

## Wynland Gimnastiekklub / Wynland Gymnastics Club

DuToitstraat Ontspanningsaal / Du Toit street Recreation Hall,  
PAARL

Linda Nieuwoudt (Afrigter/Coach)

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### Wynland Gymnastics Club Health and Safety Policy

#### General Class Policies:

- **Regarding masks or facial coverings:**
  - Non-coaching staff (administrators/cleaners) – masks will be required at all times
  - Coaching staff – face shields will be worn at all times. Additionally, face masks will be worn when in close contact with a gymnast.
  - Parents – masks/face shields will be required at all times
  - Gymnasts – masks/face shields will be required when entering and exiting the gym building. Once arriving to their initial physical-distanced bag drop area, the gymnast will remove the mask or face shield, place it in their bag (preferably in a designated smaller bag/case/Ziplock bag) and keep it isolated with their personal items throughout training. They will then reapply them on exiting (including in the car park).
- **Upon entry to the gym hall (applicable to non-coaching staff, coaching staff, parents and gymnasts):**
  - Temperature taken and recorded by designated health and safety officer
  - Entry only allowed max 5 mins before class to ensure no loitering
  - Please arrive in your gym clothes as change rooms will be closed
  - Shoes will be required to be left at the entrance
  - Sanitize hands
  - Go up with stairs on the left, leave bag on the gallery.(2m space between each bag – clearly indicated by markings)
  - Place mask/face shield in bag
  - Go down the stairs on the right hand side to starting point at the floor area
- **Upon exiting the gym hall (applicable to non-coaching staff, coaching staff, parents and gymnasts):**
  - Enter gallery on the left side stairs
  - Collect belongings while maintaining physical distance
  - Put on mask/face shield
  - Sanitize hands
  - Exit the gallery on the rights side stairs
  - Follow marking to the side entrance
  - Put on shoes
  - Leave gym hall immediately – no loitering/chatting. Parents to wait in parking area in a socially distanced fashion. Parents to ensure they collect children on time to reduce loitering.
  - Keep masks/face shields on until you reach your vehicle.

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- Participants will be required to bring their own water bottles so water fountains/taps are not shared. These will be left in the participant's bag for the duration of training. Water and toilet breaks will be staggered to ensure physical distancing is maintained.
- Participants will be required to have their own small bottle of sanitizer which can be used every time before they go on an apparatus
- **Classes will re-open in phases:**
  - Lower risk classes will re-open first (High performance/ higher levels)
  - Higher risk classes will re-open at a later stage (Pre-school etc for whom it is difficult to maintain a socially distant environment)
- **Bathrooms:**
  - No changing of clothes will be allowed in the bathrooms
  - Only 2 children at a time will be allowed in the bathroom. Wait in line on stairs which is clearly marked
  - No touch soap will be provided
  - No towels will be available for hand drying. Paper towels will be provided
  - Proper handwashing will be emphasized for anyone using the restroom,

### Cleaning and Sanitation Guidelines:

- Follow cleaning guidelines as per supplied product guidelines
- Where possible, equipment (including matting) will be wiped down after each session. If not possible, all equipment will be properly sanitized every evening before closing time.
- Frequently used items such as light switches, door handles, counter tops and taps will be sanitized after each class.
- A thorough clean of all areas will be done every day. Deep cleaning will take place twice a week, including all carpet areas.
- Foot operated hand sanitizers will be available at the entrance and exit as well as throughout the gym. Every person will be required to sanitize on entry and exit as well regularly throughout the class.
- All cleaning schedules will be recorded and documented.
- No chalk bowls will be allowed. Gymnasts will be required to bring and use their own chalk, bucket and/or bag.
- Any mats or shapes that are torn will be removed as they cannot be properly sanitized.
- As far as possible cash payments will be discouraged.
- Awareness posters will be placed throughout the gym to remind gymnasts of all policies.

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### Class Structure:

- Class schedules will be staggered and fewer classes will be run at a time. At this stage, classes can be run throughout the day until schools return.
- Depending on each COVID Level, class numbers will be limited.
- Longer breaks between classes will be scheduled to allow for cleaning and orderly entry and exit of gymnasts.
- Floor markings on the carpet will be created to ensure physical distancing throughout the class. These will be staggered in a zig zag pattern.
- Where possible, class groups (and coach/s) will remain the same throughout the pandemic to ensure less risk and ease of contact tracing if required.
- **Hand apparatus:**
  - No sharing of hand apparatus will be permitted
  - Those with their own hand apparatus will be encouraged to sanitize them (where possible) before and after each class
  - Competitive gymnasts without their own hand apparatus will be allocated hand apparatus for the duration of the pandemic and these will be stored in designated areas. These will be sanitized (where possible) before and after each class.
  - Hand apparatus for recreational gymnasts will be reduced where possible. Should hand apparatus be used, they will be thoroughly sanitized before and after each use.
- Entry to the storeroom will be limited to coaches only.
  
- **Spotting:**
  - Gymnast safety is paramount and coaches should not be restricted from spotting a gymnast if necessary, to protect the gymnast from injury.
  - While spotting remains an important element to gymnast safety, alternative teaching/coaching methods will be considered to align with physical distancing protocols..
  - Coaches will make use of gloves for any personal contact. These will be changed between gymnasts.
- **Parent Viewing:**
  - Parent viewing is discouraged during the pandemic to limit numbers in the gym, however it is not prohibited due to our Safeguarding policy
  - Should parents wish to remain in the gym, please note they will be required to follow all policies as above and abide by physical distancing policies. These areas will be clearly marked. Observation will be limited to 1 family member. No siblings will be allowed in the waiting area.
  - Please note that the number of people allowed in the gym at any one time includes parents.

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### • **Pre-School Classes:**

- To limit spotting and physical contact, each pre-school child under 5 years old are allowed to have 1 parent/guardian present to assist with spotting/any personal issues where required. These occurrences will be limited where possible but they might occur.
- Pre-school parent attendance will be accommodated into class sizes. Therefore pre-school class sizes will be reduced.

### **Gymnast Responsibility:**

- Gymnasts and their parents will be educated on all new gym policies.
- A signed COVID-19 indemnity from each gymnast is required before they return to classes
- Gymnasts must be responsible for their own supplies (water bottles, hand apparatus , small hand sanitizer etc)
- Each student must have their own chalk that that must keep in their own plastic container, that only they use.
- Gymnasts will be encouraged to keep 6m distance from teammates/coaches (when feasible), use hand sanitizer/wash hands frequently and to not to share water bottles or other personal items. They will be encouraged to tell coaches immediately when they are not feeling well.
- Please ensure you only bring what you need to class. Please leave all excess baggage/clothing at home.

### **Parent/Guardian Responsibility:**

- Parents/guardians should ensure their child and immediate household members are free from illness before coming to the gym (when in doubt, stay home!).
- Remind your child about not sharing items, keeping physical distance and hand washing.
- Please refrain from gathering in groups while in the parent watching area/while picking up or dropping off.
- Please ensure all new policies are followed as above.
- Should you need to speak to the coach, where possible call/WhatsApp/email them.

### **Staff Responsibility:**

- The club has appointed a health and safety officer who will undergo training through SAGF.
- All staff members will be thoroughly educated on all new policies by the health and safety officer and will have attended online training.
- A signed COVID-19 indemnity form is required from each staff member before they return to work
- All staff will be screened (temperature and wellness check) every day.