



Event Spectator COVID-19 Safety Guidance For all spectators 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 spectators, we kindly encourage all spectators to follow these standards of behaviour and conduct when attending gymnastics events:

- Although social distancing is no longer required, we suggest maintaining distance where possible.
- An NHS Test & Trace QR Code poster will be clearly displayed at entrances to the event venue. We encourage all spectators to use this.
- Good hand hygiene must be maintained. All spectators should wash or sanitise their hands upon entry into the venue and during their time on site.
- Wherever possible contactless payment methods should be used.
- Spectators should maintain good respiratory hygiene and good etiquette if they cough or sneeze by covering their nose and mouth.
- Despite the relaxation of the requirement to wear a face covering or mask, we ask that spectators continue to use a face covering or mask throughout the venue including the spectator seating area (unless exemptions apply).
- Please make sure that everyone attending with you has read and understood these guidelines.

This Safety Guidance is in addition to any rules and guidance set out by the venue.

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