Guide for gymnasts (and parents/carers) to activity involving pair and group work

The British Gymnastics Team Sport Framework has been approved by the Department for Digital, Culture, Media & Sport (DCMS) for England and the Department for Communities (DFC) and Sport Northern Ireland’s (SNI) expert panel in Northern Ireland.

As a result, clubs and delivery partners wishing to restart team sport activities (Acrobatic, Aerobic, Rhythmic, TeamGym, and Festival Display Gymnastics involving pair and group work) can go through the specified steps towards resuming team sport activities in a safe and controlled manner.

Gymnastics providers wishing to resume pair and group work (Team Sport) within the identified disciplines/activities must:

• Already meet the requirements as set out in the relevant government guidance and have been operational for a minimum of two weeks maintaining the appropriate controls.
• Follow all further transmission mitigating control measures required as stipulated within the British Gymnastics Team Sport Framework.
• Educate staff and gymnasts in the required practices and controls as indicated within the British Gymnastics Team Sport Framework and associated risk assessments completed by the club/provider. Appropriate records for Test and Trace must be kept.
• Ensure all gymnasts (and parents/carers) who wish to resume working in pairs and groups understand the risks, their responsibilities and abide by all control measures as outlined within the British Gymnastics Team Sport Framework. Prior to taking part in team activities, gymnasts must opt-in to agreement with the Team Sport Code of Behaviour and other associated controls, yet, can opt-out and stop team activity at any point.

Before resuming team sport

Before returning to pair/group work you will need to have been contacted to outline the steps required to resume close-proximity activities. Steps will include:

• Ensuring you opt-in to resuming close-proximity activities and understand the risks involved. You can stop taking part at any time, please notify a coach or the Covid-19 Officer or representative.
• Agreeing to the Team Sport Covid-19 Code of Behaviour (this is in addition to any existing codes or standards of behaviour you have agreed to). If this is not followed, you may be removed from the session for the safety of others.
• Ensuring your contact details are up-to-date for Test and Trace purposes.
• Have been training independently for a minimum of 2 weeks.
• Self-screening for symptoms prior to travelling to the training venue for every session. This must be done within 2 hours of your session starting. Do not go to training if you feel unwell or you or a member of your household are displaying any symptoms.
During sessions

- You must stay within the allocated pair/group and keep a safe distance away from coaches and all other participants.
- **For gymnasts in England** - you may work in close-proximity with up to 7 other gymnasts (maximum initial total number of gymnasts working closely together must not exceed 8 gymnasts) during the initial training period to ascertain suitable partnerships or groups. Following the initial period, close-proximity work must only take place within fixed pre-defined pairs and groups to limit the number of contacts any one person has.
- **For gymnasts in Northern Ireland** - You may work in close-proximity with up to 14 other gymnasts (maximum initial total number of gymnasts working closely together must not exceed 15 gymnasts) during the initial training period to ascertain suitable partnerships or groups. Contact will be limited to 15 minutes per day for two weeks during the initial period.

- **For gymnasts in Northern Ireland** - Once fixed pre-defined pairs and groups have been assigned, close-proximity contact will be limited to 15 minutes per day for the first two weeks (in addition to any initial training period).
- Activities that can be conducted without close-proximity work will still be done with social distancing in place (for example warm-ups, conditioning, individual skill work, cool downs). Similarly, social distancing must still be maintained in communal areas of your training venue.
- Hand hygiene must be maintained with gymnasts being expected to wash or sanitise their hands regularly before, during and after working in pairs and/or groups, as well as throughout the session and venue.
- Only use hand-held equipment assigned to your pair or group.
- It is important that if you see someone not following the rules, the coach or Covid-19 Officer or representative is informed.

After sessions

- If you develop any of the symptoms of Covid-19 or receives a positive test result for the Coronavirus, inform the gym as soon as possible.
- If you need to change partners for any reason, you will need to work on your own for two weeks before starting in a new pair or group, this is to help reduce the number of contacts you have and prevent the spread of the Coronavirus.

The approval of the British Gymnastics Team Sport Framework does not allow for social distancing to be fully removed from the gymnastics environment. The controls in place are specific to the identified disciplines and activities. Where these activities are not being performed social distancing must be adhered to (for example, during warm-ups, conditioning, and individual skill work) and does not allow for pairing or grouping within other non-identified disciplines.

Coaches are still required to maintain social distancing with no permitted contact between coaches and gymnasts, unless following the Return to Coach Contact Framework.
Reporting concerns

Covid-19 Concerns:
If you are concerned about any matters regarding Covid-19 at your child’s gymnastics facility, in the first instance contact the facility’s Covid-19 representative or the Welfare Officer.

Health and Safety Concerns:
England – contact the Health and Safety Executive at www.hse.gov.uk or 0300 003 1647
Northern Ireland - contact the Health and Safety Executive NI at www.hseni.gov.uk or 0800 0320 121

Safeguarding Concerns:
If an incident or concern is important and you think a child is in immediate danger of abuse or at risk of significant harm or are in need of protection, call the Police on 999 and/or your local Social Services.
To report safeguarding concerns, in the first instance contact your facility’s Welfare Officer. Further information regarding the safeguarding and protection of children can be found on the British Gymnastics Website.