at the club
- after using the toilet
- after breaks
- before eating any food, including snacks
- before leaving the club

## **Gymnast and staff travel:**

Gymnast should arrive at the gym by car, bicycle or walking. Gymnasts should not use public transport or lift share to travel to the gym.

### **Visitors to the club:**

Contact with the club, where possible should be via phone or email and avoid entering the club. Visitors/parents will be admitted provided:

- The visit is essential for the health or wellbeing of a gymnast
- The visit is to carry out essential urgent maintenance on club property – nonurgent maintenance should be carried out when children are not present in the club.
- The visitor is not showing any symptoms that would require 'self-isolation' under the current government guidance.
- The visitor follows the hand washing / sanitisation requirements.

### **Illness of Member of Staff or Gymnast**

If a member of staff or gymnast becomes ill, the symptoms will be assessed against current Government advice. If the symptoms are consistent with a requirement to 'self-isolate' the member of staff or gymnast will be sent home.

It is recognised that the judgement about whether the symptoms are consistent with the need to self-isolate may be difficult for mild symptoms. Where it is uncertain, the club will err on the side of caution and assume that self-isolation is appropriate, unless medical advice to the contrary is obtained.

The club recognises that this is likely to result in a significant increase in staff and/or gymnast's absence from club, but also that this is appropriate to limit the risk to all members of the club and their families.

### **Staffing Levels**

The safety of our gymnasts while in the club is our overriding priority. The varying needs of our gymnasts means that it is not possible to specify a simple number of staff that are needed to ensure the safety of our gymnasts. Our ability to ensure the safety of our gymnasts will be assessed daily and on a 'per class' basis and in careful consideration of the individual needs of each class.

If in the judgement of the Head of Operations, there are insufficient staff to ensure the safety of all gymnasts, one or more classes may be cancelled for a period and the relevant gymnasts sent home.

### **Administrative Staff:**

It is necessary to maintain many of the administrative functions of the club. For the safety of our administration team, most of the administration team will work from home.

Review Period This policy shall be reviewed as new advice become available.

References [1] [Government COVID-19 advice web site](#)