

South Central Area Forum

Notes - Tuesday June 30th, 2020 at 7.00pm via Zoom

Attendees: Welsh Gymnastics Head of Development, Welsh Gymnastics Area Development Officer, Area Lead, Area Competition Organiser. **Club Representation:** Pen-Y Bont GC, All Stars GC, Bedwas GC, YMCA Barry CG, Vertigo TC, Fusion GC, Heolddu GC, Maesteg GC, Maesteg TC, Islwyn GC, Silver Stars GC, RSD GC, St Tydfil's GC & VGA. **Guests:** Welsh Gymnastics Communications Manager & DSW InSport Officer.

1. **Welcome** and thanks to all from Lead Officer. House keeping and introduction to how our first online session will work)

2. Communications Update

WG Communication Manager introduction to the area.

If anyone wishes to get in contact email Carl.Field@welshgymnastics.org or news@welshgymnastics.org

3. DSW InSport Overview

InSport presentation to the forum the on basic information and benefits of going through the InSport process. Representatives from YMCA Barry & VGA (Gold Club) shared their thoughts and experiences of the InSport Journey for their clubs.

Clubs are encouraged to contact WG Development Officer for more information and support along their InSport journey on Kathryn.Cope@welshgymnastics.org.

4. COVID-19 / Step Forward Plan – Q&A session

Head of development for WG gave an overview of the current situation explaining Welsh Gymnastics are working closely with British gymnastics & Scottish Gymnastics to produce documents and tools for all clubs/members. Step Forward Plan is available on the BG website through the club log in for all to access. Clubs are encouraged to read in detail.

Welsh Gymnastics are following Welsh Government guidelines and will endeavor to update the community immediately after each Government announcement with any further guidance and changes.

GB elite gymnasts who are on the Tokyo long list have returned to training in England. Welsh Gymnastics performance team are working closely with Sport Wales and Welsh Government to support our Welsh 2022 Commonwealth gymnasts return to training.

Welsh Gymnasts are able to access funding from the BG foundation <https://britishgymnasticsfoundation.org/>.

Q&A Session

A. Can we have clarity about what this statement means please? "Activity insurance provided for sessions delivered in line with the government and British Gymnastics or relevant Home Nation guidance"

There seems to be some confusion about what this means amongst coaches so clarification would be very helpful. Some coaches think it means there will be limits imposed on the range of skills the insurance will cover, whilst others think it means there will be restrictions on numbers allowed in training.

The answer is both. Clubs are currently insured for activities included in the outdoors and at home. This will change as Wales moves through the lockdown; clubs will be made aware by Welsh Gymnastics on what activities will be covered by insurance.

All coaches are trained to coach within ratios and these will not change but are impacted by several factors:

1. Government guidelines on permitted households/numbers in an indoor space
2. Size of your facility/how well you can socially distance in your facility

B. Does the club need to display a Covid-19 certificate when they reopen?

The UK has a return to work checklist certificate that can be accessed here at <https://assets.publishing.service.gov.uk/media/5eb97d30d3bf7f5d364bfbb6/staying-covid-19-secure-accessible.pdf>. Sports clubs may have an adapted version so clubs should keep an eye on this. More information on this will come from BG/WG.

C. What are clubs doing about cleaning gyms?

The Step Forward Plan contains information on cleaning your gym for reopening your facility and for cleaning the gym during sessions. Clubs should access the manufacturers' cleaning guidance (where available).

D. Should coaches/gymnasts wear PPE in the gym?

WG will circulate guidance for coaches in the next few weeks regarding PPE.

WG anticipate learning a lot in terms of cleaning the gym and maintaining social distancing from the elite gymnasts returning to training and internet to share this learning with the community.

Forum members have asked if possible WG create a video to show how to return to gymnastics "A Day in a life of a gymnast returning to the gym".

5. Area budgets and accounts

Account funds shared with the forum.

The area lead will meet with the WG Finance Manager to give them an understanding of the South-Central Area. Welsh Gymnastics will arrange this meeting online.

Forum members are encouraged to submit ideas of how to spend the money to WG Development Officer or bring them to the next meeting.

6. Welsh Gymnastics Update

The Welsh Gymnastics website is kept up to date with the most recent news and updates for the sport. Community members are encouraged to regularly visit the site to see all updates www.welshgymnastics.org/news

- Events/Competitions have been cancelled until December 2020 – see website for full list
- Courses are cancelled until November 2020

Welsh Gymnastics participants can access the “Access to Gymnastics” funding. To apply contact Kathryn.cope@welshgymnastics.org for more information.

The performance team are working closely with Welsh Government and Sport Wales to allow our Commonwealth 2020 gymnasts to return to training; form more information contact the head of performance on jo-coombs@welshgymnastics.org.

Welsh gymnastics are looking to put on a Welsh Community Forum/Webinar in the next few weeks for clubs to assist clubs with documents and plans for returning to gym.

7. Minutes from previous meeting revised

All minutes were shared with the forum members. It was agreed they were true and accurate.

8. AOB

1. Online workshops of young leaders would be helpful from BG. Can WG do this whilst the country is still experiencing the lockdown?
2. The S&C session has been postponed from April 2020. Thoughts are welcomed regarding its rearrangement. Email thoughts to Kathryn.cope@welshgymnastics.org
3. All forum members are encouraged to send any guest speaker ideas to Kathryn.cope@welshgymnastics.org for future forums
4. Questions from WG re. online content for the community

Any comments on the online content put out by WG. Has anyone used it and what for?
Very positive comments from everyone. The content has been used by many clubs.

Any suggestions for future content. What would be useful for your members?

More of the same kinds of content i.e. activities/programmes

Programmes on running drills and cardio

5. The South-Central Facebook page for Coaches and judges will be used as a method to share ideas regarding cleaning, coaching, gym set ups. If members are not already involved in the group, then do request to join.

Closing note from WG Head of Development to all clubs:

Thank you to all for attending, it has been great to see everyone again. At Welsh Gymnastics we want to support every club in our community to thrive and come out of this situation stronger. Stay in touch with each other and share your situations with us at Welsh Gymnastics.

Next Meeting: September 2020 via Zoom

Details to be finalised and circulated to all clubs