



Calverton Gymnastics Club

Code of Conduct during Covid-19

During the 2020 pandemic of Coronavirus (Covid-19) there has been a Worldwide culture change on both a permanent and temporary basis. Therefore, Calverton Gymnastics Club have considered the factors involved and have created this 'Code of Conduct during Covid-19' for the duration of the 2020 and 2021.

This Code of Conduct will be applied in addition of all current Code of Conducts (not replacing) and are also applied to all types of Code of Conduct no matter the role relation to the club unless this is stated in the specific conduct point.

Therefore, at Calverton Gymnastics Club we are ever adapting to the guidance's and policies set and updated on a daily basis by both the Government and Governing Body (British Gymnastics), to ensure the safety of everyone is safe within both a reasonably practicable way and suitably & sufficiently adaptive way to the business and its members and staff. To achieve this level of safety Calverton Gymnastics Club asks everyone involved, no matter your role, to be an advocate of these rules to maintain your responsibility of safety of both your own and others health, safety, and welfare:

Administration and Welfare

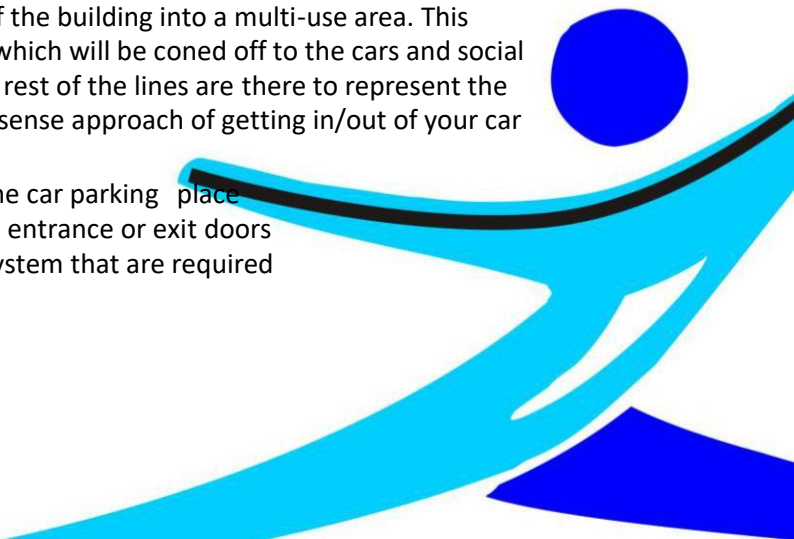
- As per the normal Code of Conduct, any injuries and illnesses need to be reported to reception ASAP to ensure this is recorded and potentially reported to the Governing Body if progressed further in the Test and Trace process. In addition to this please ensure that if a Gymnast or Parent/Carer/Guardian is feeling any of the symptoms related to Covid-19 you are to report them to Reception to which initiate the Test and Trace (monitoring phase) for the group which have been in contact with them.

The Government's Test and Trace system is accessible here - <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

- The Reception desk has a clean and used pen pot for anyone that is using the pens
- Where anyone wished to purchase a item of clothing to speak with the receptionist directly (social distant) or to email info@calverongymnastics.com
- Where anyone wishes to purchase a item of food/drink to pick the item (all items are wrapper sealed only) and to then purchase at reception (social distant) – normally there is a pot/tin on the reception for you to place money into where a receptionist is not present.

Before/at the start of the session

- The club has designed the car park at the front of the building into a multi-use area. This area has lines which are designated for queuing which will be coned off to the cars and social distancing queuing will be asked of all. While the rest of the lines are there to represent the parking bays for cars, while asking for a commonsense approach of getting in/out of your car to maintain social distancing.
 - In addition to the above, please respect the car parking place you are in and do not park in front of the entrance or exit doors due to the access, egress, and queuing system that are required – thank you.





- All participants (including parents in preschool sessions) are to have their temperature checked
- If the gymnast or parents' temperature is 37.9 degrees or above then you are required to return home (stay at home if you test prior attending) and isolate, informing the Gov.uk Test and Trace system as stated above.
- Everyone is required to sanitise their hands upon arrival to the gym. There is a sanitising station inside the entrance to the facility and around the building
- Gymnasts will need to take their shoes off at the gym door and then take them and their water bottle into the gym to the 'cubes' (use to be in the changing room) which are located on the wider blue vault run, then sit on the floor space their session Coach points them to.

During the session

- There is an entrance and exit to the gym to which all must use to ensure a one-way system around the building.
- When anyone exits or enters the gym, they are required to sanitise their hands to ensure that the gym is self-contained as much as possible.
- Preschool sessions – Independent have been made required that a parent is within the gym at all times to support the gymnasts' social distancing due to the ability at their current age of understanding (as per directed by British Gymnastics).
- Spectating is limited during the pandemic and with the use of the outdoor spectating area provides sufficient ventilation for spectators, in addition to the gym, although is limited still. This area is to be respected as per normal Code of Conduct spectating.
- Internal spectating has been removed during the pandemic unless there are special circumstances which have been agreed by the Directors to allow this – done on an individual [person] and daily [session] basis due to the high restrictions by both the Government and Governing Body.
- Gymnasts and Coaches will be keeping to the 1m+ (and where possible 2m) social distancing throughout the whole session
- The gym itself has had a few changes to help modify the way the sessions will be run to maintain social distancing.
- Coaches will ensure that sessions within the gym are kept within their own groups so that an efficient Test and Trace system is embedded.
- Coaches will break any larger groups e.g. groups of 8 down into smaller groups when going for drinks to ensure that sufficient spacing is maintained
- Coaches and Gymnasts will be required to sanitise their hands throughout the session
- Coaches have a cleaning schedule that ensures the gym is sufficiently cleaned before, during, and after each specific session.
- Coaches will listen to the Governing Body daily with regards how safe it is to be within 'close contact' with the gymnasts (e.g. if they are able to support the gymnasts AND how socially distanced, they are required to be etc.)
- The facility and gym are fully sanitised at the end of every working night.

At the end/after the session

- All parents/carers/guardians will be required to collect their gymnast up from the door on the right side at the front of the building (opposite to the entrance door).
- The Coach maybe limited to contact with parents/carers/guardians due to other sessions being after (this is normal) although the time maybe less due to additional cleaning time and other checks etc. ready for the next session. Contact can be made electronically if you require to discuss any specific matters.
- As per at the start of the session with the car parking lines, you may notice the queuing of the next session, or cars accessing the car park ready for the next session. Please respect everyone by collecting your gymnast ASAP and then returning to your car, therefore avoiding unnecessary social distance avoidances potentially causing injury or illness.



During events

- During the pandemic there is a lack of events that the club would normally be working towards and supporting. Due to the closure other gym and gymnasts not being able to continue normal level of activities, there is a natural need to rebuild their strength, flexibility, and ability which in time will allow us to re-ignite the events once the time is right and safe to do so. In the meantime, we can all enjoy the great sport of gymnastics as it is most natural and purest form.
British Gymnastics have provided Back to Gymnastics Guides for Parents and Gymnasts too.

Throughout all the above

- Sanitise your hands every 15 – 20 minutes (approx.) as per Gov.uk guidelines, there is also reminders (posters etc.) regarding everyone's personal hygiene and cleanliness around the facility.
- Cough and sneeze into the crease of your elbow, blow/wipe nose, then to wash and/or sanitise your hands afterwards
- Maintain social distancing of 2 metres (1m+ where 2m is always not possible)
- Follow the Government guidance of 'bubbles' for the attendance to the gym and when socialising in the great sport of gymnastics
- Only bring limited items with you, such as those things that you can carry and not to leave around due to their size e.g. bulky items
- Calverton Gymnastics Club have replaced all hand towels within the toilets with wall mounted electric hand dryers to both save energy (less washing/chemicals) and also support the cleanliness of coronavirus, please ensure you encourage all to use them when washing hands.



Coronavirus How to get tested



If you think you might have coronavirus you can now have a test.



The signs of coronavirus are:

- High temperature
- Or a new and continuous cough
- Or loss of smell or taste



If you or anyone you live with has any of these signs then you must all stay at home.

You can find out how to get a test and how long you need to stay at home at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

STAY ALERT > CONTROL THE VIRUS > SAVE LIVES

