

Birmingham Flames Gymnastics Club

Parent and gymnast information sheet

This information pack is written to help you, and your child (page 4 and 5) to prepare for a safe return to gymnastics at Flames Gymnastics club. Firstly, I would like to thank you for your patience whilst we have worked with the university to meet all of their requirements as well as those of British Gymnastics and government guidance. I know how hard this has been, especially as we had the government 'go ahead' several weeks ago, but your child's safety and that of our coaches is too important for us to not ensure all risk assessments are approved and the environment declared safe for us to use.

Although we don't yet have a definite date to re-start, as we do get closer to returning, it is important to make us aware of or call us to discuss:

- any additional support required for your child
- any new additional needs
- any 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

Please let us know about any of these, which 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. Sport England has confirmed that gymnastics is not impacted by the government's recent announcement to reduce social gatherings to groups of no more than six people.

Now onto the things you and your child will need to be aware of and think about when returning:

Think before you go

It's important that we enjoy our return to gymnastics in Covid-secure environments and therefore we will ask you to make sure you / your child:

- Wash hands regularly
- Stay away from gymnastics if you feel unwell
- Social distance (we will work to the 2m rule to avoid the need for masks in the gym)
- Listen to instructions from coaches
- Arrive in your leotard (with suitable outer clothing over the top) and hair tied back as necessary as changing rooms will only be available for children to use the toilet when needed
- Bring a bag which will be used to store outdoor clothing and other items required for training
- In your bag carry your own water (in a leakproof bottle – only water will be allowed in the gym), chalk, handguards, gloves/loops, weights, roller as appropriate. Gymnasts will not be allowed to share drink bottles, chalk, weights etc

New procedures in place

There are new procedures in place for before, during and after your session. These are:

- **Arrive at the gym as close to your class time as possible** – please do not attempt to drop off your child more than 5 minutes before class without checking with the coaching team first
- **Please collect your child no later than 5 minutes after the pick up time**
- If you arrive early, please remain in your vehicle or away from the building until the correct time (if you use public transport, please let us know before hand as we will need to make individual arrangements to avoid standing outside for any length of time)
- When outside please remember to social distance if you wish to catch up with other parents
- **Please bring your child to the main front entrance** (where you have always dropped off your child). Parents will not be able to enter / stay in the building and will be asked to remain in their vehicle if wanting to wait. Public transport users please speak to us about how we can support you to wait for your child.
- **A coach or club official will greet your child** and ensure you have no messages or need to speak to the head coach for the session.
- Your child will **use hand sanitiser** on entering the building, remove shoes and outdoor clothing and place these in their bag and then go immediately downstairs. When downstairs all gymnasts will go through the first door to the **men's gym, gymnasts will leave their bags** in the mens gym, where there is plenty of space for children to space themselves out.
- When ready to go into the main gym, gymnasts will **leave the men's gym via the second door (ballet barre end of the gym) into the corridor and then through the mens changing area to enter the gym** (we do not have any men requiring to use these facilities when we are in the centre)
- On their way through the changing area, gymnasts should **sanitise or wash their hands** thoroughly
- Please be aware that under British Gymnastics current rules, coaches are not allowed to 'spot' or 'support' gymnasts (or touch other than in an emergency), and therefore sessions will be planned with activities that do not require hands-on support to do safely.
- When moving between apparatus, coaches will ensure gymnasts maintain social distancing and follow one way routes – to leave the main gym through the female changing facility, and to enter the gym through the male changing facility. Queuing for the vault will take place in the corridor between the gym and the stairs and doors will be kept open
- The doors in the gym will be kept open to ensure good ventilation
- Mats will be used in the pits whenever possible to reduce contact with the foam
- At the end of the session, some gymnasts may be asked to assist in wiping clean the plastic mats – each club has been asked to do this so that the next session in does not need to worry about the cleanliness of the mats
- At the end of the session, gymnasts will not return upstairs but a coach or club official will bring your child for you to **collect from the door at the rear of the gym** (this is the door at the far side of the gym when you approach the outside of the gym from the car park), this will allow a one-way flow of children

- Throughout the session, a **chaperone** will remain in the upstairs room and will ensure parents are contacted should there be any concern
- Capacity restrictions – we anticipate being able to accommodate all gymnasts in to sessions, but may ask you to change training session or arrive later / earlier than usual if we are unable to cater for the number of children in the session
- All children are asked to bring their own hand sanitiser with them and use this regularly through the session – in between their goes on the apparatus and also when moving between apparatus
- Coaches will regularly remind gymnasts to do so, and will also encourage children to avoid touching their face, and in particular to avoid touching their eyes, nose or mouth
- The university will be arranging floor markers and signage for corridors.

Session changes

After months away from the gym, coaches have been advised to plan a phased, fun, and inclusive return to activity, ensuring that all gymnasts' physical and mental health is considered. This means gymnasts may have to practice certain skills more than others at this time. Due to capacity restrictions, groups may be split and gymnasts may be asked to practice in certain areas of the gym to ensure social distancing guidelines are adhered to. Sessions may also be shorter in length to allow time for extra cleaning and crossover of classes within the venue. At this time we do not envisage any shorter sessions but will review the situation when we return. Competition gymnasts will not return to long Saturday training immediately, there will be a phased return over a couple of weeks to avoid sore hands, sore muscles and excessive tiredness.

Post session

Due to the timings of sessions, parents may not have the opportunity to discuss their child's progress with their coach after their class however, if you contact the club by phone (07973 209 630) or email (ajl1808@btinternet.com) to discuss any queries, concerns or questions you may have about your child or their session. Of course, if you have any immediate concerns regarding Covid-19 or a child's welfare then this should be reported immediately to the head coach or the Welfare Officer Ruth Clarke (ruthclarke@sky.com) .

If you are unsure about any aspect of this information pack please email ajl1808@btinternet.com or phone 07973 209 630

Welcoming everyone back into the gym is an exciting time!

Your gymnastics sessions may be different to how they were previously, so we have prepared some information on staying safe, and what your gymnastics sessions might look like. This information will help you understand the changes at your gym, what you can expect from your coaches, and what might be expected of you. You may be feeling worried or nervous about returning to your gymnastics sessions and we want you to remember that that's ok! It is important to remember that if you do feel worried at any time, or you have a question, you can speak to your parents, one of your coaches, or the Welfare Officer or Safeguarding Officer at your gym.

Have a read through the information we have provided and why not have a chat to a parent/ guardian, or one of your coaches if you have any other questions

Staying safe

We want you to be as safe as possible during your gymnastics sessions so your coaches will be reminding you of things needed that keep everyone safe.

Washing your hands

You will need to make sure you follow instructions from your coach on washing your hands and hand sanitising throughout your gymnastics session. It is important to regularly wash your hands before, during, and after your gymnastics session to keep them clean.

Social distancing

We know how hard it is going to be when you see your friends not to give them a hug, but it is important that you always keep a safe distance from other people, including your friends. Why not give them a wave instead or make up a cool new dance greeting! Your coach will remind you about keeping a safe distance and they may even set out markers on the floor to help you.

What should you do if you feel unwell?

If you feel unwell before or after the session let your parent/guardian know. We know you won't want to miss a session, but it is much better to stay at home to keep you and everyone as safe as possible. If you start to feel unwell whilst taking part in a session let your coach know straight away. They may take you to a separate room whilst you wait for someone to collect you, but it is important not to worry, your coach is just trying to keep you and everyone else safe.

Listen to instructions

It is very important that you listen to and follow all instructions given by your coaches, such as where to put your belongings, where they would like you to stand and what equipment you can use. These instructions are to help keep you and the other gymnasts safe. If you don't understand something or have a question, don't be afraid to ask! Your coaches are there to help you and to make sure everyone stays safe whilst having fun!

My gymnastics session

It's exciting to be back in the gym but things may look and feel a bit different. Your coach will explain these changes and show you how to move around the gym.

If you are worried about anything in your session speak to your coach. Their job is to keep you safe and make sure everyone has fun!

Only bring what you need

When you come to your gymnastics session only bring with you what you need, leave anything that you don't need at home. Check with your coach what you will need for the session. Bring a bag so you can keep all your belongings neat and tidy. Follow instructions from your coach as they will let you know where to put your belongings whilst you take part in your session.

Getting ready for your gymnastics session

It is important that you arrive ready for your session before you enter the gym. This includes making sure you have your gymnastics clothing on as the changing rooms in your facility may not be open. Make sure you don't have too many other pieces of clothing on so you can remove them easily when it's time to start. Being ready also includes having long hair tied up so it won't get in your way and removing any jewellery. Your coach won't be able to help you with this as they might have done before.

At the end of your session remember to collect all your belongings. Your coach will direct you on how to leave the gym.

Group changes

Your gymnastics training group might have changed. Group sizes will now be smaller and some of your gymnastics friends might now be in another session. When in the gym it is important to remember to stay in the area that your coach has told you to. Remember to keep a look out for signs and floor markers and not to hug and high five your friends, instead use a fun wave or dance!

Activity & equipment

Your gymnastics and the activities you take part in may be different from when you were last in the gym. Your coaches will plan fun sessions to get you back into gymnastics. Don't worry about not being able to do activities that you could before, it's the same for everyone. Coaches will be following the same social distancing guidelines as you so will not plan activities where they need to support. This is necessary to keep you safe and avoid injury. Some areas and equipment might be closed off. This is to keep you safe. Your coach will show you what equipment can be used, and how and when to use it.

If you are worried, who can you talk to?

If you are worried about something or someone has hurt or upset you or someone you know, don't keep it to yourself, always tell someone!

There is always a dedicated person at your facility who you can talk to about anything you may be worried about; they may be called the Welfare or Safeguarding Officer. They are specially trained adults whose job it is to help. You and your parents can talk to them if you are sad or something is worrying you.

If there isn't someone you feel that you can talk to, you can call or visit:

Childline (Free) 0800 1111 www.childline.org.uk; NSPCC Helpline: 0808 800 5000

www.nspcc.org.uk www.safetynetkids.org.uk ; www.gov.uk