



Working together for a safe return to gymnastics

Coach Contact Framework – Host Venue

Addition to existing 'Host Venue' information

1/3/2021
Version 1

Phase 1 Approval

Phase One of the Welsh Gymnastics Coach Contact Framework has now been approved in line with the Welsh Government Guidelines allowing clubs and coaches to begin delivery of manual support of Under 18's.

Whilst the framework provides a clear four phased approach, it is essential that those delivering gymnastics **ONLY** permit coach contact activities in line with Phase One. The full framework has been released to show the transition to full coach contact over time. The Welsh Government Guidelines will advise Welsh Gymnastics on when it is safe and appropriate to progress to phase 2,3 and 4.

Return to Coach Contact Activities

Clubs/providers, and coaches/instructors are now able to adopt the controls outlined within the Action Plan and safely resume manual support activities.

Those wishing to resume inclusion of manual support activities can use the **Welsh Gymnastics Return to Coach Contact Checklist** or follow suitable methods in adopting and adhering to the specific controls and measures outlined within the **Action Plan**.

The disciplines which are covered within the **Coach Contact Framework Action Plan** include:

- Acrobatic Gymnastics
- Aerobic Gymnastics
- Double mini tramp
- Disability Gymnastics
- Gymnastics for All- which includes festival and display, adults
- Men's Artistic Gymnastics
- Preschool Gymnastics
- Rhythmic Gymnastics
- TeamGym
- Tumbling Gymnastics
- Trampolineing
- Women's Artistic Gymnastics

What is coach contact?

Manual support:

Gymnastics skills are complex movements which often require the participant to manipulate and coordinate a variety of limbs at different times, at speed, whilst rotating around various axes. Adding to this complexity is the inherent risk that arises from gymnastics, performing skills at height and against gravity on or with apparatus. It is because of this complexity that safe development is at the heart of every gymnastics coach's/**instructor's** process and forms a significant part of their coach education.

Manual support of these progressions/activities is often required (depending on the complexity of the skill), especially when the participant is attempting them for the first time. The coach/**instructor** 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.

Under the **Coach Contact Framework** Manual support may occur if:

- The methodical activity or apparatus adaptation is new or carries risks and the coach/instructor wants to ensure the gymnast can perform it safely.
- The methodical activity or apparatus adaptation is new, and the gymnast is apprehensive.
- The gymnast is attempting or practising the full skill and there is a risk of injury during the skill or upon landing.
- There is a risk of overuse injury, or repetitive stress or strain due to forces associated with the amount of practise required to learn and master the full skill.

By allowing coaches/**instructors** to resume coach contact activities and manually support under specific guidance participants will be more likely to safely learn and progress new skills **and** regain skills they may have already had in their repertoire prior to the coronavirus pandemic. Consequently, they will gain enjoyment and satisfaction from their participation, and will be more likely to remain motivated to continue participation in gymnastics.

All manual support work in the identified planned activities will involve direct physical contact between gymnasts and coach/instructor. This may include contact such as:

- Hand to limb contact
- Hand to shoulder
- Hand to feet
- Hand to torso
- Face to face proximity
- Prolonged (3+secs)

Coaches/instructors should avoid hand to hand manual support during any supported activity and **alternative** use appropriate body parts or training aids where possible.

Coach contact includes the following between coaches/**instructors** and gymnasts:

- The manual supporting of gymnasts
- Face-to-face contact
- Contact within 1 metre
- Being less than 2 metres away
- Prolonged contact for 3+ seconds throughout a session

Gymnastics clubs wishing to resume manual support within the planned activities must:

- Already meet the requirements as set out in the relevant government guidance and have been operational for a minimum of two weeks maintaining the appropriate controls.
- Follow all further transmission mitigating control measures required as stipulated within the **Welsh British Gymnastics Coach Contact Framework Action Plan**.
- Educate staff and gymnasts in the required practices and controls as indicated within the **Welsh Gymnastics Coach Contact Framework Action Plan** and associated risk assessments completed by the club.
- Ensure appropriate records for NHS Test and Trace are to be kept secure for the allocated timeframe as per current Government guidelines.
- Ensure all gymnasts, coaches/instructors (and parents/guardians) who wish to resume working manual support activities understand the risks, their responsibilities and abide by all control measures as outlined within the **Welsh Gymnastics Coach Contact Framework Action Plan**.
- Prior to taking part in manual support activities, gymnasts (and parents / guardians) and coaches/instructors must opt-in to the **Agreement** with the code of behaviour and other associated controls. Individuals can opt-out and stop manual support at any point.
- Coaches / instructors will be using a phased return to manual support activities as shown in the table below - note that the club should already be operating as per guidance set out within the Step Forward Plan and therefore, gymnasts and coaches/instructors will already be working independently of each other with social distancing in place. This should be in place for a minimum of 2 weeks prior to the phased return to coach contact commencing:

Phase Number	Approval status	Manual Support Allowed?	Detail
1	Active	Yes – but limited to 15 minutes per day	During this phased return to coach contact, each coach/instructor must limit the coach contact and manual support time to a maximum of 15 minutes per day, for one fixed group* Under 18's only.
2	Not yet active	Yes – but limited to 15 minutes per day	During this phased return to coach contact, each coach/instructor must limit the coach contact and manual support time to a maximum of 15 minutes per day, for one fixed group*
3	Not yet active	Yes – but limited to 15 minutes per day per group	Following this period, the coach/instructor may resume coach contact and manually support multiple groups for a maximum of 15 minutes per group.
4	Not yet active	Yes	Following the first two phases, coach contact can resume for all pre-planned activity.

groups sizes cannot exceed current local and national guidance and Welsh/British Gymnastics Coach: **Gymnast ratios.*

Coach/instructor is only able to support one group of gymnasts across the phase. When using manual support, hand sanitisation must take place between each individual gymnast. Social distancing must still be maintained between gymnasts and gymnasts within this group**.

No other gymnasts are to be supported in any other groups and existing **Step Forward Plan** guidance must be followed for all other groups

Please note, clubs must also be aware that due to the nature of Return to Coach Contact activities, there is a higher risk of a Covid-19 outbreak and operating outside of a Covid-secure environment.

It is the responsibility of the club and coach/instructor to review the programme, understand the increased risk, and ensure manual support activities are kept to a minimum.

unless following the **Team Sport Framework. The **Team Sport Framework** provides a separate action plan and control measures for identified team sport activities and disciplines, where a club or gymnastics provider is delivering under the **Team Sport and Return to Coach Contact Frameworks**, both action plans must be adhered to. Where the **Team Sport Framework** states no contact is permitted between coaches/instructors and gymnasts this is still true unless the **Return to Contact Coaching Framework** has been implemented and control measures adopted.

During sessions

- No contact is permitted between gymnasts and gymnasts unless following the **Welsh Gymnastics Team Sport Framework**** in identified disciplines/activities. Gymnasts are not

permitted to support each other. This may be age dependent, depending on the Welsh Government Guidelines at the time.

- Activities that can be conducted without close-proximity work must still be done with social distancing in place (for example warm-ups, conditioning, individual skill work, cool downs). Similarly, social distancing must still be maintained in communal areas of the training venue.
- When manual supporting all coaches/instructors must hand sanitise before and after each individual gymnast's turn on the activity with soap and water or alcohol hand sanitiser.
- Throughout all coach contact and manual support activities, activities and phases, coaches/instructors must wear a face covering in line with government guidance.
- Any coach/instructor who is exempt from wearing a face covering will need to risk assess further with their club for their own safety as well as the gymnasts. (A face shield may be more appropriate to ensure manual support can still be applied).
- Hand hygiene must be maintained with gymnasts and coaches /instructors being expected to wash or sanitise their hands regularly before and after working in close proximity on manual support activities, as well as throughout the session and venue.

The **Coach Contact Framework does not allow for social distancing to be fully removed from the gymnastics environment. The controls in place are specific to the planned activities, where these activities are not being performed social distancing must be adhered to e.g., warm up, conditioning, or independent skill work.*

Coaches/instructors are still required to socially distance with no permitted contact between coaches/instructors and gymnasts, unless they are completing the planned manual support activities.

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For a full list of control measures required for gymnastics, please request a copy of the Welsh Gymnastics Coach Contact Framework Action Plan from the gymnastics club hiring the venue.

Further information can be found in the **Return to Coach Contact FAQs**