



## Event Participant

# COVID-19 Safety Guidance

### For all Gymnasts, Coaches, Judges and Officials attending British Gymnastics events

Despite the relaxation of Government restrictions and regulations we would ask everyone to work together to keep themselves and all others as safe as possible by adopting the following behaviours.

Prior to travel, please undertake a lateral flow test and perform a “self-screening” for **COVID-19 symptoms**. Anyone displaying symptoms, feeling unwell or returning a positive lateral flow test must stay at home, follow government guidance, inform NHS Test and Trace and seek medical advice if required.

To assist our staff and stewards, and to help protect you and your fellow participants, we kindly encourage participants to follow these standards of behaviour and conduct when attending gymnastics events.

- We encourage everyone to maintain good personal hygiene and to assist with this we will be providing hand sanitiser around the competition arena and warm up hall.
- Although social distancing is no longer required, we suggest maintaining distance where possible.
- Whilst moving around the venue we strongly encourage you to use a face covering or mask. Gymnasts taking part in activity do not have to wear a face covering but we strongly encourage the use of a face covering when not warming up or competing.
- Food and drink must not be shared, including their containers/bottles.

This Safety Guidance is in addition to any rules or guidance specified by the venue

Regular cleaning and increased hygiene procedures and provision will be implemented. Please understand that this may have an impact upon timescales and actions required by all participants.

#### Gymnasts

- Gymnasts are to bring their own training aids and hand-held equipment which must not to be shared.
- Personal apparatus and aids must be appropriately cleaned prior to being brought into the event venue
- If required, Gymnasts must bring their own chalk, water sprayers and (as this will not be supplied). Honey (or similar) should be from a plastic squeeze pot only.
- Gymnasts should refrain from spitting and maintain good respiratory etiquette if they cough or sneeze.
- Hand sanitiser should be used when moving between different areas within the event venue.

#### Officials, Volunteers, Contractors & Staff

All participating in a gymnastics event are encouraged to follow the key principles as outlined within this Safety Guidance and play their part in maintaining suitable controls and promoting safety at all times.