

Return to Coach Supporting Policy – Southampton Gymnastics Club

Southampton Gymnastics Club's Return to Coach Supporting Policy applies to anyone involved with regulated gymnastics activity. This Policy is in addition to any existing Policies or Codes of Conduct, which should continue to be complied with.

The health and safety of the members and staff at Southampton Gymnastics Club is paramount. The return of Coach supporting has been cautiously dealt with; but we now feel it is the right time to re-introduce it. Coach supporting will enable gymnasts to safely learn and progress new skills, and regain skills they may have learnt before COVID. Coaches and gymnasts may opt out of supporting and being supported.

What is Coach Support?

Coach Supporting is the manual support of gymnastics skills.

Gymnastics elements are movements which often require gymnasts to learn the coordination of a new skill. Beginners need to learn such things as rolling, handstands and jumping onto a vault, and at the higher end they learn elements like multiple somersaults. It is imperative that safe development is at the heart of every gymnastics coach's process for the safer learning of gymnastics skills of the gymnast and forms a significant part of their coach education. Manual support of these progressions and learning of skills for the gymnast is often required (depending on the complexity of the skill), especially when the participant is attempting them for the first time. The coach has a duty of care to ensure the participant understands the requirements of the progression/activity and can safely attempt it, therefore manual support in the initial attempts is critical for the learning of the gymnast and their progress.

Control Measures

Hygiene:

- Good hand hygiene must always be maintained. All members should wash or sanitise their hands before, during and after a session.
- Hand sanitiser should be used at all breaks in training and before and after consuming any food or drinks. Food and drink must not be shared, including their bottles.

Signs of Ill-Health/Covid-19 Symptoms:

- Anyone displaying Coronavirus symptoms or feeling unwell must stay at home, follow government guidance, inform the relevant Test and Trace system and seek medical advice.
- Members should maintain good etiquette if they cough or sneeze.

Cleaning:

- Regular cleaning will continue to be implemented for equipment and the facility, including;
 - Cleaning of high touch areas daily
 - Cleaning of high touch equipment at the end of each session

- Spray down of all equipment and flooring at the end of each day

Masks:

- All coaches to wear a face covering or visor whilst undertaking handling of gymnasts (unless medically exempt)

Isolation:

- Anyone who tests positive to COVID should follow Government guidelines and self-isolate for 10 days.
- Anyone who is fully vaccinated or under 18 that has been in close contact with someone who has tested positive for COVID, must take a PCR test and not return to the gymnastics club until a negative result has been received.
- Anyone over the age of 18 who is not fully vaccinated is required to follow the Government guidelines and isolate for 10 days.

Southampton Gymnastics Club remains responsible for:

- Following British Gymnastics, National and Local Government guidance for indoor sport and all other relevant guidance specific to circumstance.
- Ensuring measures listed in the Coach Support Policy are adhered too by all members, staff and coaches.
- Contacting anyone who has been identified as a close contact if a coach or gymnast tests positive for COVID
- Ensuring all members and coaches are informed of the opt-out option for the return to coach support. Those who opt-out can still continue to take part in activities, however sessions may be adapted accordingly.

Coaches remain responsible for:

- Ensuring the measures are adhered to during the sessions they coach – Hygiene, Covid 19 Symptoms, Cleaning, Masks & Isolation.
- Making session adjustments for any members who opt-out of coach contact
- Informing the club as a matter of urgency, if coach tests positive for COVID, and has been in the club 48 hours prior to displaying symptoms or a positive test result.
- Following the points listed above in 'Isolation', if a coach has been a close contact

Members (and Parents/Carers) remain responsible for:

- Following the good hand hygiene measures set out in this policy
- Anyone displaying COVID symptoms or feeling unwell must stay at home, follow government guidance, inform the relevant Test and Trace system and seek medical advice.
- Informing the club as a matter of urgency, if a member tests positive for COVID-19, and has been in the club 48 hours prior to displaying symptoms / a positive test result.
- Following the points listed above in 'Isolation', if a member has been a close contact.

The Club's Covid-19 officer should be informed immediately if anyone breaks any of the above, and proportionate action should be taken.