Step Forward Plan

Working together for a safe return to gymnastics
Introduction

This document outlines the structured and phased support we have been developing in collaboration with our Home Nations to help our club community and delivery partners to safely return to gymnastics when the time is right.

We have called this our Step Forward Plan.

The aim of this plan is to provide clear direction for our gymnastics community on what steps they should take and when, in line with Government advice to prepare, resume and rebuild their operations.

As we don’t have timelines for the reopening of gymnastics facilities yet, it is essential that we prepare for that time and innovate with new ideas on how gymnastics can continue to operate in the new world we find ourselves in. We must all stay agile as timelines and key guidance may alter as the impact of actions and measures are continually evaluated across the UK.

Three key steps for the safe return to gymnastics

We have focused this plan on three key steps - Prepare, Resume and Rebuild as follows:

Step 1
Prepare to open (where we are now).

Government lockdown begins to be eased.
Limited outdoor activity allowed.
No return to indoor sport and leisure.

Step 2
Resume your operations.

Further easing of the Government lockdown.
Limited indoor sport and leisure activity is allowed.

Step 3
Rebuild your business/club and build activity levels back up.

Lifting of restrictions on participating in activity.
Mass gatherings may still be restricted.
Key aspects of content

Everything we have been focusing on has been to ensure our members and partners have the tools, guidance and support network they need for planning their return to the sport. The content in our plan covers a host of topics including health and safety, the new world of coaching, communications to parents and gymnasts as well as COVID-19 compliance and guidance on how activity programmes could be adapted taking social distancing measures into account.

We have considered four essential aspects of our plan covering people, places, programmes and protection.

People
Supporting the people who deliver gymnastics, run clubs and participate in our sport, including a focus on protecting the health and wellbeing of coaches, gymnasts and their families.

Places
Providing specific guidance to facilities on how to introduce the new recommended safety measures as well as supporting clubs in identifying and applying for available funding.

Programmes
Guidance on discipline specific adapted activity programmes and how to deliver gymnastics safely.

Protection
Everything we’re building to support a safe return to gymnastics – the protection and safety of all of our members and the wider gymnastics community is of paramount importance.

Phased return and implications for people, places, programmes and protection

It is important to note that across England, Northern Ireland, Scotland and Wales restrictions will differ so there is not a one size fits all in terms of a detailed phased roll-out, but we are working closely with our colleagues to ensure our outlined plan is transferrable and this will continue to evolve over the coming months as Government advice and restrictions change.
## Step Forward Plan

### What this means for People

<table>
<thead>
<tr>
<th>Step 1 - Prepare</th>
<th>Step 2 - Resume</th>
<th>Step 3 - Rebuild</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Status</strong></td>
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<tr>
<td>As clubs are closed, we need to keep the gymnastics community connected and active, looking after wellbeing. Some workforce on furlough.</td>
<td>Participants and coaches can return to clubs and providers who reopen and deliver within Government guidelines covering areas such as social distancing and limited capacity numbers.</td>
<td>Participants and coaches can return to full/normal training where available. Club managers/operators can eventually revert back to normal operating procedures with an increased focus on hygiene.</td>
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<tr>
<td><strong>Specific support</strong></td>
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<tr>
<td>#GymnastsAtHome ’Safe’ activities provided for gymnasts to take part in. Exclusive club content and regular social media content released.</td>
<td>Webinars Webinars and guidance provided for the workforce including coaches and club managers/operators on areas including furlough, mental health, marketing, and participant experience.</td>
<td><strong>Coach Support</strong> Guidance and interactive content focusing on managing new expectations, motivations and rewarding and recognising gymnasts.</td>
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<tr>
<td><strong>Interactive content</strong></td>
<td><strong>Back to Business Toolkit - Planning for Club Managers</strong></td>
<td><strong>Coach Education Discounts</strong></td>
</tr>
<tr>
<td>Such as videos, looking at coaching philosophy and returning to coaching safely.</td>
<td>Information, templates, webinars and guidance documents on communication with your staff, volunteers and members and how to reintroduce your staff to the workplace.</td>
<td>Discounts on targeted courses (when they resume) to ensure you have the workforce to meet the needs of your programmes.</td>
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<tr>
<td><strong>Participant Hardship Grants</strong></td>
<td><strong>Coach Support</strong></td>
<td><strong>Coach Waivers Guidance</strong></td>
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<td>In partnership with British Gymnastics Foundation, increased investment in financial aid to help those in hardship to return to the sport.</td>
<td></td>
<td>Guidance on the use of coaching waivers and how they can be used effectively to keep sessions running.</td>
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</table>
What this means for Places

Step 1 - Prepare

**Status**
Gymnastics clubs and providers remain closed.
Guidance on the return to activity provided and preparations commence

**Specific support**
Free COVID-19 bundle of print resources for clubs
Posters and other resources for clubs to display in their venue and share online. These include guides on Reopening Your Facility and Cleaning Guidance.

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Step 2 - Resume

**Status**
Gymnastics clubs and providers can reopen.
Restricted activity can take place subject to Government guidance.

**Specific support**
Fundraising Guide
Guidance, hints, and tips on new ways to fundraise for your club.

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Step 3 - Rebuild

**Status**
Gymnastics clubs and providers can ease the restrictions on their delivery and move towards becoming fully operational.

**Specific support**
Back to Business Toolkit – Financial Planning
Guidance and templates for financial planning to assist with long-term sustainability.
What this means for Programmes

**Step 1 - Prepare**

**Status**
All club activity ceased due to Government restrictions.
No events and coach education courses to take place due to social distancing and practical nature of assessment.

**Specific support**
#GymnastsAtHome
Activity content continues to be provided for clubs, coaches and participants.

**Activity Support**
Tips to help with preparing for reopening and information on how participants can enter, move around, and exit sessions in a fun and engaging way.

**Step 2 - Resume**

**Status**
Activity programmes can be delivered in clubs and providers within the guidelines.
No events, competitions or coach education courses to take place.

**Specific support**
#GymnastsAtHome
Continuation of home activity to enable participants who can’t access their clubs.

**Activity Support**
Guidance to help with planning fun and safe sessions whilst continuing to follow Government guidelines.

**Step 3 - Rebuild**

**Status**
Activity programmes continue.
Reintroduction of some coach education and possibly some small competitions and events.

**Specific support**
#GymnastsAtHome
Continuation of home activity to enable participants who can’t access their clubs.

**Activity Support**
Hints and tips on how to deliver new sessions that are safe and engaging for participants whilst adhering to the government guidelines.

**Back to Events Guide**
Toolkit to support the safe return of events in your clubs.
What this means for Protection

Step 1 - Prepare

Status
No insurance cover provided for gymnastics sessions delivered in clubs.
Our insurance cover extended to cover limited endorsed activity at home.

Specific support
Back to Business Toolkit – Health and Safety
Health and safety guidance on areas such as: risk assessments, COSHH information, cleaning and risk mitigation and operations to help reintroduce activity and support a safe return to gymnastics.

Step 2 - Resume

Status
Activity insurance provided for sessions delivered in line with the government and British Gymnastics or relevant Home Nation guidance.

Specific support
CPD for Club Managers
Continuation of support to club operators to assist with any health and safety queries.

Step 3 - Rebuild

Status
Restrictions and ‘normal’ training can return in clubs with full comprehensive insurance.

Specific support
Access to Business Support
In line with a return to club activity, club managers can access further help from our support teams and our partners.
National and regional events

Following the easing of Government restrictions on training, we expect participants and coaches will require time to be reintroduced to the sport before any competition preparations take place.

We also expect large scale events and mass gatherings to be in the final stages of Government easing. Because of these factors, national and regional events are anticipated to be reintroduced beyond our initial three step approach and separate updates will be provided on this.

Return to training for Olympic athletes

In addition to this work, following UK Government guidance on the return to training for our world class athletes, our Performance team have developed a very specific Return to Training Plan. This plan has identified a small group of national squad athletes in Olympic disciplines, who are now preparing to return to training. This has been communicated directly to the athletes and their coaches. Only identified athletes are able to return to training at this stage.

The resources detailed in the Step Forward Plan will be held on a dedicated Step Forward area of our website and will be regularly updated with new materials.

The information, phases and planned support in this document are subject to change. We will provide regular updates to both the plan and the support on the Step Forward area of our website.