**NOP- Gymnastics Club**

The following NOP is based on strict guidance from the Government and British Gymnastics. Ensuring that all activities are planned and delivered in the safest possible way during the COVID-19 pandemic. This overview should be read and followed in conjunction with the generic DSDR Covid-19 guidance, generic SU Covid-19 guidance and the updated activity specific risk assessment.

**Test & Trace – Legal Requirement for running an event or activity**

To comply with COVID legislation you **must** ensure that you collect the name and contact number of everyone attending your activity (including organisers and staff). **This is a requirement in law and must happen for every event or activity that you run**.

This must be done and created via a signup list using [thesubath.com](http://www.thesubath.com) admin tools.

All attendees should receive all these documents prior to their first attendance and watch the video guides online on accessing the Sports Training Village and where relevant, videos on accessing Gym and Pool.

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| **Club and subset activity:** | Gymnastics Skills Sessions |
| **Lead Contact:** | Emily Parkinson – ep629@bath.ac.uk - 07542567146 |
| **Secondary Contact:** | Dulcie Canham – dlc46@bath.ac.uk - 07484835762 |
| **Facility being used:** | STV Dojo |
| **Session days and times** | Sundays 12:00-12:55 and 13:00-13:55 |
| **Capacity permitted in any one group:** | 15 people with 1 coach |
| **Facility Capacity** | 16 people |
| **NGB Phase of return to play these guidelines follow** | Phase 4 of BG Step Forward Plan<https://www.british-gymnastics.org/gymnastics-guidance-from-the-19th-july-england-only><https://www.british-gymnastics.org/step-forward-faqs> |
| **NGB Specific instructions being followed** | * There are no longer restrictions on social distancing and capacity sizes
* Participants details are collected for test and trace
* Public health advice on testing, self-isolation and managing confirmed cases of COVID-19 must be followed
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| **Equipment provision and use:** | Use of dojo landing mats when practising skills. Where possible there should be one mat per gymnast to avoid sharing equipment. Mats to be cleaned at the start and end of each session and between uses if shared by multiple gymnasts. |
| **Equipment cleaning:** | All clubs will be provided with sanitising spray to be used to clean equipment before, during and after use. Club Covid-19 leads can request spray(s) from the shift managers in the Sports Training Village and when empty, can request a new supply. |
| **Venue Requirements:** | * *Covid officer to be appointed – see lead contact above*
* *Wear face masks when moving around STV*
* *Follow flow of building as shown by markers on floor and posters*
* *Drinks should not be shared between participants*

***Footwear in Dojo***Activities booked into the dojo must take place either bare foot, or whilst wearing a martial arts mat shoe that is worn ONLY in the dojo **Cleaning of Dojo Mats**All participants must sanitise the matted area that they have been allocated to train within prior to and on completion of their session; anti-bacterial spray and roll is provided within the dojo |

**Note**

Should your NGB permit a change in return to play phase or you as a club wish to alter the way you deliver within the current phase, a new NOP must be submitted and approved prior to your group providing activity against the new regulations.

**Link- Videos for all groups to watch and additional information**

<https://www.teambath.com/about/reopening/>

Page contains videos for all customers, users of the gym and users of the pool