



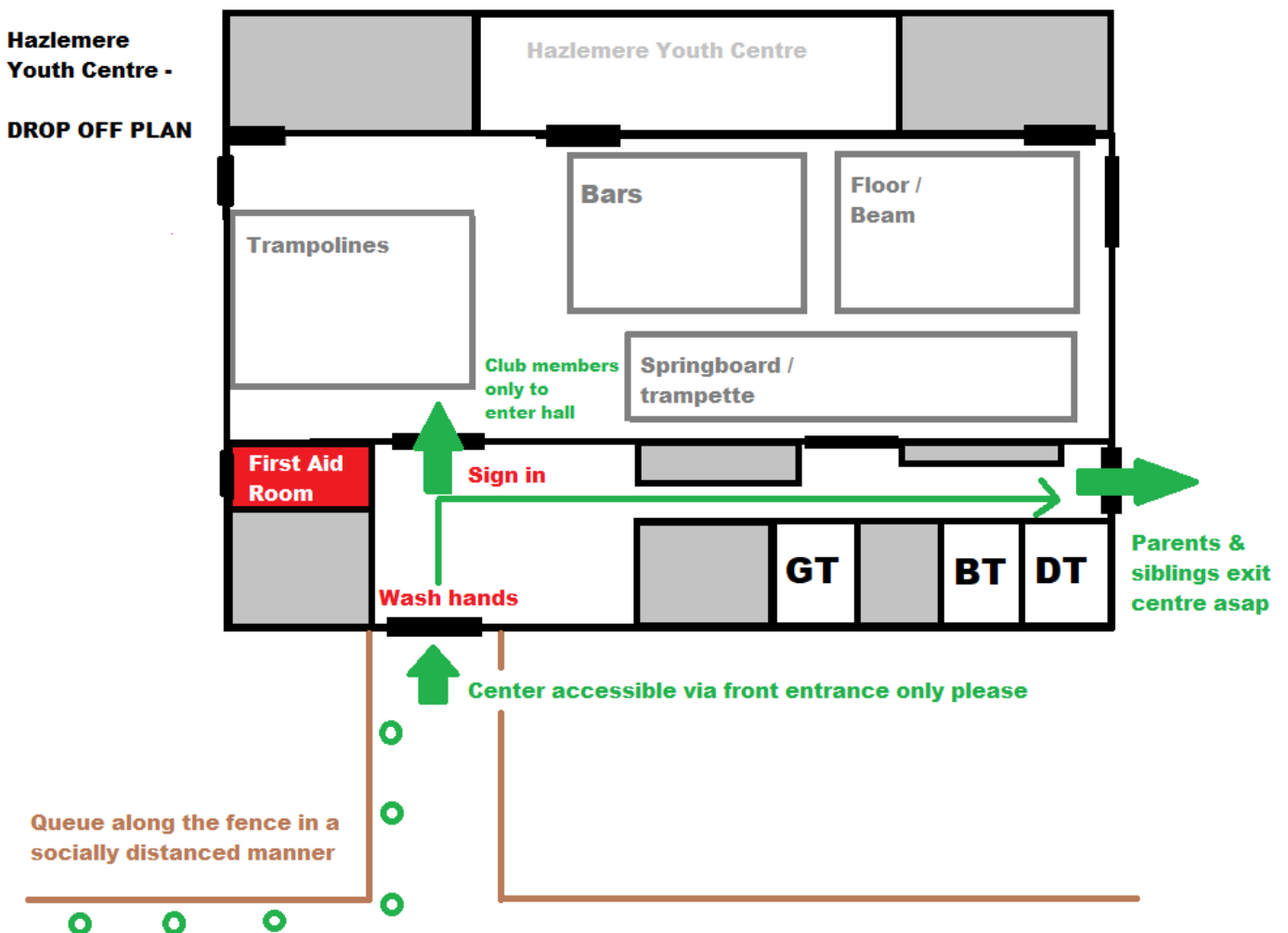
COVID Guidelines for Parents

As we return to training at Hazlemere Youth Centre we have new measures to put in place as a club to make sure that all parents, gymnasts and coaches are working together to make the environment as Covid Secure as possible. We appreciate your support in helping us return to training safely!

- We would advise those gymnasts who are clinically vulnerable or who live with someone who is to hold off from returning to training at present.
- If a gymnast or anyone in your household is sick or shows any sign of Covid symptoms do not attend training. You must follow the government guidelines and quarantine for 14 days or get tested.
- Government advice is to limit the number of clubs and outside school activities your child does so that they are not mixing with multiple groups of children. They also advise to go to local clubs where possible.
- If you have no car try to walk or cycle to club rather than taking public transport.
- If you travel to club by car please avoid giving lifts to club members who are outside your household if possible, unless the other club member is already in a set Bubble with your child, for example at school. Then please consider adults wearing a mask in the car and opening windows for ventilation.
- Please limit drop offs and pick ups to one parent and no siblings where possible. We do understand this is not always possible so when siblings are present please make sure that they do not touch anything or use the toilets etc as they walk through the centre for the drop off.
- It is important that you keep a record of exactly who drops off and picks up your child each week and any siblings that were present etc, in case we need to gather this information from you to pass on to track and trace.
- All gymnasts must be dropped off for their session already changed and ready for gymnastics. They may enter the hall with their shoes & socks and gymnastics kit on and with a water bottle in hand. All coats etc must be taken away by parents and put on again at the door at pick up.
- **DURING SESSIONS:** Wherever possible we will keep club members in the same session and group, with the same key group coach throughout the term. All coaches will have face shields to use when necessary and the plan is to keep all coaches and gymnasts 2 meters apart at all times throughout the session. Equipment will be wiped down between each group rotation and children will be expected to sanitize their hands and feet regularly throughout their session. Please prepare your child for this before they return to training so that they know what to expect.

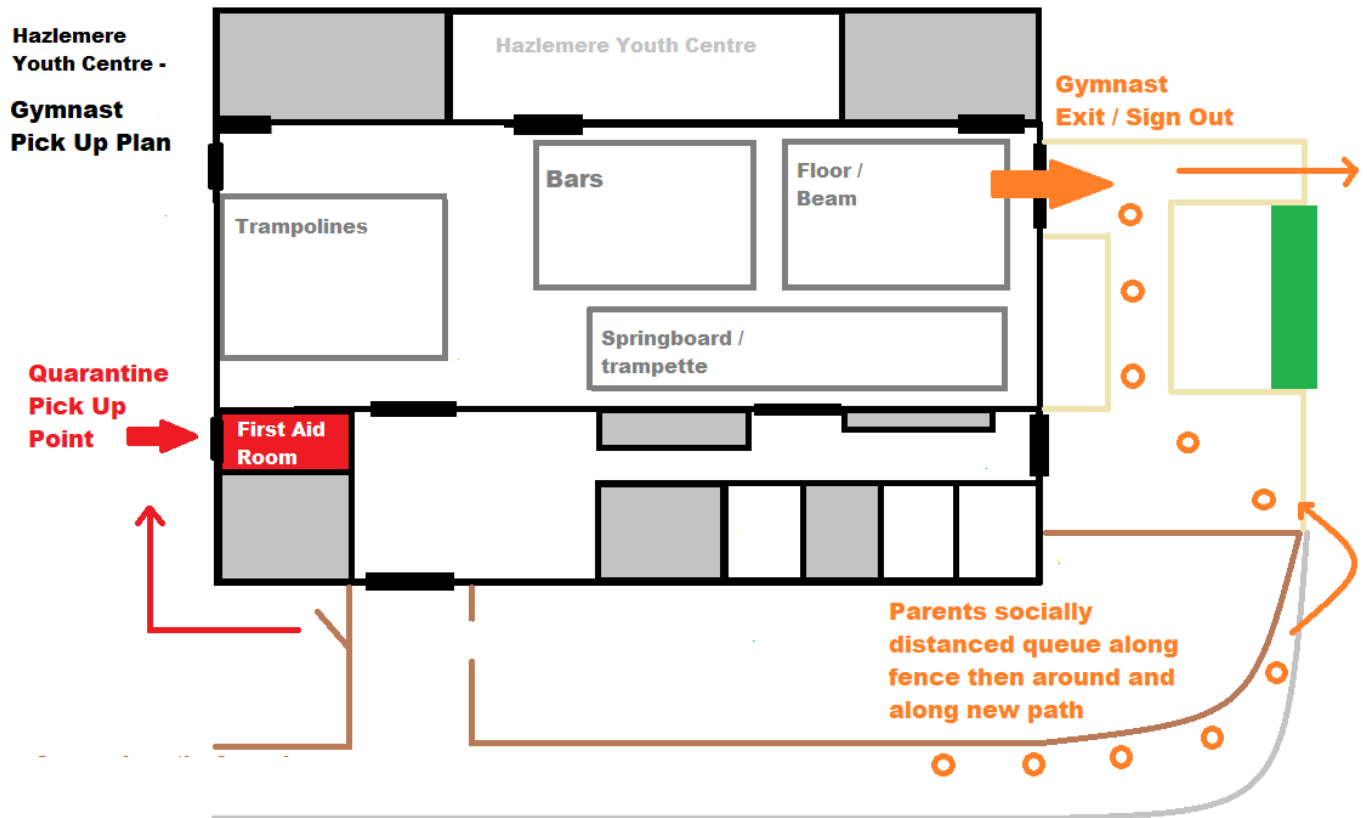
DROP OFF

- Doors will open 5 minutes or so before each class begins. Drop off will be via the front entrance of the youth centre and you will need to queue in a socially distanced manner sticking to the floor markings from the front entrance along the tall fence on the left and then close to the fence moving away from the youth centre towards the park.
- Council guidelines are that over 11s entering the centre must wear a face mask unless they are actively involved in the session. Please email us before the start of term if you have a medical exemption in place regarding face masks.
- Upon entering the building, the gymnasts must wash their hands for 20 seconds at the handwash station and all parents and siblings please use the hand sanitizer provided. Once this is done you may move forwards to the sign in desk if this is free where we will sign your child in and take their temperature before they enter the hall using the doors straight in front of the main entrance. Any child with a temperature reading of over 37.8° will not be able to attend their session but will need to go home & their household follow government guidelines regarding quarantine and testing.
- Once your child has gone into the hall parents and siblings must immediately go through into the right-hand corridor, past the toilets and leave the centre using the fire exit at the end, keeping to the social distancing markers.



PICK UP

- Pick up from all classes will be from the back right hand side fire exit, marked on the floor plan provided below. You will need to queue in a socially distanced manner along the walkway provided across the grass and back out to the road and around onto the path in front of the centre if necessary.
- PLEASE BE PROMPT FOR YOUR CHILD'S PICK UP – if you arrive after the side door has been closed you will have to queue with the parents dropping off for the next class and come in via the front entrance as your child will then be waiting for you in the foyer area with the coach on the Sign In Desk.



IF YOUR CHILD BECOMES POORLY DURING A CLASS

- If an individual becomes unwell with a new continuous cough or a high temperature while at club, we will ring their parents and they will be moved to the quarantine area (the new first aid room as indicated on the floor plan) to wait for their emergency contact person to pick them up. The coach supervising will wear PPE if they are unable to keep a 2m distance for any reason. Pick up will in this case will be from the Quarantine pick up point as indicated on the floor plan above.
- Anyone who has been in contact with the sick person does not need to leave unless they also develop symptoms but they must wash their hands thoroughly and any areas that have been used by the sick person must be closed off and not used again until the areas have been cleaned and disinfected.
- Anyone who exhibits Covid-19 symptoms should be sent home and self-isolate for 7 days, and book a test. Their household members should self-isolate for 14 days.
- If someone tests negative then is feeling better they can return to club and their household can end their isolation. If they test negative but are still unwell they should not return until they have recovered.
- If someone tests positive, the NHS Test and Trace will speak directly to those they have been in contact with – this may mean those individuals may also need to self-isolate for 14 days.