



# Covid-19

Subject to final government approval that behind closed doors/indoor sport can return to activity we are happy to inform you that we intend on partially re-opening the club in September.

We have taken this decision after completing the Sport Ireland Covid-19 Return to Sport, and Cheer Sport Irelands risk assessment compliance process. Through this process we have

developed a thorough club plan for operating in a Covid-19 environment in line with the government 'Roadmap to Reopening

Society Business' in addition to the 'Return to Work Safely' protocol.

**We appreciate everyone's co-operation with our policy while we re-open our club.**

**Measures Flares Gymnastics & Cheer are implementing to safeguard your child, your family and the wider community.**

It is our intention to cautiously commence the phased reopening of our gym, in line with all up-to-date government safety directives.

having completed a rigorous risk assessment, we are confident that with the correct protocol, we WILL now be in a position to begin to operate.

In order to be compliant, communication between the facility, club and parents will be of paramount importance: Pre-organising the arrival and departure times of all athletes will effectively ensure that we have safety guidelines of our gym in line with the government requests and our risk assessment in line at any time.

It is our intention to split the club coaches into four groups. Effectively, these four pods of coaches will not cross paths. Strict hygiene and social distancing measures will also be implemented both during and in between athlete's lessons, in order to fulfil the complex pre-requisites of the risk assessment.

Rest assured that we have all current policies and procedures in place in order to prevent the spread of Covid-19 and we feel passionate that we have given extensive thought to the mitigation of risk within the training environment as far as we possibly can. On a daily basis, we will endeavour to cross-check government guidance regarding our risk assessments and will amend accordingly.

Both the Fire Safety Policy and our First Aid Policy have been adapted to reflect current guidance.

Of course, our athletes are at the heart of everything we do, and our number one priority is to open the gym and start training as soon as possible. However, we want to reassure you that the safety and well-being of our staff and athletes is of absolute paramount importance. Therefore, we will continue to do our utmost to remain vigilant and responsive.

## **About Covid-19**

Covid-19 (Coronavirus Disease 2019) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). With someone who has been infected, they can potentially have complications with their lungs, heart, liver and also develop blood-clots, which can lead to severe issues such as multiple-organ failure and pneumonia (among others). Common symptoms of coronavirus include:

- a fever (high temperature – 37.8 degrees Celsius or above).
- a cough – this can be any kind of cough, not just dry.
- shortness of breath or breathing difficulties.
- loss of sense of smell

For the complete list of symptoms, please refer to the HSE Website. Some people infected with the virus, so called asymptomatic cases, have experienced no symptoms at all.

## **How it spreads**

The virus that causes COVID-19 disease is spread from people in fluid and in droplets scattered from the nose or mouth of an infected person when the person with COVID-19 coughs, sneezes or speaks. The fluid or droplets land on objects and surfaces around the infected person. Other people contaminate their hands by touching these objects or surfaces and then bring the virus into contact with their eyes, nose or mouth by touching them with their contaminated hands. COVID-19 can also spread if droplets from an infected person land directly on the mucous membranes of the eye, nose or mouth of a person standing close to them.

It is still not known how long the virus survives on surfaces in different conditions. The period of survival may vary under different conditions (e.g. type of surface, temperature or humidity of the environment). Studies indicate that it can persist on surfaces for hours and up to several days in the absence of effective cleaning. Thorough and regular cleaning of frequently touched surfaces is essential. If disinfection is required it must be performed in addition to cleaning, never as a substitute for cleaning.

While people are most likely to pass on the infection when they have symptoms, current information suggests that some infected people spread the virus to others prior to developing or displaying symptoms themselves.

## Changes in the gym

A number of measures are being implemented in the gym to reduce the spread of Covid-19:

- ▪ Reduce numbers in class
- ▪ Establishment of isolation areas in each venue
- ▪ First aid will only be done by one member of staff in a specific day (normally the AM or the Supervisor)
- ▪ different door for bring in and take out, removing any crossover between classes
- ▪ Hand sanitation / handwashing will be conducted on arrival
- ▪ Parents aren't permitted in the gym at this time
- ▪ Cleaning of equipment before each turn and rotation
- ▪ Reduce of rotations in class
- ▪ PPE equipment used by staff when necessary
- ▪ Hand sanitiser available on site for staff and other visitors

## Changes You Will Notice in Class

- ▪ All venues will Display information notices of signs and symptoms of Covid-19 in areas viewable by everyone.
- ▪ Floor Markers will be introduced inside the gym
- ▪ Introduction of new Contact Tracing Log of all individuals entering a Flares Gymnastics & Cheer training location, noting Venue and Date. The purpose on the Log is to facilitate the contract tracing of the virus to inform anyone who may be affected by it.
- ▪ Flares Gymnastics & Cheer has introduced employee representatives (Operations Manager, Area Managers and Supervisors) tasked with communicating health advice regarding covid-19 around the workplace.

## VENUE SET-UP & READINESS FOR COACHES

- ▪ All equipment being used should be cleaned (gloves can be used to protect hands)
- ▪ All members of staff must wash/sanitise their hands
- ▪ Floor markings must be ready and made visible
- ▪ Announcements should be made to members to regarding what they must do as they enter the building, and to line up with social distancing in mind as they are let it

- ▪ Before athletes enter the gym, parents are responsible for checking their child's temperature, if 37.8 or above, they cannot train.
- ▪ As athletes enter the gym, they must wash/sanitise their hands.
- ▪ Athletes must leave their belongings in an separated area, and immediately join their coach
- ▪ Parents/guardians will not be allowed into the gym, unless under extreme circumstances, but can talk with staff outside if necessary.
- ▪ If a parent/guardian does come into the gym, their details must be noted on the Contact Tracing doc.

### **Other Changes to Note:**

- ▪ Athletes will go directly to their coach for a light warm-up at their first station, all while standing in an assigned position (marker/spot), to maintain social distancing.
- ▪ When waiting for their go, they will always wait on a particular spot.
- ▪ When the rotation is finished, the gymnast must go to a spot to wait until the coach has finished cleaning the equipment.
- ▪ When moving between stations, all groups must move at the same time once they are ready, and social distancing must be maintained during the move.
- 

### **TOILET/WATER BREAKS**

- If an athlete needs a toilet/water break, the Assigned Person must ensure that they follow the necessary protocols on cleaning their hands after they have finished.
- Toilets will be cleaned regularly.

### **ACCIDENT PROCEDURES**

- In the event that an athlete requires First Aid, only the Assigned Person may come into direct contact with the athlete to administer first aid as required.
- Prior to this, they must sanitise their hands and ensure they're wearing PPE.

## **CLASS END TIME**

- ▪ When class has finished, athletes will gather their belongings from the assigned locations in staggered rotations and line up at the exit on the marked spots.
- ▪ Please collect your child on time from class. The Assigned Person will remain with any athletes left at the end of class, until the next class is due to come in.
- ▪ If there are any athletes left while the next class is starting, they must remain in the gym until the next class has fully entered, so we can control who is entering and exiting the building at all times.

## **New Procedures for athletes**

- ▪ All athletes are advised to have their own hand sanitiser & hand towel
- ▪ Athletes are not required to wear masks, but they can if they wish
- ▪ If an athlete, or anyone who they come into regular contact with, develops symptoms of Covid-19 they must not attend class
- ▪ Any athlete who has a temperature of 37.8 degrees or above will not be allowed to attend class
- ▪ Athletes will be asked to wash/sanitise their hands upon entering the building
- ▪ Athletes must leave their belongings in an assigned place
- ▪ When waiting for their coach, they must stay on the marking/spot, that they started on
- ▪ When at each apparatus, athletes must maintain the distance outlined by the floor markings/spots
- ▪ Athletes must not move/adjust the floor marking/spots
- ▪ Athletes must not touch equipment that is not part of their exercises/activities
- ▪ Athletes must not leave the group without permission
- ▪ Athletes may get water/go to the toilet once the Assigned Person is ready to monitor their safety
- ▪ Athletes must wash/sanitise their hands after getting water/going to the toilet, and immediately return to their group
- ▪ Athletes must follow the instructions of their coach when on each apparatus and while moving around the gym
- ▪ When class has ended, athletes must only go to their belongings
- ▪ When waiting to be collected, athletes must wait on their assigned mark/spot until they hear their name

<b>Safeguards in Place</b>	
<b>Arrival</b>	<ul style="list-style-type: none"> <li>• Only children with a confirmed booking can attend</li> <li>• Please have the current attendance form signed</li> <li>• Your child's coach will meet you at the main entrance prior at the start of your child's session</li> <li>• If your child has a continuous cough and/or high temperature and/or loss of smell and taste they must not come to the gym and you have to call 111 to discuss potential testing. You must also inform the club as soon as possible</li> <li>• Trust and honesty between club and families is essential</li> </ul>
<b>Behaviour</b>	<ul style="list-style-type: none"> <li>• There will be set guidelines to the way we expect your child to behave in the gym, to reflect changes (in order to keep everybody as safe as possible)</li> </ul>
<b>Staff</b>	<ul style="list-style-type: none"> <li>• Staff will communicate with parents (via phone calls and emails) when needed, as no parents are allowed into the gym.</li> <li>• Staff will have access to PPE, but only when required (first aid, changing, symptomatic child)</li> </ul>
<b>First aid</b>	<ul style="list-style-type: none"> <li>• Staff will wear appropriate PPE when dealing with an unwell child. Specific forms will be signed by staff and parent.</li> <li>• If children develop symptoms such as continuous cough and/or high temperature and/or loss of smell and taste while at gym, our designated covid officer will immediately contact the parent/guardian and will remain with the athlete outside until they are collected</li> <li>• It is essential to contact the club if your child has tested positive for COVID19</li> <li>• It is essential that you report test outcomes to the club immediately</li> </ul>
<b>Cleaning</b>	<ul style="list-style-type: none"> <li>• Our cleaning team have had their daily routine adapted and heightened to add in additional cleaning measures (as set out in our risk assessment)</li> <li>• Toilets will be cleaned regularly</li> <li>• All doors throughout the gym will be propped open with door stops to avoid contact with door handles etc. Corridor fire doors will be open</li> </ul>
<b>Departure</b>	<ul style="list-style-type: none"> <li>• There will be 15minutes between classes</li> <li>• Collection at a separate door will be allocated when your child's session is confirmed</li> <li>• It is essential you pick up within your set time frame for your child</li> <li>• Children and families must leave the club premises car park immediately please and not congregate to talk.</li> </ul>

Program Director: Daniel Farkas