**PHOENIX HIGH FLYERS SAFE PRACTICE CODE DURING COVID -19 (Date 17-04-21)**

This safe practice code is put together following the latest government guidelines since the outbreak of Covid-19 pandemic. Phoenix High Flyers has followed a planned phased return in a safe and correct manner. Any further updates will be posted on this website [www.phoenixhighflyers.co.uk](http://www.phoenixhighflyers.co.uk)

**PHF attendance to training rule**

All gymnasts must come to training prepared in the correct attire as no changing facility is available, they must bring water and correct foot wear or they will not be able to train. It is the responsibility of parents/carers of young gymnasts to ensure they follow the club rules, older gymnasts (16 + and adult gymnast must take full responsibility for themselves.

**Time frame for setting up and dismantling equipment**

30 mins at the start of the session will be needed to erect equipment 15 mins will be needed after the first session has finished in which to wipe down all equipment before the next session arrives. 30 mins will be needed in which to clean all equipment and dismantle and put away. The lead coaches and group leaders will be responsible for doing this.

**Gymnasts upon arrival & access and Collection & exit procedure**

All members and coaches to ensure they have washed their hands for 20 seconds thoroughly prior to arriving at the training session. Members to be dropped off by parents and to be meet by the coach of Phoenix High Flyers at the entrance door of the sports hall, social distance rules following government guidelines. The leisure centre have clearly marked out a 2 m socially distanced Que line outside the entrance. **Collection & exit:** Parents must remain in their vehicles until gymnasts are ready and gymnasts will then go to meet them socially distanced and in an orderly manner. This will be supervised by a group leader.

**Temperature checks before entry & Track & Trace procedure if necessary**

Coaches and gymnasts temperatures will be taken prior to entry to the sport hall and recorded for evidence on the track and trace sheet along with a register of everyone attending which will be a record with name and contact numbers. This will be emailed to the on duty manager for that day of ERYC Leisure centre Francis Scaife. Copies for club records will be kept in a separate folder kept away from the centre in a safe place.

**One way system should this be re-introduced will be as follows**

The centre is a one way system you enter through the entrance doors, swipe in at reception to record your visit and then into the sports hall. When leaving at the end of the training session our members will leave through the fire exit closest to the blue container.

**Toilet procedure should the one way system be re-introduced**

All toilet visits must adhere to the one way system. Exit via Fire exit in Sport hall (Near the blue container), back around into the entrance - use the toilet. When leaving the toilet exit through Squash court fire exit. Walk back around into the hall through the reception doors and back into the sports hall Trainers or outdoor shoes will have to be worn for hygiene reasons, then trampoline shoes will be put back on once gymnasts have returned.

Young gymnasts will be supervised for safety reasons the supervisor will walk with gymnast wait outside and then walk back through one way system back to the gym.

**Setting up and clearing away procedures**

Two/three lead coaches all from same household and two group leaders will help set up equipment and put the equipment away, one of whom will not stay for the session only be available to help with equipment if needed. Hands will be sanitised gloves and face coverings will be worn during this process, the same people will be used each week as our sessions have only been offered on a Saturday at the moment. Should the sessions be increased then still the same people if possible will still be used for this procedure to limited contamination.

**How equipment will be set up and placed in the sports hall**

Equipment will be set up as follows 4 Trampolines in a block next to each other which is more than 2 m apart, end decks on all four trampolines with crash mats at the ends and also across the middle. The floor mats around the trampolines will be marked in to four separate zones for each group, this will be a maximum four gymnasts in each zone to include group leaders who will also be bouncing and training.

**Sanitising and safety around the sports hall and at each training zone**

Each trampoline zone will have a container box with the following items in Hand sanitiser – bacterial wipes – tissues – gloves – face masks - aprons. A separate child friendly small box with hand sanitiser – tissues – face coverings and gloves will also be in each zone. The boxes will be colour coded to ease confusion options to wear gloves and masks whilst not on the equipment is available to all gymnasts. Coaches will have full PPE available including full face visors.

**Use of equipment and cleaning procedure**

All equipment used will be that of the clubs only this will be cleaned following government guidelines, at the start and finish of each training session. All equipment to include Mats - Trampoline pads - End decks – Safety mats – DMT- DMT pads- push in mats – Jump boxes - Wooden wall bars – antibacterial spray will be used in which to clean all equipment along with sanitising wipes for wall bars, blue multipurpose paper wipe will be used to dry to ensure safety. PPE Will be worn whilst cleaning is being done. Containers will have the handles and locks sanitised and wiped following equipment being stored and locked away, with all cleaned equipment in it.

**Equipment required**: Trampolines – DMT- End decks – Mats all stored in the sports hall store cupboard. Floor mats stored at the side of goal posts inside sports hall. Safety mats stored in blue container, jump boxes stored in green container. A small refundable deposit will be required for the use of other conditioning equipment. Exercise bands and leg weights will be issued to each gymnast who require the use of, them, these will be kept with the individuals and bought to each session and taken home with them, ensuring no cross contamination, these will be cleaned and sanitised before and after use.

**Wall bars if used** will be wiped down using sanitising wipes and dried with blue paper roll after each gymnast has used them which can then be disposed of in the bins provided. Children will access the bars from two jump boxes one at each side of the bars that will also be sanitised using the same products. One gymnast at a time will use the bars which they will access using the box provided then clean before it is re used by another.

**Gymnast’s attire for training**

All gymnasts attending the training session will be informed that they must wear **Trampoline or DMT shoes** which can be wiped and sanitised before during and after training. They must also bring a separate pair of training shoes in which to put on when visiting the toilet or going outside. All other normal training attire rules apply leotard and shorts or leggings, tracksuit bottoms – T shirt or hoodie if weather is cold in which to keep warm, no jewellery to be worn all long hair to be tied up neat. Any clothing removed must be put in the gymnast’s bag whilst not in use to avoid contamination.

**Water bottles or snacks**

**No food or snacks can be bought to training** please make sure all gymnasts have eaten food prior to training and perhaps have something with you for them when you pick them up. **Water must be bought to training** this must be your own and must not be shared among others, all coaches and each gymnast will be responsible for taking bottles home with them. Any bottles left will be disposed of.

**Use of overhead rig**

Coaches’ safety gloves will be worn to use overhead rig which are the property of each individual which they will bring to the training sessions and take away wash and return.

The club have four rig-belts which will all be sanitised after each use and stored in a sanitised box kept out of the way. They will be stored in the blue container at the end of the day.

**Chalk blocks**

Any chalk used will belong to the individual and will only be used by that individual, this will be placed in a plastic bag gymnasts will chalk hands inside the bag and then seal whilst not in use and keep out of reach during the session, gymnasts will take the chalk home with them and bring it back when they return.

**Social distance training zones and how they will work**

Gymnasts will socially distance by 2 metres, when in and around the sports hall and one way system. In the training zones equally gymnasts will keep a 2m distance. There will be a maximum of four gymnasts to each zone, one on the trampoline, one at each side of the trampoline and one on the floor mat marked out and provided for conditioning. Gymnasts will stay within their designated training zone, the gymnasts will take a turn on the equipment on a rotational basis group leaders and coaches will ensure sanitising and cleaning of equipment is conducted by each individual where appropriate keeping to government guidelines and also centre and club guidance. British gymnastics signs and markers will be used to help all coaches and gymnasts understand and follow the procedures in this document.

**Gymnast to coach ratio**

As the coaching is non-contact the session will be delivered by two lead coaches and four group leaders to push mats in if and when required. There will be one coach or group leader in each zone who will be overseen by the two lead coaches ensuring one coach to three or maximum four gymnasts. Because our groups are made up with gymnast who train and who are also coaches our numbers will be as follows.

Zone 1 + 4 gymnasts including one coach or group leader who will also train Zone 2 + 4 gymnasts including one coach or group leader who will also train Zone 3 + 4 gymnasts including one coach or group leader who will also train Zone 4 + 3 gymnasts including one coach who will not train Two lead coaches to oversee whole session one on each side of the hall covering two zones each

**Building back through phases**

Assessment and Planning Strength, Fitness and Flexibility Benchmarking Assessment of Mental and Psychological Readiness Fun Fitness Work Basic Skills.

Delivery via verbal and written laminated plans - pictures and other resources to challenge and motivate all gymnasts, target charts all will be sanitised and placed on the wall at each training zone for gymnasts to follow.

2 x conditioning sessions at alternative venue until more hire hours available.

Building from Brilliant Basics and Redevelopment Brilliant Basic Skills leading into progressions Skill Development Basic Sequencing

Delivery via verbal and written laminated plans - pictures and other resources to challenge and motivate all gymnasts, target charts sanitised and placed on the wall at each training zone for gymnasts to follow.

Opt in or out letter to be distributed for contact coaching for support of more difficult skills, time limits apply.

2 X conditioning sessions (scout hut or FS if time slot available) regional squad, all elite gymnasts specific personal programmes from home gym build gradually assess and review weekly.

Further Redevelopment and Sequencing Further Skill Development More Complex Sequencing Transition to Full Training if possible, or reassess as needed.

Delivery via verbal and written laminated plans - pictures and other resources to challenge and motivate all gymnasts, target charts sanitised and placed on the wall at each training zone for gymnasts to follow. Contact coaching to be agreed if permitted via Government Guidelines.

Assess all conditioning programmes, assess progress implement further action plan going forward in to 2022 based on individual needs.

**In the event of injury procedure**

Follow normal procedure, assess injury, keep person calm and comfortable , call emergency services if required apply first aid if needed , inform centre staff , record in club accident book / forms copies to centre staff club and parents , inform BG if necessary. Due to Covid – 19 restrictions first aider to wear PPE at all times whilst attending to casualty. Make informed decision and action plan as to safety in continuing or not, follow up with all relevant procedures and paperwork as deemed necessary.