**COVID-19 measures in place for the safety of your children and our coaches (updated Oct 2020)**

**Arrival/ Collection**

* Please arrive as close as you can to your arrival time/collection time.
* Parents will not be allowed into the building for hygiene, capacity and social distancing reasons. Should you need to contact us during a session you can call Lisa on 07946 082801.
* You will be greeted by a coach outside the gym
* We will need to complete a health check
* Please remain vigilant of social distancing measures.

\* Health Check protocol includes a temperature test to ensure that your gymnast is below 38 degrees

**Attire & Kit**

* Please can your children arrive with their gymnastics kit underneath their outside garments
* Hair tied back safely and no jewellery please. New earrings may be taped but we can not administer the taping or assist with hair **tying as this will breach social distancing measures.**
* Large Bag - big enough to fit all their belongings into (including shoes) helps with safety and COVID hygiene protocol
* Water bottle
* Non-slip socks or gymnastics training shoes only please **- bare feet will not be permitted on the mats for hygiene reasons in the current climate**
* Liquid chalk, for those that use chalk, is available to purchase from club - £4

**Hygiene & safety**

* All equipment has been deep cleaned and sanitised and additional cleaning of equipment will be in place between user groups.
* Social distancing and good hygiene posters will be in place throughout the building
* All gymnasts and coaches will be asked to wash their hands for a minimum of 20s once they have entered into the building.
* Coaches will be allowed to decide if they wish to wear facemasks.
* **It is not advisable for children to wear masks whilst taking part in physical activity.**
* On entry to the gym everyone will be asked to use hand sanitiser
* Gymnasts will be allocated a space for their belongings in line with social distancing measures
* Social distancing will be encouraged throughout the session as well as good hygiene practice, the use of “Gymnast wait here signage” will assist the children to know where the need to be
* One way systems may be in place for some apparatus work
* When entering onto a new activity zones in the gym, hand sanitiser will also need to be applied – you can use the club Santiser or you may bring your own

**Additional Information**

Groups within each class have been created based on friendship and ability, predominantly determined by age. Each group will be assigned a coach as a workgroup. However other coaches may be on hand to help them throughout their session if needed.

NLGACC coaches are never encouraged to raise their voices during delivery of our sessions, although from time to time SAFETY concerns may require this to be overridden to try to reduce injury. Our coaches will be making a concerted effort not to raise their voice during the sessions in an effort to reduce the transmission of droplets. Music may be played quietly or not at all to avoid coaches having to raise their voices.

Gymnastics activities will be modified to ensure that social distancing measures can be adhered to i.e non contact coaching will be practised.

Ventilation will be maximised in the setting with windows remaining open (temperature permitting) and doors will be secured open with a door wedge.

First Aid will be administered by coaches as a priority over COVID measures. Following initial assessment at 2m, full PPE fluid protection garments (glasses, mask, gloves and apron) will be worn if the 2m social distancing zone needs to be broken.

Fire exit procedure/ evacuation procedure will be adhered to over social distancing priorities in the interests of safety.

Maximum one person may enter the toilet area at any one time. Only our group will be using the building during the session.. Children will be supervised to wash their hands for a minimum of 20s and then apply hand sanitiser before re-entering the main hall.

Toilets will be inspected regularly throughout the sessions and wiped down as/if required following the afternoon break. A full clean will be completed at the beginning of the following session.

**Please see NLGACC COVID risk assessments should you require more information.**

**Our Absolute Priority:  The safety of the gymnasts and coaches at North Leeds Gymnastics Academy Community Club. Please be assured that we are working in line with government advice and our governing body’s (BG) guidance to do the best we can in the current circumstances.**

Any persons who develop Covid 19 symptoms, however mild will be sent home as soon as possible and they should then follow government guidance on self-isolating and testing. They should self-isolate for 14 days and their fellow household members should self-isolate for 14 days.

Any COVID cases identified will be sent to RIDDOR, reported to BG and we will follow the necessary steps to make the setting safe for our members. NLGACC will be operating a Test and Trace policy so that should need be to contact individuals attending sessions the registers will provide the necessary information.