



Working together for a safe return to gymnastics

Covid-19 Coach Contact Framework Code of Behaviour

**For Clubs/Gymnastic providers, Coaches/instructors and
Gymnasts**

1/3/2021

Version 1

The Covid-19 Coach Contact Framework Code of Behaviour applies to anyone involved with regulated gymnastics activity whilst Government restrictions & regulations in response to the Covid-19 pandemic remain in place. This code is in addition to any existing behavioural codes or standards of conduct or policy & regulations which should continue to be complied with.

Phase 1 Approval

Phase One of the Welsh Gymnastics Coach Contact Framework has now been approved following Welsh Government and Welsh Gymnastics guidelines. Recognised gymnastics environments across Wales to begin delivery of manual support.

Whilst the framework provides a clear three 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 of when it is safe and appropriate for movement into phase 2, 3 and 4.

Minimum standards of behaviour and conduct specific to recognised gymnastics activity:

- Social distancing should be maintained between all users of facilities including individuals, groups*, teams*, teachers, trainers and coaches/instructors unless users come from the same household or to manage needs on account of a disability or specific additional need when additional mitigation to reduce transmission risk will be essential.

**unless working on specific coach/gymnast contact activities as identified in the Coach Contact Framework.*

- All coaches/instructors, staff, volunteers, and gymnasts must maintain social distancing while: entering a training venue, preparing for training, taking part in activities*, throughout breaks and leaving the venue.
**excluding planned activities which require manual support*
- Good hand hygiene must always be maintained. All coaches/instructors, staff, volunteers, and gymnasts should wash or sanitise their hands before, during and after a session.
- Hand sanitiser should be used at all breaks in training and before and after consuming any food or drinks. Food and drink must not be shared, including their containers/bottles.
- Gymnasts to bring their own training aids/hand-held equipment which is not to be shared.
- Anyone displaying Coronavirus symptoms or feeling unwell must stay at home, follow government guidance, inform NHS Test and Trace and seek medical advice.
- Gymnasts should refrain from spitting and maintain good etiquette if they cough or sneeze.
- Everyone is encouraged not to raise their voices, and gyms should refrain from playing loud music.

- Celebratory physical contact is not permitted (e.g., high-fives and hugs).
- Regular cleaning and increased hygiene procedures must be implemented for equipment and the facility.
- Capacity regulations must be followed, and maximum venue capacity must not be exceeded.
- 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.
- Groups sizes cannot exceed current local and national guidance and British Gymnastics Coach: Gymnast ratios

The club's/gymnastic provider's Covid-19 officer or representative should be informed immediately if anyone breaks any of the above codes of behaviour, and proportionate action should be taken. The result of a repeat offence may be removal from the session/facility.

Coach Contact and Manual Support activities

In addition to the points above for all gyms, coaches/instructors, volunteers and gymnasts, the minimum standards of behaviour and conduct specific to coach contact and manual support in gymnastics include:

- All gymnasts and coaches/instructors who have opted-in to manual support, prior to departure and travel to a training venue must complete a self-screening survey (within two hours of session start time) to determine whether they can attend the training session. Gymnasts and coaches/instructors should not attend if they or someone in their household displays Coronavirus symptoms.
- Coaches and gymnasts must comply with government guidance outside of the training environment by maintaining social distancing in public settings and adhering to the relevant current guidance within households or social interactions, and self-isolation periods following travel abroad.
- Gyms and coaches/instructors should ensure gymnasts are made aware of the increase in transmission risk associated with the return to manual support activities. Gymnasts and coaches/instructors must be made aware that they are opting into any activities related to the return to coach contact work and that they can withdraw at any time.
- The club/gymnastics provider must be sensitive to those individuals who may not want to return to manual support and ensure they can still fully participate, and alternative activities provided to allow for skill development.
- For coaches/instructors and gymnasts who have opted into manual supporting activities, additional hand hygiene must be completed by washing their hands and arms with soap and water for 20 seconds prior to the coach contact session commencing.
- Additional hand sanitising must be completed by the coach/instructor before and after each individual gymnast when manual support is used within a planned activity.

- Coaches/instructors must continue to follow social distancing guidance, when using suitable progressions and alternative equipment set-ups where possible, when not providing manual support.
- All coaches/instructors must actively coach observing Covid-19 secure measures as within the **Step Forward Plan** for a minimum of two weeks prior to commencing any activities involving manual support.
- All gymnasts must train independently for a minimum of two weeks prior to commencing any activities involving coach contact and manual support.
- Clubs/gymnastics provider and coaches/instructors must implement a phased return to resuming coach contact and manual support as outlined below:

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.

- Coach/instructor is only able to support one group of gymnasts across the phase with the continued requirement to wear a face covering for any close contact activities. 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

- Coach contact and manual support activity can be introduced through analysing the needs of the group to determine what manual support is necessary to include in programme planning.
- Coaches/instructors must only provide manual support for as long as required to deem the participant's individual performance safe.
- It is the responsibility of the club/gymnastics provider and coach/instructor to review the programme, understand the increased risk, and ensure manual support activities are kept to a minimum.
- Before, during & after working in manual support activities, gymnasts must follow good hand hygiene practices.
- Additional hand and arm sanitising must also be applied by the coach before and after each individual gymnast contact when manual support is used.
- Throughout all coach contact and manual support activities and phases, coaches/instructors must wear a face mask which suitably covers the nose and mouth.
- All coaches /instructors should avoid talking to the gymnasts during coach contact and manual support activities unless in the event of an emergency. Feedback and further instructions can then be given once the gymnast is 2 metres away and social distancing guidelines are adhered to once more.
- When not working specifically with a coach/instructor in a manual support activity, gymnasts and coach/instructors must continue to adhere to social distancing and all other guidance.
- If manual support activities are required increased hand hygiene and other suitable controls must be put in place.
- It is important that all coaches and instructors wear, maintain and dispose of face masks appropriately.
- Gymnasts, coaches/instructors (including parents/carers) are advised to wash all items of clothing and leotards after every session.

**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 and gymnasts this is still true unless the Return to Contact Coaching Framework has been implemented and control measures adopted.

All coaches/instructors must adhere to government guidelines on how to wear a face mask during manual support activities

- All coaches / instructors must wear a face covering in line with government guidance during coach contact and manual support activities with each gymnast. This must remain on throughout the supported activity and other activities within the facility.
- When wearing a mask/face covering, coaches/instructors should:
 - Avoid frequently taking it off and putting it back on in quick succession
 - Do not touch the front of the face covering, or the part of the face covering that has been in contact with the mouth and nose.

- Once removed, store reusable face coverings in a plastic bag until there is an opportunity to wash them. If the face covering is single use, dispose of it in a residual waste bin. Do not put them in a recycling bin.
- Make sure to clean any surfaces the face covering has touched using normal household cleaning products. It is important to not place the face covering on equipment that may be touched by others.
- All coaches/instructors must adhere to guidelines on how to wear a face mask during manual support activities. Further guidance can be found in the Welsh Government guidelines.

Gyms and coaches/instructors remain accountable for:

- Following all national and local government guidance and adhere to best practice as outlined within the Welsh Government Return to Indoor Sport Guidelines and all other relevant guidance specific to circumstance.
- Following all transmission mitigating control measures required as stipulated within the Welsh Gymnastics Coach Contact Framework Action Plan.
- Educating staff and gymnasts (and parents/guardians) in the required practices and controls as indicated within the Welsh Gymnastics Coach Contact Framework Action Plan risk assessment and keeping appropriate records for NHS Test and Trace.
- Ensure all gymnasts (and parents/guardians) who wish to resume manual support activities understand their responsibilities and abide by all control measures as outlined within the Welsh Gymnastics Coach Contact Framework Action Plan.
- Ensure all gymnasts (and parents/guardians) are informed of the opt-in to this agreement to return to coach contact yet can opt out and cease coach contact activity at any point.

The club's/gymnastics providers Covid-19 officer or representative should be informed immediately if anyone breaks any of the above codes of behaviour, and proportionate action should be taken. The result of a repeat offence may be removal from the session/facility.