

Guide for gymnasts and parents/guardians of gymnasts returning to activity involving pair and group work



The British Gymnastics Team Sport Framework Action Plan has been approved the Department for Digital, Culture, Media & Sport ([DCMS](#)).

As a result, clubs and delivery partners wishing to restart team sport activities (Acrobatic, Aerobic, Rhythmic, TeamGym, and Festival Display Gymnastics involving pair and group work) can go through the specified steps towards resuming team sport activities in a safe and controlled manner.

Gymnastics providers wishing to resume pair and group work (Team Sport) within the identified disciplines/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 British Gymnastics Team Sport Framework Action Plan.
- Educate staff and gymnasts in the required practices and controls as indicated within the British Gymnastics Team Sport Framework Action Plan and associated risk assessments completed by the club/provider. Appropriate records for NHS Test and Trace must be kept.
- Ensure all gymnasts (and parents/guardians) who wish to resume working in pairs and groups understand the risks, their responsibilities and abide by all control measures as outlined within the British Gymnastics Team Sport Framework Action Plan. Prior to taking part in team activities, gymnasts must opt-in to agreement with the code of behaviour and other associated controls, yet, can opt-out and stop team activity at any point.

Before resuming team sport

Before returning to pair/group work you/your child will need to have been contacted to outline the steps required to resume close-proximity activities. Steps will include:

- Ensuring you opt-in to resuming close-proximity activities and understand the risks involved. You/your child can stop taking part at any time, please notify a coach or the Covid-19 Officer or representative.
- Agreeing to the British Gymnastics Covid-19 Code of Behaviour (*this is in addition to any existing codes or standards of behaviour you have agreed to*). If this is not followed, you/your child may be removed from their sessions for the safety of others.
- Ensuring your contact details are up-to-date for NHS Test and Trace purposes.



- Have been training independently for a minimum of 2 weeks.
- Self-screening for symptoms prior to travelling to the training venue for every session. This must be done within 2 hours of your session starting. Do not go to training if you feel unwell or you or a member of your household are displaying any symptoms.

During sessions

- You/your child must stay within the allocated pair/group and keep a safe distance away from coaches and all other participants.
- You / your child may work in close-proximity with up to 7 other gymnasts (*maximum initial total number of gymnasts working closely together must not exceed 8 gymnasts*) during the initial training period to ascertain suitable partnerships or groups. Following the initial period, close-proximity work must only take place within fixed pre-defined pairs and groups to limit the number of contacts any one person has.
- Activities that can be conducted without close-proximity work will 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 your training venue.
- Hand hygiene must be maintained with gymnasts being expected to wash or sanitise their hands regularly before, during and after working in pairs and/or groups, as well as throughout the session and venue.
- Only use hand-held equipment assigned to you or your child's pair or group.
- It is important that if you/your child sees someone not following the rules, the coach or Covid-19 Officer or representative is informed.

After sessions

- If you/your child develops any of the symptoms of Covid-19 or receives a positive test result for the Coronavirus, inform the club as soon as possible.
- If you need to change partners for any reason, you will need to work on your own for two weeks before starting in a new pair or group, this is to help reduce the number of contacts you have and prevent the spread of the Coronavirus.

The approval of the British Gymnastics Team Sport Framework does not allow for social distancing to be fully removed from the gymnastics environment. The controls in place are specific to the identified disciplines and activities. Where these activities are not being performed social distancing must be adhered to (for example, during warm-ups, conditioning, and individual skill work) and does not allow for pairing or grouping within other non-identified disciplines. Coaches are still required to maintain social distancing with no permitted contact between coaches and gymnasts, except for athletes who require close spotting or supporting as part of preparations for a major international competition representing GBR.

Reporting concerns

If you are concerned about any matters regarding Covid-19 at your child's gymnastics facility, in the first instance contact the facility's Covid-19 Officer or representative or the Welfare Officer or Safeguarding Officer. Or the Health and Safety Executive at www.hse.gov.uk or 0300 003 1647

Welfare and Safeguarding concerns If an incident or concern is important and you think a child is in immediate danger of abuse or at risk of significant harm or are in need of protection, call the Police on 999 and/or your local Social Services. To report safeguarding concerns, in the first instance contact your facility's Welfare or Safeguarding Officer. Further information regarding the safeguarding and protection of children can be found on the [British Gymnastics Website](#).

