

General overview of procedures implanted by Olympus

Introduction to members safety

The safety and well-being of all of our members is our utmost priority. We have implemented new procedures to help keep everyone safe and we will ensure that all who attend the club, follow these safety requirements. Our team will regularly ensure that our procedures are being followed continuously with good practice. We will be complying with advice made by our NGB's both British and Welsh Gymnastics, as well as the Welsh Government and NHS Wales.

Keeping Clean

Inside of the club it has been deep cleaned prior to re-opening and previous thorough and frequent cleaning regime prior to lockdown has been stepped up further to ensure maximum standards of cleanliness is in accordance with government advice. We have removed non-essential equipment and all contact surfaces and high usage areas will be frequently disinfected and sanitised throughout the day as well as between uses during gymnastics group training.

Hygiene

Compulsory hand washing, and hand sanitising will be strictly encouraged on entry to and exit from the club, as well as during sessions and in instances where contact transmission could otherwise be at higher risk (toilet areas, coughs/sneezes etc). We have additionally placed hand sanitising stations around the gym and members will be encouraged to pro-actively use these as a positive habit, as well as continuing and following the "Catch it, bin it, kill it" being reinforced prior to lockdown.

Social Distancing

To protect all of our members we will be complying with social distancing guidelines and review/modify all training situations to keep everyone safe. To further reduce the risk of transmission, only gymnasts will be permitted to enter the club initially unless otherwise informed. Class sizes will be reduced along with a staggered start and end times. The club will operate a one-way system around the gym to help with social distancing. Entry and exits will also be through separate doors. Classes and squad groups will be regulated and will not mix or share equipment without cleaning procedures being complete.

A video has been created and can be viewed on our Facebook page to demonstrate the entry and exit system.

Safeguarding

As we re-open we want to encourage a smooth transition into the new normality within the gym, therefore we will ensure that we continue to teach and help each child to enjoy and learn as much as they can in a safe and fun environment despite the new procedures being in place. We aim to continue to provide high standards both in safeguarding of our members and the health and well-being of all and rigorously continue to follow safeguarding processes, as well as review and update these in accordance with the current best practice.

Additional note: If anyone within your household are presenting symptoms of Covid-19, we ask that members do not attend the club.

Thank you for your continued support throughout this difficult time, we look forwards to seeing you all soon.

Olympus Gymnastics Club Ltd