**Gymnastics With Nikki - Controls Now in Place**

**Children and Parents arriving on site**

1. Classes will have a 10 min gap in between to avoid cross over of gymnasts arriving/leaving.
2. Gymnasts should come in their gym stuff as the room off the hall for putting your shoes/jackets will not be used just now.
3. Coaches will sign gymnasts in before class & out after class.
4. Parents should drop the kids off & not enter the premises without prior arrangements.
5. The kitchen for tea/coffee, the hallway for spectating are now out of bounds for visitors.
6. Face masks worn in communal areas by everyone in the building.

**Droplets or virus being live on equipment & high touch areas**

1. All equipment will be cleaned with a suitable disinfectant.
2. Mats will be wiped down after every session, before a new class starts.
3. Sign off that equipment has been wiped down before the start of the next session.
4. Every door handle will be cleaned & doors kept open where possible, so no one needs to use door handles or push pads to open doors.
5. Clean door buzzer with disinfectant.

**Sneezing, Coughing**

1. Good hygiene practice in place.
2. Support younger members in the education of how to follow good hygiene procedures.
3. Tissues available.
4. Hand sanitizer stations available for use.
5. Bins are cleaned after each training session.
6. Cough and sneeze into the crook of their elbow.

**Identification of potential infection:**

**- Cough**

**- Fever**

**- Shortness of breath**

**- Sore throat**

1. Isolation area available to accommodate person/s suspected of having Covid-19 & parent called.
2. No participation by any child should any family member in the household be self-isolating.
3. Anyone showing symptoms are sent home for isolation and follow the Governments ‘Test and Protect’ system.

**Returning from a category 1 or 2 country**

Category 1 Countries

Travellers should self-isolate, even if asymptomatic, and use the 111 online coronavirus service to find out what to do next. Go home or to your destination and then self-isolate.

Category 2 Countries

Travellers do not need to undertake any special measures, but if they develop symptoms, they should self-isolate and call NHS 111.

**Emergency Incidents/application First Aid**

1. First Aiders to be aware of the symptoms of Covid-19.
2. First aid equipment and stock of PPE to be checked and stocked regularly.
3. First aid risk assessment completed & first aiders aware of the procedure and most up to date practices, to sanitize thoroughly and where minor symptoms shown in future days to get tested using government guidance.
4. PPE provided for the purpose of first aid

**Waste management emptying bins & cleaning**

1. Wearing of PPE that is suitable to the cleaning tasks.
2. Detailing cleaning schedule that is reviewed regularly following government guidance.
3. Wash hands for 20+ seconds with hand wash.
4. Have colour system in place for cleaning equipment for different areas.
5. Training on waste management as required.
6. Bins emptied regularly as part of cleaning schedules.

**Common areas Including entrance, exit, toilets**

1. Social distancing markers, signage and layout prepared.
2. Kitchen for tea & coffee temporarily closed off.
3. Storage room for keeping shoes, jackets & belongings temporarily closed off.
4. Layout plan of building adapted, and signage placed to enforce one-way system & social distancing.
5. Hand sanitizer stations placed at different points around the facility.
6. High touch areas cleaned regularly throughout the day.
7. Parents are not to wait inside the facility whilst training is taking place unless prior arrangement agreed.

**General running of classes**

1. Training sessions will be reduced to a minimum number of participants.
2. Parents and coaches are reminded that anyone at home who is deemed vulnerable (new and expectant mother, elderly) should not attend any sessions until further notice.
3. Gymnasts, parents & coaches to be update on the operational logistics and new increased hygiene measures.

**Leaving the Gym**

1. Children will be lined up in their groups and taken to wash their hands before being collected by parents at the outside door.
2. Gymnasts who are not collected at said time will be moved to an isolated area so not to cross contaminate if newcomers are arriving.
3. At the end of the training day all door handles & high touch areas will be wiped with disinfectant.
4. Outside door handle will be sanitized when door is locked.