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Modified Programme – What to expect – Gymnasts and Families **As at 14th May 2020**

Our Modified Programme is designed to sit within the Alert Level 2 stage of the Covid-19 response. Alert Level 2 has several measures that sports must comply with in order to resume face to face delivery. This means we must deliver our classes very differently to how we would with no measures in place. Hamilton City Gymnastics have created a detailed Management Plan to ensure the health and safety of our Gymnasts, their families, our staff and volunteers during this time. Read on for all the details of how we're going to keep our gymnasts, families, staff and volunteers safe as at 14th May 2020. This document will continue to be updated as new government information is released.

What are the measures?

- **Physical Distancing** of 2 meters between everyone (participants, staff, volunteers and spectators) if possible or 1 meter if contact tracing requirements are met. 2 metres between any group within the facility always.
- **Gatherings** restricted to 10 people in a "group". Each group must use a separate facility space and no group of 10 can intermingle, interact or cross in any way with any other group.
- Facility, Equipment and Personal **Hygiene** measures are in place including regularly disinfecting high touch surfaces and regular hand washing and sanitising. Also no one who is ill in any way can enter the facility.
- **Contact Tracing** of all people who enter the facility.

What are we doing to meet them?

A typical class will look quite different. Outlined below is what to expect from the beginning to the end of a class under our Modified Alert Level 2 Programme with the above measures in place.

Arriving at Hamilton City Gymnastics

- 1) The doors will open for your gymnast(s) class 15 minutes before the session starts. This is to ensure only those who are participating in the next class are in the building. This is needed to ensure Gatherings measures are met.
- 2) You will be asked to drop your gymnast(s) off through the front door, but no spectators will be allowed to stay. This is to ensure Gatherings measures are met.
- 3) If you are waiting in line to drop your gymnast(s) off, please line up around the edge of the building within the walkway space leaving 2 meters between you and the person in front of you. This is to ensure Physical Distancing measures are met.

Preparing for class

- 1) Gymnasts must bring a bag to take with them throughout the session which will hold all their training requirements including grips and guards, a water bottle, snacks, strapping tape and a packet of plasters. This is to meet Hygiene measures to reduce the number of high touch areas including the water fountain, cooler and first aid kits. Also, to meet Physical Distancing measures the cubby holes will not be used, to stop congregation of people in a small area.
- 2) As the gymnast walks in the front door, they will be signed in by the Facility Duty Manager providing they have supplied up to date contact details as per our letter and email previously.
- 3) Spectators are not allowed in the building. However, if due to an extenuating circumstance a person is given permission to enter the facility by the Facility Duty Manager or Centre Manager,

they will be signed in on the visitor contact tracing sheet. This information will be kept securely as per standard Privacy Regulations and Laws. They will be asked for the name, phone number, address, email address and their date and time in the facility will be noted. This is to ensure Contact Tracing measures are met.

- 4) The gymnast will then be asked to take their outside shoes off which are to be placed in their bag and to go and wash and dry their hands in their groups allocated bathroom and then hand sanitise. This is to ensure Hygiene measures are met.
- 5) The gymnast will then be met by a coach at the end of the hallway instructing them where to go to wait for the class to start. This is to ensure Physical Distancing measures are met.

During the Class

- 1) The facility will be broken into several areas where each area will have identified spaces for each participant to do their activity within, ensuring the maximum gap possible between them and the next participant (2 metres if possible, but a minimum of 1 metre). 2 metres will be maintained between different groups at all times. The coaches will direct the athletes which area to go to and where to stand before giving their next instructions. This is to ensure Physical Distancing measures are met.
- 6) All groups will rotate to their next apparatus together via identified walkways. The rotation to the next apparatus will be identified either via announcement over the microphone/voice or by music playing. This is to ensure Physical Distancing measures are met.
- 2) The class will be designed with limited to no spotting or physical correction by the coaches involved. The coaches will be coaching without physical contact unless it is required for health and/or safety of the gymnast i.e in the case of an accident occurring. This is to ensure Physical Distancing measures are met.
- 3) If First Aid is required, the gymnast where possible will be asked to administer it themselves i.e Ice or a plaster. Where a coach or Facility Duty Manager needs to assist, they will wear gloves and will have the option of a face mask if they are required to be within 1 meter of the gymnast. Once finished, the coach or Facility Duty Manager will then immediately dispose of the gloves and face mask in the bin and go and wash and sanitise their hands. This is to ensure Hygiene measures are met.
- 4) During the class the front doors will always be monitored by the Facility Duty Manager to ensure only those approved are within the facility. If the Facility Duty Manager needs to leave the desk at the door, they will lock the door but take the club phone with them. If someone needs to pick up their gymnast during a class and the door is locked, they are to call the phone number on the door and the Facility Duty Manager will come and unlock it. Please note the door even when locked can be opened from the inside any time someone needs to exit. This is to ensure Gatherings and Contact Tracing measures are met.

After Class

- 1) The gymnast will remain seated at their last apparatus on the floor in their designated space. This is to ensure Physical Distancing measures are met.
- 2) The person who is picking them up is to go to the side roller door of the facility, NOT the front door. Please line up against the building within the walkway outlined and keep 2 meters distance from the person in front of you. This is to ensure Physical Distancing measure are met.
- 3) Once the gymnast has seen the person who is picking them up standing at the roller door, they are to go to the roller door, sanitise their hands and can leave. This is to ensure Hygiene measures are met.
- 4) If after five minutes the gymnast hasn't been picked up, they will be allocated a space in the Vault, Tumble Track or Pommel area to wait for their person. This is to enable the facility to be sanitised before the next session starts. This is to ensure Physical Distancing and Hygiene measures are met.
- 5) All gymnasts MUST be picked up after each session. Gymnasts will not be allowed to remain in the facility after their class has finished. This is to ensure our Gatherings measures are met.

What else are we doing?

Additional measure we are putting in place are below:

- 1) We will not be taking any payments at the office. We will only accept online bank transfer payments. This is to reduce high touch areas and to ensure our Hygiene measures are met.

- 2) The facility and high touch equipment surface's before opening will be disinfected with a hospital grade anti-viral disinfectant that kills viruses and bacteria for up to 90 days. This product will be used once a month during a deep clean of the facility while the facility is required to meet Alert Level 2 measures.
- 3) As per advice any equipment touched by a group that can be cleaned regularly will be sprayed and/or wiped down with an appropriate anti-viral disinfectant before another group touches that equipment. Any equipment that can't be cleaned regularly will be sprayed with a hospital grade up to 90 day anti-viral disinfectant monthly.
- 4) The facility each week will have a deep clean with disinfectant spray and wipe of any surfaces that need additional attention above the daily cleaning schedule.
- 5) It is vital that no one enters the facility if they are ill in any way. We will continue to inform gymnasts, families, staff and volunteers via posters and written communication that if you are sick or have been asked to self-isolate, that you remain at home and do not enter the facility.

I know what you're thinking..

It's a lot! I know. For a little while it will feel a bit more like a military operation than a gymnastics club. But it is so important we do everything we can to keep your gymnast(s), our coaches, staff and volunteers safe. We considering ourselves very fortunate to be able to welcome back our gymnasts during Alert Level 2, and if as a country we get this step right, we'll be back to no measures in place soon!

But for now, we all need to keep our distance, wash, wash, wash everything regularly, contact trace and keep our numbers low. It gives us our best shot at keeping us all healthy and safe and on the path to say goodbye once and for all to Covid-19!

If you have any questions or queries regarding anything above, please do not hesitate to get in touch with either myself or one of our wonderful Programme Managers. We're here to help and work through this next stage with you together.

We thank you for your understanding and we can't emphasise enough of how excited we are to see your gymnasts faces back in the gym enjoying our great sport of gymnastics very soon!

Kind regards,

Erica Third and the Team at Hamilton City Gymnastics