

Inverness Gymnastics Club

#ComeBackStronger

Our Plan For A Safe Return To Gymnastics

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The Work Behind Our Plan

Our plan has been developed by our Lead Coach Team, with input from our Board of Trustees and Safeguarding Officer, using the following key resources:

- **sportscotland** facilities, and indoor sports guidance
- Scottish Government Routemap out of Lockdown
- Scottish Gymnastics specific guidance as part of British Gymnastics Step Forward Plan
- Wider public health guidance and recommendations
- Club Sign off required by Scottish Gymnastics
- Full Risk Assessment is required by Inverness Leisure

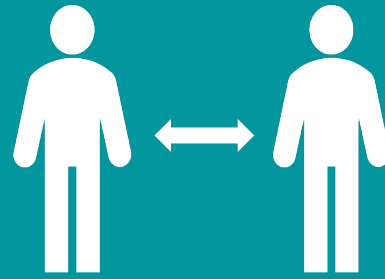
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**Clean
Hands**



**Clean
Equipment**



**Safe
Distance**



**Safe
Training**

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**Clean
Hands**

We are promoting good hand hygiene as a key priority to stopping the spread of the virus.

Everyone must wash their hands before coming to gymnastics, and will be required to use hand sanitiser before, during, and after their session.

IGC will provide alcohol-based hand sanitiser at all sessions for those that do not have their own.

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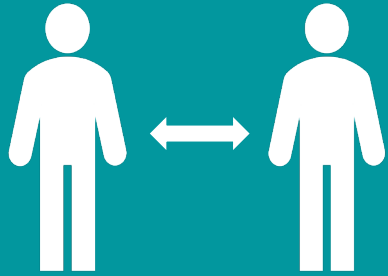
Clean Equipment

We have adopted new equipment cleaning procedures to keep our members safe.

Equipment will be cleaned frequently, with an increased focus on high traffic and high contact surfaces

We are working with our venues to ensure adequate cleaning is undertaken in all public and shared areas.

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**Safe
Distance**

We are adhering strictly to the physical distancing requirements set by the Scottish Government.

Appropriate grouping, distancing, and capacity management will be in place in line with all recommendations.

Class times may be staggered or altered to reduce congestion.

We ask that those attending to drop off or pick up ensure appropriate distancing, and wear face coverings at all times.

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Safe Training

We are making small changes to our sessions to help everyone stay healthy and happy.

Our sessions are planned to recognise the impact of our break from training, and the importance of building back safely.

Gymnasts are asked to bring minimal belongings, ideally in a bag that is easy to carry with them during their session.

Gymnasts should not share food, water, or personal training equipment such as loops, gloves, and chalk.

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How The Club Plays It's Part...

- IGC has appointed a Covid restart team, comprising the lead coaches and club chair.
- IGC will provide information sessions for parents, gymnasts and coaches prior to their return.
- IGC has updated all risk assessments in advance of classes returning.
- All coaches will undertake training in the new processes, including updates in first aid advise, COSHH, and the details of our return plan.
- IGC has a robust cleaning plan in place to support our safe return to training.
- IGC has worked to the Scottish & British Gymnastics Step Forward Plan meeting all required actions.
- IGC will monitor and review processes, welcoming feedback, and making changes where appropriate.
- IGC will continue to work with Scottish Gymnastics to ensure best practice and adherence to sport guidelines.

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How Coaches Play Their Part...

- Coaches do not attend training when they are unwell, and undertake a temperature check on arrival
- Coaches attend sessions in clean clothing, bringing minimal belongings to the class.
- Coaches ensure they sanitise their hands on arrive when rotating between equipment.
- Coaches must maintain 2m distance from each other, from other adults, and from all gymnasts.
- Coaches manage gymnasts' distancing, and movement round the hall.
- Coaches ensure that the electronic registers are completed for safety, and to support Trace & Protect.
- Coaches undertake all scheduled cleaning, and additional cleaning of high touch points during their session (as directed by appointed lead coach)
- Coaches deliver their sessions with a focus on a safe and enjoyable return to training following the prior agreed session plans.
- Coaches wear face coverings during sessions, set up and take down, and when moving around the venue

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How Gymnasts Play Their Part...

- Gymnasts ensure they go to the toilet before attending the venues, as facilities are limited.
- Gymnasts do not attend training when they are unwell
- Gymnasts attend sessions in clean suitable clothing, bringing minimal belongings to the class.
- Gymnasts have their hair tied up, and jewellery removed prior to entering their class
- Gymnasts ensure they sanitise their hands on arrival & when rotating between equipment.
- Gymnasts maintain appropriate distancing, within their group, between groups, and from all coaches / adults.
- Gymnasts do not share personal equipment such as chalk, loops, or food, water bottles etc.
- Gymnasts under 16 do not enter the cupboard, or use the cleaning materials.
- Gymnasts over 5 wear a face covering when moving through the venues, outside of class, including to the toilets.
- Our gymnast helpers will not be back in class initially.

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How Parents Play Their Part...

- Parents maintain physical distancing at pick up and drop off, and wear face coverings at all times in our venues.
- Parents ensure they sanitise their hands when entering our venues.
- Parents ensure appropriate time keeping to support our staggered starts, and capacity management.
- Parents acknowledge and adhere to adapted sign out processes. Ensuring a coach has acknowledged that they have collected their child (primary aged only)
- Parents communicate with coaches in advance where required, to avoid contact / communication time at training via email – Not Facebook.
- Parents notify the club in advance for access to observe sessions.
- Parents support IGC in managing their child's expectations around training, and working to alleviate any anxiety.
- Parents help us to monitor and review our plan, feedback as appropriate, and are respectful of potential changes.

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