

SSG COVID-19 Operational Process

Gymnastics Academy

As coronavirus (also known as COVID-19) continues to impact the UK, it is important that we are operating under the following guidelines to ensure safety and best practice for our participants and staff across all areas of our organisation.

SSG has put the following processes and procedures in place, in line with Government guidelines to support the safety and health of every staff member, participant and visitor on site.

We want to reassure all customers who are using our services that we are taking the current pandemic we are all facing at the forefront of our operation and have produced the following information to ensure you are fully aware of what we have done.

Symptoms: If you or your child(ren) are experiencing any symptoms of Covid-19 before your booking, please DO NOT come onto site. If your child(ren) feels unwell during the day, please inform them that they should speak to their group leader or manager as soon as possible and a parent/guardian will take them home. Please follow and refer to the government guidelines on self-isolation.

Parents and Guardian Consent: If you choose for your child to take part, parents/Guardians will have to provide a consent form that SSG will provide to you. This will show that you are comfortable with SSG's Planning arrangement in place. This will need sent to you and needs to be provided before your first session.

Self-Assessment – All participants, coaches, staff and parents must check if they have any of the following before attending gymnastics:

- A high temperature (above 37.8°C);
- A new, continuous cough;
- A loss of, or change to, their sense of smell or taste.

Parents will be asked to fill out a form on site stating they have checked for symptoms and none are displayed in either the participant or the parent.

Signage – There will be clear signage on site to show all participants and parents where to go on arrival.

Drop off: All visitors, staff and participants will adhere to the drop off and pick up social distancing processes in place.

You must only arrive for your session time and not before. You will be let into start your session a couple of minutes before. The door will be kept locked in between sessions to reduce the amount of people inside the main building

Participants must arrive ready to start Gym Academy without the need to use the changing room area for changing.

All parents/Guardians will sign in on arrival in line with the track and trace guidance. Only one parent or guardian can attend with their child this includes Tiny Tumblers Class.

Spectating: Parents will walk around the outside of the building to the far side of the hall to spectate. There will be areas in which the parent can stand 2 metres apart. Parents must wear masks inside the building.

Leaving the session: When the session has finished, parents will walk back around the outside of the building to collect their child from the front door. They will sign their child out on the documents at the main door for track and trace purposes.

Group sizes and ratios:

Rec Rockets - Groups will be kept to 1 adult to 8 children at all times. The groups will be kept in the same group of 8 for the foreseeable future until guidance changes.

Fantastic Flippers – Groups will be kept to 1 adult to 6 children at all times. The groups will be kept in the same group of 6 for the foreseeable future until guidance changes

The groups will not rotate round each week – they will remain on their station. The groups will rotate around the stations on a weekly basis but they will remain in the same groups and Pods.

Cleaning: SSG has a thorough cleaning process in place to ensure we are adhering to government guidelines. The stations will be cleaned after each group has used them. There is a 10- minute period in between sessions to allow SSG staff to Clean the mats and equipment thoroughly.

SSG has allocated cleaning equipment for each area and SSG staff will ensure that surfaces, equipment and items that are used throughout session are cleaned after the group has used it.

Hand Washing: Staff and participants will wash their hands-on arrival. We will have a hand sanitiser station set up for participants to use at the start and end of the session.

Social Distancing: Staff, parents and participants are to adhere to SSG’s social distancing policy in place whilst on programme.

Track and Trace: SSG will monitor who is coming on to site each day. Registers and sign out sheets will identify who is dropping off and picking up from site and at what time. Parents and guardians will sign the appropriate documents in line with Government Guidance

Entrance Area:

All entrances and gates will be kept locked throughout the day so SSG can monitor who is on site.

Activity Areas and Sessions;

The main focus for the next few weeks at Gymnastics will be re-introducing the sport to the children who attend. SSG want to ensure we have a safe and engaging first few weeks that also adhere to government guidance. We will focus on the children re-integrating into gymnastics and going back to the basics.

There will be some equipment that will not be used in the first few weeks due to the restrictions in place and the need to clean items thoroughly.



We will of course keep in close contact with the guidance and introduce equipment and sessions when we see it is safe to do so. Our priority is to allow children to re-access Gymnastics in a safe environment.

Changes:

Below you will find a timetable that explains our new and improved gymnastics groups and timings:

Time	Group
9.00am – 9.50am	Tiny Tumblers
10.00am – 10.50am	Fantastic Flippers
11.00am – 11.50am	Rec Rockets

Finally

We have asked all participants and customers to monitor the latest guidelines and if experiencing any symptoms to avoid attending provision and coming in to contact with others and to let us know at SSG.

We will continue to monitor governmental guidelines and update our advice where required.

Kind Regards,

SSG