

Step Forward Plan



Return to gymnastics Parents' guide

This guide will outline what you can expect when your child returns to their gymnastics sessions.



Introduction

Each gymnastics facility will have their own procedures and guidelines; therefore, we strongly recommend referring to relevant websites, social media pages or information packs that are provided to ensure that you are kept up to date with the most current information in relation to your child's gymnastics sessions. There is no "one size fits all" regarding how a facility is restarting their gymnastics activity so be mindful of this if comparing to how another venue is operating.

Your gymnastics facility may not yet be open due to operating from a non-dedicated facility such as a leisure centre or school, or they may be still planning or preparing to reopen. We are working with school and leisure partners to get all gymnastics provision up and running to ensure that everyone can enjoy our sport again.

Early communication with your child's gymnastics facility/coaches prior to returning is important to make them aware of or to discuss:

- > any additional support required, such as a reintegration plan
- > any new additional needs
- > change of circumstances
- > new or existing medical issues that you or your child are concerned about, including storage of medication
- > general concerns or worries
- > if your family has been directly affected by Covid-19, for example a bereavement

Informing or requesting a meeting will help the coaching team plan to support your child and risk assess, ensuring that planned activities are suitable, and everyone who wants to enjoy gymnastics can do so safely.

British Gymnastics in conjunction with the Home Countries has worked hard to produce the Step Forward Plan which includes support, toolkits and resources for our clubs, registered partners, workforce and members which follows relevant government guidelines allowing gymnastics to return safely.

To ensure a safe return to gymnastics, all member clubs and registered partners are required to:

- > Complete a Covid-19 risk assessment (or update existing risk assessments) and appoint a competent Covid-19 representative or officer, who is responsible for ensuring the appropriate risk assessments are carried out and the control measures are in place and being followed.
- > Demonstrate increased hygiene measures including frequent cleaning of equipment and/or the venue and handwashing or sanitising procedures throughout the venue and sessions.
- > Meet the [Department for Digital, Culture, Media and Sport \(DCMS\) guidance](#) (or home country equivalent) for capacity within their sessions and comply with current social distancing regulations whilst ensuring British Gymnastics gymnast to coach/teacher ratios and safeguarding policies (and all other usual policies) are followed at all times.
- > Regularly communicate and publish information on adapted operating procedures and risk assessments that reduce the risks of transmission to all workforce, members and stakeholders.

Evidence of meeting the above can be requested by you to provide reassurance that the appropriate safeguards and procedures are in place by the club/partner for a safe return.



Covid-19 and self-isolation information

It is important that you follow government guidelines on self-isolation and inform the relevant person at your facility, as your child will be not be able to attend training, if you, your child or anyone in your household:

- > displays symptoms of Covid-19
- > has tested positive for Covid-19

Anyone returning to the UK after travelling from a non-exempt country must follow government guidelines on self-isolation.

Covid-19 how to self-isolate when you travel to the UK

You must not return your child to their session until they have been isolated for the required time. For all relevant information regarding possible or confirmed cases of Coronavirus please see the:

Covid-19 household guidance



Before Returning

Before your child returns to their gymnastics sessions, there may be differences that you need to be aware of:

1. Each building will have different policies in place, this could include screening prior to entering the building. This may involve a temperature check, a short questionnaire or reading guidance before entering the building.
2. Timetables will have been carefully planned to manage cross over times, so it is important that you are on time for arrival and collection of your child.
3. One way systems may be in place, ensure that you and your child are aware of any changes to entry and exits. Your child may be asked to enter the building without a parent to reduce the amount of people gathering inside the venue and ensure social distancing guidance is adhered to. You may need to collect your child from a different exit, so it is important that you and your child understand where to meet.
4. Policies on viewing gymnastics sessions may have changed due to capacity restrictions and to ensure social distancing guidelines are adhered to. If you feel you need to remain in the facility or view your child's session, it's important that in advance of attendance you open discussion with the coaching team or management regarding your specific need or request.
5. Changing rooms may not be in use, so it is important that your child arrives dressed ready for their session, including ensuring that long hair is tied up and the facility's jewellery policy is followed as coaches will not be able to assist with this. Space for clothing and bags may be restricted so it is a good idea to send your child with as little as possible to their session.
6. Your child may be required to take their own apparatus or training aids into their session. Check what additional equipment your child may need. It is also a good idea to name all their belongings and clothing to avoid it getting lost! Provide your child with a kit bag to keep all their belongings safe.



Whilst Attending

You and your child will notice some changes within the facility and the way sessions are delivered, these are to ensure that the gym and activity is safe.

- 1. Cleaning the gym regularly.**
- 2. Additional hygiene procedures, such as hand washing/hand sanitising.**
- 3. People within the facility may be wearing face masks.**
- 4. Session structure and group sizes may have been adapted to ensure everyone is safe and that guidelines can be adhered to.**
- 5. Floor markers and new signage may help gymnasts know how to safely move between areas in the gym.**
- 6. Some equipment may be out of use, this is to keep everyone safe.**
- 7. Following social distancing guidance, coaches will not physically support your child during activity, unless to prevent an accident or in an emergency.**
- 8. Coaches have been advised to plan a phased, progressive, fun, and inclusive return to activity ensuring that gymnasts' physical health, fitness and their mental health is considered.**



What to expect after your session

Following the session, you may notice some changes. These could include:

- 1. There may not be the opportunity to discuss your child's progress or ask questions. It is advised that you contact the relevant person via email or telephone to discuss any queries, concerns or questions you may have about your child or their session.**
- 2. Your child may be given some activities to complete at home or asked to join a gymnastics activity online. These should be completed in a safe space.**
- 3. Ensure that your child has all their belongings prior to leaving and that they are clearly labelled with your child's name.**



How can you support your child?

Before coming to gymnastics, discuss the changes to sessions and activities to help your child understand what to expect and help reassure them.

1. Discuss with your child the importance of hand washing and hand sanitising and help them understand any new processes within their facility.
2. Ensure they understand what social distancing is, and why it is important.
3. Help them understand how social distancing may alter the way their session works:
 - > Coaches will not be physically supporting them.
 - > Sharing of apparatus or equipment will be restricted. Some apparatus may not be in use if it is not able to be suitably cleaned.
 - > They may not be in the same gymnastics group as they were previously, and therefore may not be with all of their gymnastics friends. Groups may be smaller or split to allow for social distancing and cater for maximum group sizes.
 - > Gymnasts will be unable to hug or high five their friends. Encourage them to create a fun wave or creative dance greeting.
4. Your child may not return to the same level of gymnastics they were previously at and progress will take time. Reassuring them that everyone else is in the same position may help manage this.
5. Ensure they understand the importance of following coaches' instructions.
6. Make sure your child knows who they can speak to if they are worried about anything in their session, such as a coach, or Welfare Officer or Safeguarding Officer.



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 or Safeguarding Officer.

Or the Health and Safety Executive at www.hse.gov.uk or 0300 003 1647

Welfare and 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 or Safeguarding Officer.

Further information regarding the safeguarding and protection of children can be found on the [British Gymnastics Website](https://www.britishgymnastics.org)

National contacts:

England and Northern Ireland
safeguarding@british-gymnastics.org or 0345 129 7129

Scotland
safeguarding@scottishgymnastics.org

Wales
contactus@welshgymnastics.org

Further Support:

England and Northern Ireland
customersupport@british-gymnastics.org

Wales
contactus@welshgymnastics.org

Scotland
membership@scottishgymnastics.org

Working together
for a safe return
to gymnastics

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