

Additional Policies and Procedures – Updated 15/02/22

This document details additional policies and procedures that have been implemented to ensure that we, as a club, adhere to the guidelines as set out by British Gymnastics and the local Government.

As a club, we require ALL members to read and understand the contents of this document, ensuring that you adhere to all procedures at all times. Should a member be found to be in breach of any of these procedures, they will be asked to leave the gym, and will be permitted to return when in full compliance.

With that said, it is vitally important that LXGC continues to remain a place where our members can enjoy the wonderful sport of gymnastics in a fun and safe environment. We have designed our new procedures to have as little impact on our gymnasts as possible – the last thing we want is for the children to attend class and feel like they are severely restricted, or to create an environment in which they may feel unsafe/nervous.

As a club, we recognise that, while local restrictions have been lifted on 15th February 2022, guidance remains in place. We understand that members may remain anxious due to the ongoing rates of Community Transmission of Covid. The purpose of this document is to strike a sensible balance between Government Guidance and mitigations in place to help maintain the safety of all members and their extended families, whilst allowing our gymnasts to continue to enjoy the sport.

Should you have any questions on anything contained within this document, please feel free to contact the gym on 02890602776 to discuss further. Alternatively, you can email us at office@lxgymnastics.com

Training Groups

Classes will revert to pre-Covid conditions, ie, gymnasts will be allocated a group in class, with a dedicated coach. This group will rotate around the apparatus together. Gymnasts will take part in a group warm up.

Groups will be allocated based on age, ability etc, to ensure an optimum learning environment.

One Way System – Unit 1

We have introduced a one-way system for entering/exiting the gym. This is to allow us to ensure that there is no cross over between classes, therefore reducing potential contact and minimising risk as much as possible.

Gymnasts will enter the gym via the **fire exit door** (beside the shutters), where a coach will be stationed to mark them into the register.

Gymnasts will leave via the **main front door**. Gymnasts will only be released when a parent/guardian presents themselves. Dispersal will be fully supervised by a member of staff. Gymnasts will be held in the Parent's area until their parent/guardian is present.

In the interest of Health and Safety, parents are asked to park in the car park when dropping off/collecting their child. Parents should also exercise caution at drop off/collection.

Entry and Exit for Unit 2

The entry and exit procedures for Unit 2 are the same as detailed above, with the exception of different entry/exit points.

Gymnasts will enter/exit using the main front door.

Reduced Class sizes

We no longer have restrictions on class sizes.

LXGC will operate under our previous coaching ratios to ensure that high quality teaching and programming is provided at all times.

Storage of Personal Belongings

Gymnasts must arrive ready for class. All personal belongings must be stored in a suitable lightweight bag (we recommend a drawstring bag). These bags will be hung up on the relevant peg located within the gym (pegs are colour coded to match your child's bubble). Parent Rooms are not to be used for storage of belongings.

Track and Trace System

It is imperative that you provide us with an up to date contact telephone number and email address. These details should remain fully up to date using our Class4Kids system.

Should we be notified of illness, we will contact every member in the same bubble to discuss next steps.

Please note, this is a legal requirement.

Hand Sanitising Stations

We have installed a number of hand sanitising stations in the gym. Gymnasts and coaches are encouraged to practice good hand hygiene at all times. All members will be required to sanitise their hands before entering and exiting the building.

We do not require the wearing of face masks for gymnasts, however, should you wish, the wearing of a face mask is permitted (as long as it does not impair vision)

Enhanced Cleaning Schedule

We have always had a robust and thorough cleaning regime in place. However, given the current circumstances, we have introduced enhanced cleaning procedures.

Front Office/Foyer

Please note that, due to social distancing measures in place, only one person is permitted into the foyer for access to the office at any one time. Please form an orderly queue outside the foyer.

We would suggest that, where possible, emailing a query etc is the preferred option. The office email address is office@lxgymnastics.com

Queried Cases

In order to keep LXGC COVID Secure, we require all members to play their part. We acknowledge that local guidance does not require children to isolate if a sibling is positive, however, we would ask parents to exercise good judgement in deciding if it is appropriate for their child to attend class.

Parents should consider how likely it is for their child to develop symptoms based upon contact with the positive case. If a parent feels that it is likely that their child may develop symptoms and/or return a positive test, we ask that your child does not attend class in the interests of safety.

LXGC reserves the right to enforce non-attendance for siblings of a positive case if we deem it to be in the best interests of the wider membership base.

Gymnasts attending multiple classes

Gymnasts can attend multiple classes again.

Make Up classes

Make Up classes will be reintroduced from Term 6.

Make Up classes must be arranged via the office – email is the preferred option -and is subject to availability.

Make Up classes must be arranged in advance and cannot be awarded retrospectively.

Parents Room Access

Our Parents Rooms will reopen on Monday 14th March, in line with Term 6.

Parents are permitted to enter 10 minutes after the start of class (gymnasts should still enter via the normal entry point to maintain a 1-way system). Parents must exit the Parents Room 10 minutes before class finishes to ensure that social contact is reduced with other children. This will also allow staff to sanitise all touch points.

Parents are asked to socially distance while inside the building and wear a face mask where possible (unless medically exempt). Although the wearing of face masks is no longer mandated, local guidance remains in place, and LXGC wishes to follow a cautious approach to normality.

LXGC reserves the right to close the Parent's Room, or ask an adult to vacate the area if they are found to be in breach of the above procedures. The Health and Safety of our members is of the utmost importance.

Further Reviews

LXGC will continue to review our policies and risk assessments every 5 weeks, in line with each term. LXGC reserves the right to amend all policies in the interests of the health and safety of all members. Should any policies or procedures require amending, the amendments will come into place from the following term (unless required sooner)

Additional Procedures

- Gymnasts should arrive ready for class. Changing facilities are unable to be open at this time. We suggest wearing sliders/crocs/slip on shoes for ease.
- Gymnasts must bring their own water bottle as cups will not be provided (please ensure that the water bottle is marked with your child's name)
- Socks must be worn **AT ALL TIMES** – these socks must have rubber gripping on the sole to prevent slips and falls. Gymnasts without socks will not be permitted to enter the gym.
- No food shall be permitted in the building
- It is not possible to request a change of class during a term. Change requests can be considered at the end of each term.