



Calverton  
Gymnastics Club

## Personal Distancing Policy

### Calverton Gymnastics Club

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## Introduction

The purpose of this policy is to ensure the enhanced safety of all those in contact both directly and in-directly with Calverton Gymnastics Club by creating adaptations through the evolution of 'normal' personal distancing.

This policy has the ability to override, not solely replace, current policies to enhance their safety while ensuring it provides the ability for Calverton Gymnastics Clubs members and staff the power voice their needs of safety before, during, or after a session.

## Definitions – Social and Personal Distancing

**Personal distancing** is defined as:

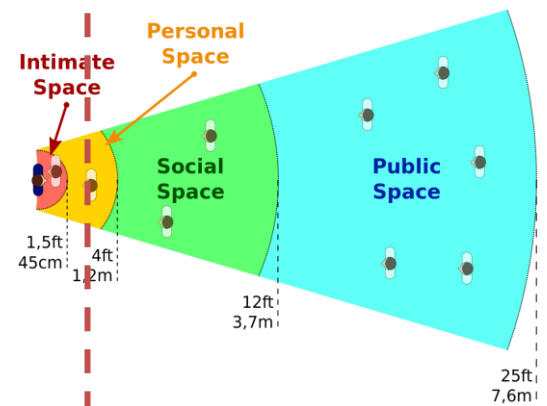
*'A zone of space ranging from an arm's length to 1.25 m, in which people operate under specific social situations.'*

(<https://medical-dictionary.thefreedictionary.com/personal+distance>, 2020)

**Social distancing** is defined as:

*'A zone of space in which most social interactions occur; SDs may be 1. Close—2.5 m—12-25 feet, which corresponds to informal situations, in which one—or more persons are 'in control', as in a teacher talking to students in a classroom, or a manager addressing subordinate and 2. Far—> 8m or >25 feet, which corresponds to 'formal' distances, such as in lectures, political rallies, etc.'*

(<https://medical-dictionary.thefreedictionary.com/social+distance>, 2020)



The recommended social distancing where possible is 2.0m  
Where not possible it is 1.0m+  
Which do you prefer?

Both are defined in such a way that correspond with each other if the social interaction is within a personal or informal level. Therefore, the need for adaption Worldwide during the pandemic of Covid-19 has been required as has the need at Calverton Gymnastics Club.

The diagram (right) applies a simple application of that our intimate space (personal space) against what would normally be seen as social distancing and how that our 'intimate space' will need to adapt and become a new norm, potentially – hence this policy to enhance all existing policies in the meantime.

## Adaptations Applied Within the Club

Calverton Gymnastics Club have undergone a vast amount of adaptations to allow a re-opening since the National Lockdown in March 2020. Many of these adaptations have come from the guidance from both the Government and the National Governing Body (British Gymnastics), although many have also come from the application of risk assessment and teamwork.

Adaptations within the club include such things:

In and around the facility	In the Gym / the gymnasts
<ul style="list-style-type: none"> <li>One-way circulation system</li> <li>Temperature checks for everyone entering the building</li> </ul>	<ul style="list-style-type: none"> <li>One-way circulation system</li> </ul>



<ul style="list-style-type: none"><li>• Hand sanitising units placed around the facility</li><li>• Replacing of towels to electric hand dryer</li><li>• Restrictions of spectating from inside the building (as per British Gymnastics guidance)</li><li>• Creation of the rear outdoors spectating area</li><li>• Queuing system from the front of the building and into the reception area</li><li>• Car parking bays marked out</li><li>• Pen pots created – clean vs. used</li><li>• Cleaning schedule revised</li></ul>	<ul style="list-style-type: none"><li>• Gymnasts asked to come dressed ready and only with bottle and limited additional clothing e.g. jumper</li><li>• Changing room storage blocks moved into the gym to allow two classes worth of gymnasts' ability to put items into a cubicle</li><li>• Gymnasts' asked to bring their own equipment such as gloves, loops, chalk etc.</li><li>• Cleaning program created to integrate into the activities program</li><li>• Hand sanitising stations positioned around the gym and all encouraged to used regular – every 15 mins minimum</li><li>• Coaches following guidance of British Gymnastics when supporting gymnasts e.g. only in emergency situations</li><li>• Gymnasts encouraged to social distance of 1m+ if unable to achieve 2m</li><li>• Activities designed to allow social distancing</li><li>• Toilet breaks broken down and monitored to allow social distancing and cleaning</li><li>• Each group is kept within their own section of the gym (e.g. mini bubble)</li><li>• After each group goes onto/uses a section of the gym (e.g. bars) the coaches sanitise/clean down that equipment ready for the next group (mini bubble)</li><li>• The whole gym is sanitised at the end of the night</li></ul>
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This list may not be 100% accurate due to the daily need for change and adaptation, although it shows the applications to date within the club. As this policy is updated as per monitoring status (see end of this document) this table will be updated with ongoing adaptations within the club.

### Timeframes of Adaptations Against Applications

Calverton Gymnastics Club is a business run by coaches who are focused on keeping everyone's safety and welfare to the highest of standards while being as accessible as possible. Both Directors of the club (Mila and Miro) are driven to providing the most up-to-date information to all members in the most appropriate manner. This considering factor such as time, the subject, the amount of content going out within a specific timeframe, and staffing allowances as we do wish to keep focus on the gymnast's development as much as possible.

Both the Government and British Gymnastics are both working extremely hard to provide everyone with the most scientific and safe advice/guidance to everyone. As we, as Calverton Gymnastics Club, receive the information from both bodies we ingest it and then make the required adaptations, test them, and then communicate them out to the whole club. This can take some time depending on the size of the change and required communication.

### Our Covid-19 Officer

The nominated Covid-19 Officer at Calverton Gymnastics Club is **Liudmila Zatenshchikova (Mila)**

Mila can be contacted formally via:



Calverton GC inbox at [info@calvertongymnastics.co.uk](mailto:info@calvertongymnastics.co.uk)

Or you can speak with Mila at the gym everyday during normal opening hours or during office hours. Please avoid during session times, although between session times as typically she will be coaching and managing the distancing of all throughout the gym.

The Covid-19 Officer role is not that to apply additional harsh measures or hoops in place for all to jump through/abide by, their role is to ensure that everyone is staying safe by following the current guidance from both the Government and British Gymnastics.

If you do have a question or concern regarding distancing measures to meet the standards set by the Government and British Gymnastics, please speak with Mila ASAP.

## Test and Trace

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>*

British Gymnastics guidance on the Test and Trace process is:

### **Someone is displaying symptoms in your facility**

If a gymnast, coach, or any other person within your facility starts to display symptoms

- A. If a gymnast or coach under 18, they should be isolated in a well-ventilated room within the facility and pick up should be arranged with their parent/carer. Accompanying adults should wear PPE. They should be advised to get a coronavirus test via <https://www.gov.uk/get-coronavirus-test>
- B. If a gymnast or coach over 18, they should be sent home immediately and advised to get a coronavirus test via <https://www.gov.uk/get-coronavirus-test>
- C. If the test result is negative, the parent/guardian or person tested (if over 18) should inform the club of the negative result and follow the steps in the 'Negative test result' section below before they return to activity.
- D. If the test result is positive, the parent/guardian or person tested (if over 18) should inform the club and await the NHS Test and Trace service to contact them to trace anybody who may have been in close contact with the infected person.

It is important to keep a log of any person within your facility who starts to display symptoms of Covid-19 and the outcome of their Coronavirus test. This will help to identify any potential outbreaks of Covid-19 and enable you to be able to take action to avoid an outbreak of Covid-19 infections.

### **Key information and advice**

If you had a test because you had symptoms, you, and anyone you live with must stay at home and self-isolate until you get your result. Anyone in your household or close contacts must also self-isolate until you get your result. Below is instruction on what to do, based on the result of your coronavirus test.

### **Negative test result**

A negative result means the test did not find coronavirus.

You do not need to self-isolate if your test is negative, as long as:



- everyone you live with who has symptoms tests negative
- everyone in your support household or close contacts who have symptoms tests negative
- you were not told to self-isolate for 14 days by NHS Test and Trace
- you feel well – if you feel unwell, stay at home until you are feeling better

If you have diarrhoea or you are being sick, stay at home until 48 hours after it has stopped.

### **Positive test result**

A positive result means you had coronavirus when the test was done.

If your test is positive, you must self-isolate.

- If you had a test because you had symptoms, keep self-isolating for at least 7 days from when your symptoms started.
- If you had a test but have not had symptoms, self-isolate for 7 days from when you had the test.

Anyone you live with, and anyone in your support bubble, must self-isolate for 14 days from when you start self-isolating.

### **The Club's responsibility**

If a member of your club or staff member is showing symptoms of Covid-19, it is the club's responsibility to isolate them immediately and send them home. They should be told to get a Coronavirus test by visiting <https://www.gov.uk/get-coronavirus-test>. This should be recorded on the Covid-19 symptoms / infection tracker sheet.

**Negative test result** - If the test is negative, providing the member of your club or staff member follow the guidance provided by the NHS and guidance in the 'Negative test result' section above, they will be able to resume activity at the club.

**Positive test result** - If the test is positive, the NHS Test and Trace system will contact the infected person to trace anyone they have been in contact with. The club may be asked to provide details of who the gymnast / coach has been in contact with so they can contact them and advise them to self-isolate and take a coronavirus test.

If the club is concerned that nobody has been contacted by the NHS Test and Trace service, the club can then contact anybody who the infected person has been in contact with in the previous 48 hours from the positive test result. They will need to be told to self-isolate and register for a coronavirus test via <https://www.gov.uk/get-coronavirus-test> They can then refer to the Negative and Positive test result section above to determine when they can return to normal activity or visit <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/what-your-test-result-means/>

Any case of Covid-19 in your club should be recorded on the symptoms / infection tracker sheet and reported to British Gymnastics. If there is more than one case of Covid-19 associated with your club, you must report with to your local Public Health Service. You can find your local public health service at England - <https://www.gov.uk/guidance/contacts-phe-regions-and-local-centres>

### **Data Protection**

Calverton Gymnastics Club has its Privacy Policy which you are able to find on the [Calverton Gymnastics Club website > Polices page](#), this will cover all the General Data Protection Regulations related to the club and your data. Where is concerns the collection of any data for the supporting of the NHS Test and Trace system, data will be collected and kept secure for 21 days and then destroyed.

The data will be kept securely in the normal working clubs' processes for ease of understanding and access. You can withdraw your data at any point from the Test and Trace process although it would be to the benefit of the NHS that you maintain your data during the 21days.



The data collected for the Test and Trace system will not be used for any other purposes such as marketing etc. unless you have already agreed to this as part of the Privacy Policy / sign up process e.g. your data is in the membership system.

If you have any concerns regarding your data, please contact the Covid Officer or any Director to discuss your concern.

## Monitoring

The policy will be reviewed a year after development and every six months thereafter, or in the following circumstances:

- Changes in legislation and/or Government guidance
- Country Sports Councils and British Gymnastics
- As a result of any other significant change or even

Where appropriate, some of the characteristics of this policy may be amended to suit the above four criteria, due to the severity/nature, although these will be temporary, and the original Policy will resume ASAP. Where any incident seems to be prolonged longer than a year, then a new Policy will be put into place and therefore reviewed annually until a more settled time appears.

## Reviews

Completed review date:	Reviewed by: (name and position)	Signed off by: (name and position)	Next review date (estimate):
September 2020	Jack – Coach Miro – Club Manager Mila – Club Manager	Miro – Club Manager	Winter 2020