



Step Forward Plan



Covid-19 Code of Behaviour For Clubs, Coaches and Gymnasts

The Covid-19 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.

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

- Social distancing should be maintained between all users of space/facilities including individuals, groups*, teams*, teachers, trainers and coaches 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 team/group activities in the identified disciplines, please see code of behaviour below.*
- All coaches, 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.
- Good hand hygiene must be maintained. All coaches, staff, volunteers and gymnasts should wash or sanitise their hands before, during and after a session.
- Coaches must continue to follow social distancing guidance and no contact is permitted between coaches and gymnasts. No close spotting/supporting is allowed.
- Gymnasts to bring their own training aids/hand-held equipment which is not to be shared.
- Anyone displaying 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 shout, and clubs should refrain from playing loud music.
- Celebratory physical contact is not permitted (e.g. high-fives and hugs).
- 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.
- 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.

The club'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, with the result of repeat offence being removal from the session/facility.

**Working together
for a safe return
to gymnastics**

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Pairs and Group Work

The following required behaviours are specifically applicable in disciplines identified within the Welsh and British Gymnastics Team Sport Framework Action Plan, to allow the controlled resumption of paired and group interactions between gymnasts as part of recognised activity in gymnastics environments. The risk of transmission and contraction of Covid-19 associated with gymnastics group work is increased due to the long durations of close-proximity contact. It is not possible to reduce the risk by applying immediate local control measures due to the nature of the activities. This code of behaviour outlines an individual's and organisation's responsibility in supporting the surrounding controls required that reduce the risks associated with group gymnastics activity.

A controlled resumption of close contact paired and group interactions between gymnasts in the identified disciplines and activities is granted under the provision that anyone who takes part in such regulated activities adheres to the following points.

In addition to the points above for all clubs, coaches, volunteers and gymnasts, the minimum standards of behaviour and conduct specific to identified group activity in gymnastics include:

- Gymnasts working in pairs or groups, prior to departure and travel to a training venue (within two hours of session start time), must complete a self-screening survey to determine whether they can attend the training session. Gymnasts should not attend if they or someone in their household displays symptoms.
- 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.
- Clubs and coaches should ensure gymnasts are made aware of the increase in transmission risk associated with the return to pair and group work. Gymnasts must be made aware that they are opting into any activities related to the return to pair and group work and that they can withdraw at any time.
- Before, during & after working in pairs and groups gymnasts must follow good hand hygiene practices.
- All gymnasts should be assigned a fixed partnership and/or group to allow close contact activities. The pairs and groups should be pre-defined to reduce the number of contacts any one person has. Similarly, where possible coaches working with such gymnasts should be fixed.
- Any participants (coaches and gymnasts) not actively taking part in pair/group work must maintain social distancing, including in any communal areas/break out spaces.
- When not working specifically on team or group activity within the identified disciplines, fixed pairs and groups of gymnasts must then continue to adhere to social distancing and all other guidance.
- For identified teamwork disciplines and specific teamwork activities where hand-held equipment needs to be transferred for skill development or routine completion, clubs should ensure that the equipment is sanitised frequently and not shared between different groups. The use of props within festival display groups should be avoided where shared contact is unavoidable.
- Where equipment is shared, gymnasts must practice good hand hygiene in washing or sanitising their hands before and after the use of equipment.

The club'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, with the result of repeat offence being removal of them from the session/facility.



All wishing to return to pair and group activity in identified disciplines must be given the option to do so to ensure they are comfortable with complying with the code of behaviour and accompanying Welsh and British Gymnastics Team Sport Framework Action Plan. Each individual must consider their own circumstances which includes but is not limited to personal underlying health conditions and the increased risk associated with taking part in pair and group work. All gymnasts (and their parents/guardians) must be given the option to opt into agreement with this code of behaviour and should have the comprehension of its seriousness, assuming the personal responsibility for their own and be mindful of others health.

Clubs and coaches remain accountable for:

- Following all national and local government guidance and adhere to best practice as outlined within the Welsh Government Return to Sport Guidance.
- Following all transmission mitigating control measures required as stipulated within the Welsh and British Gymnastics Team Sport Framework Action Plan.
- Educating staff and gymnasts (and parents/guardians) in the required practices and controls as indicated within the Welsh and British Gymnastics Team Sport Framework Action Plan risk assessment and keeping appropriate records for NHS Test and Trace.
- Ensure all gymnasts (and parents/guardians) who wish to resume working in pairs and groups understand their responsibilities and abide by all control measures as outlined within the Welsh and British Gymnastics Team Sport Framework Action Plan. Prior to taking part in team activities, gymnasts must opt-in to this agreement, yet can opt out and cease team activity at any point.

Social distancing must always be adhered to with no permitted contact between coaches and gymnasts. For elite athletes who require close spotting or supporting as part of preparations for a major competition representing GBR, approval must be sought from the Welsh Gymnastics Performance Director by emailing: performance@welshgymnastics.org.