

British
Gymnastics

Step Forward Plan



Working together for a safe return to gymnastics

Version 3 / June 2020

Introduction

This document outlines the structured and phased support we have been developing in collaboration with our Home Nations to help our club community and delivery partners to safely return to gymnastics when the time is right.

We have called this our Step Forward Plan.

The aim of this plan is to provide clear direction for our gymnastics community on what steps they should take and when, in line with Government advice to prepare, resume and rebuild their operations.

As we don't have timelines for the reopening of gymnastics facilities yet, it is essential that we prepare for that time and innovate with new ideas on how gymnastics can continue to operate in the new world we find ourselves in. We must all stay agile as timelines and key guidance may alter as the impact of actions and measures are continually evaluated across the UK.

Three key steps for the safe return to gymnastics

We have focused this plan on three key steps - **Prepare, Resume** and **Rebuild** as follows:



Key aspects of content

Everything we have been focusing on has been to ensure our members and partners have the tools, guidance and support network they need for planning their return to the sport. The content in our plan covers a host of topics including health and safety, the new world of coaching, communications to parents and gymnasts as well as COVID-19 compliance and guidance on how activity programmes could be adapted taking social distancing measures into account.

We have considered four essential aspects of our plan covering **people, places, programmes** and **protection**.

People



Supporting the people who deliver gymnastics, run clubs and participate in our sport, including a focus on protecting the health and wellbeing of coaches, gymnasts and their families.

Places



Providing specific guidance to facilities on how to introduce the new recommended safety measures as well as supporting clubs in identifying and applying for available funding.

Programmes



Guidance on discipline specific adapted activity programmes and how to deliver gymnastics safely.

Protection

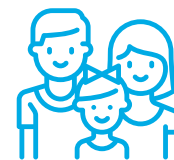


Everything we're building to support a safe return to gymnastics – the protection and safety of all of our members and the wider gymnastics community is of paramount importance.

Phased return and implications for people, places, programmes and protection

It is important to note that across England, Northern Ireland, Scotland and Wales restrictions will differ so there is not a one size fits all in terms of a detailed phased roll-out, but we are working closely with our colleagues to ensure our outline plan is transferrable and this will continue to evolve over the coming months as Government advice and restrictions change.

What this means for People



Step 1 - Prepare

Status

As clubs are closed, we need to keep the gymnastics community connected and active, looking after wellbeing.

Some workforce on furlough.

Specific support

#GymnastsAtHome
'Safe' activities provided for gymnasts to take part in. Exclusive club content and regular social media content released.

British Gymnastics endorsed activity extended to groups of six outdoors subject to social distancing and safeguarding measures being adhered to.

Webinars

Workforce guidance including furlough, mental health, marketing, and participant experience.

Interactive content

Such as videos, looking at coaching philosophy and returning to coaching safely.

Participant Hardship Grants

In partnership with British Gymnastics Foundation, increased investment in financial aid to help those in hardship to return to the sport.

Step 2 - Resume

Status

Participants and coaches can return to clubs and providers who reopen and deliver within Government guidelines covering areas such as social distancing and limited capacity numbers.

Specific support

Webinars

Webinars and guidance provided to club managers/operators and coaches to help them deliver within the restrictions.

Back to Business Toolkit - Planning for Club Managers

Information, templates, webinars and guidance documents on communication with your staff, volunteers and members and how to reintroduce your staff to the workplace.

Coach Support

Sharing the benefits of being a coach and how to be the best coach you can be.

Coach Waivers Guidance

Guidance on the use of coaching waivers and how they can be used effectively to keep sessions running.

Step 3 - Rebuild

Status

Participants and coaches can return to full/normal training where available.

Club managers/operators can eventually revert back to normal operating procedures with an increased focus on hygiene.

Specific support

Coach Support

Guidance and interactive content focusing on managing new expectations, motivations and rewarding and recognising gymnasts.

Coach Education Discounts

Discounts on targeted courses (when they resume) to ensure you have the workforce to meet the needs of your programmes.

What this means for Places



Step 1 - Prepare

Status

Gymnastics facilities remain closed.

Guidance on the return to activity provided and preparations commence

Specific support

Free COVID-19 bundle of print resources for clubs

Posters and other resources for clubs to display in their venue and share online. These include guides on Reopening Your Facility and Cleaning Guidance.

Step 2 - Resume

Status

Gymnastics facilities can reopen.

Restricted activity can take place subject to Government guidance.

Specific support

Fundraising Guide

Guidance, hints, and tips on new ways to fundraise for your club.

Step 3 - Rebuild

Status

Gymnastics clubs and providers can ease the restrictions on their delivery and move towards becoming fully operational.

Specific support

Back to Business Toolkit – Financial Planning

Guidance and templates for financial planning to assist with long-term sustainability.

What this means for Programmes



Step 1 - Prepare

Status

All indoor club activity ceased due to Government restrictions.

No events and coach education courses to take place due to social distancing and practical nature of assessment.

Specific support

#GymnastsAtHome

Activity content continues to be provided for clubs, coaches and participants for at home usage and in small groups outside.

Activity Support

Tips to help with preparing for reopening and information on how participants can enter, move around, and exit sessions in a fun and engaging way.

Step 2 - Resume

Status

Activity programmes can be delivered in clubs and providers within the guidelines.

No events, competitions or coach education courses to take place.

Specific support

#GymnastsAtHome

Continuation of activity for at home usage and outside in small groups for participants who can't access their clubs.

Activity Support

Guidance to help with planning fun and safe sessions whilst continuing to follow Government guidelines.

Step 3 - Rebuild

Status

Activity programmes continue.

Reintroduction of some coach education and possibly some small competitions and events.

Specific support

#GymnastsAtHome

Continuation of activity for at home usage and outside in small groups for participants who can't access their clubs.

Activity Support

Hints and tips on how to deliver new sessions that are safe and engaging for participants whilst adhering to the government guidelines.

Back to Events Guide

Toolkit to support the safe return of events in your clubs.

What this means for Protection



Step 1 - Prepare

Status

No insurance cover provided for gymnastics sessions delivered in clubs.

Our insurance cover extended to cover limited endorsed activity at home and outdoor in small groups.

Specific support

Back to Business Toolkit – Health and Safety

Health and safety guidance on areas such as: risk assessments, COSHH information, cleaning and risk mitigation and operations to help reintroduce activity and support a safe return to gymnastics.

Step 2 - Resume

Status

Activity insurance provided for sessions delivered in line with the government and British Gymnastics or relevant Home Nation guidance.

Specific support

CPD for Club Managers

Continuation of support to club operators to assist with any health and safety queries.

Step 3 - Rebuild

Status

Restrictions and 'normal' training can return in clubs with full comprehensive insurance.

Specific support

Access to Business Support

In line with a return to club activity, club managers can access further help from our support teams and our partners.

National and regional events

Following the easing of Government restrictions on training, we expect participants and coaches will require time to be reintroduced to the sport before any competition preparations take place.

We also expect large scale events and mass gatherings to be in the final stages of Government easing. Because of these factors, national and regional events are anticipated to be reintroduced beyond our initial three step approach and separate updates will be provided on this.

Return to training for Olympic athletes

In addition to this work, following UK Government guidance on the return to training for our world class athletes, our Performance team have developed a very specific Return to Training Plan. This plan has identified a small group of national squad athletes in Olympic disciplines, who are now preparing to return to training. This has been communicated directly to the athletes and their coaches. Only identified athletes are able to return to indoor training at this stage.

The resources detailed in the Step Forward Plan will be held on a dedicated Step Forward area of our website and will be regularly updated with new materials.

The information, phases and planned support in this document are subject to change. We will provide regular updates to both the plan and the support on the Step Forward area of our website.

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