



# Vogue Athletics Return to Play policy

**Last update: 28/10/2020**

**Vogue Athletics CIC** is committed to ensuring our athletes, staff, and visitors are as safe as possible from COVID-19 infection whilst at the same time enabling a return to use of our facilities and training opportunities to support the physical and mental health of our participants.

## **Context:**

This document sets out the framework for continuing our facilities and training sessions during an anticipated period of "social distancing" following the full closure of the sector due to COVID-19. It also provides the basis for our required technical operating guidance for customers, staff and facility rentals.

The gym and fitness industry have a vital role in ensuring the ongoing health and wellbeing of the nation following the lifting of lockdown restrictions. We believe this role has never been more important than at the current time in helping our local society regain its health. Vogue Athletics realises how important exercise is, and as the Government Chief Medical Officer stated: "There is no situation, no age, no condition, where exercise is not a good thing."

This is not intended to be exhaustive in covering every possible scenario but aims to provide a clear direction of travel for our facilities and sessions. As Government and Sport Cheer England Guidelines shift and change we will be making adjustments to this document and keep it as up to date as possible with our current working policies. Staff and customers are encouraged to review these guidelines regularly to keep in touch with any updates. The date of last update will be printed at the top of this document to assist with that review. This document should be considered and followed in its entirety.

**Scope:** This document applies to all activities taking place under Vogue Athletics CIC name and within our facilities. It is to be taken in combination with our Health and Safety Risk Assessment and other policies. When two statements are in conflict take the most stringent of the two as the regulation to follow. If something isn't covered in this document or you need further clarification please email or speak with Coach Rick [info@vogueathletics.co.uk](mailto:info@vogueathletics.co.uk)

## General:

- NHS track and trace posters are on display and customers are encouraged to scan the QR code on entry to the gym.
- We are committed to the wellbeing of our staff and customers, and if they show/have any signs of COVID-19 (temperature, cough, loss of taste or smell, and difficulty breathing), they will be isolated away from the rest of the group and sent home to follow Government regulations.
- We will comply with any health designation documentation that the Government implements.
- Hand wipes/sanitisers will be on offer
  - The sink area outside the customer toilets is a dedicated hand washing facility.
  - Participants should sanitise at least once every half hour and at the beginning and end of training sessions.
- We will work to ensure where possible that social distancing is adhered to, further criteria is below for certain areas.
- Face masks are mandatory for all freelance and coaching staff, while in the building. If Facilities management or Directors are alone in the office space they can remove their masks but must replace their mask before anyone else enters the space.
  - When coaching, staff are allowed to briefly remove their masks to take a drink or to work with athletes who lip read, they must be standing off the sprung floor by the open roller door or at least 6 meters away from participants to do so. Masks must be returned to use as soon as possible.
- Athletes and customers are not required to wear masks while participating in activities however they may individually choose to do so if they wish.
- All sessions must be pre-booked and pre-paid using our online system.
- We will not be providing any food to participants during sessions. Participants can refill their personal water bottles at our handwash station sink.
- No food to be consumed on the premises by any member of the public.
- Only water is allowed to be brought into and consumed in the facility.

- It is down to the individual customer to take reasonable personal responsibility when taking part in any activity.
- For a full list of risk mitigation please refer to our Health and Safety Risk Assessment document.

### **Cleaning:**

- All equipment will be cleaned at the end of every session of use, and where possible wiped down during sessions between use cases.
- All touch points in the building will be cleaned and disinfected daily.
- Shared use facilities like the VA staff computer and Temperature checker will be cleaned after every use
- Disinfectant wipes will be made available in the toilet are for customers and staff to use after they have used those facilities, customers are encouraged to make use of those wipes.
- Other regular cleaning will continue to take place as usual.
- At the end of every day the gym and other necessary areas of the facility will be disinfected with our fogging machine.

### **Reception Area:**

- A screen is be in place at the desk to assist in protecting the facilities staff and coaches further.
- Upon entry all individuals will have a temperature check with our non-touch scanners. If a person registers higher than 37.8 degrees, they will be asked to head home and follow government guidelines.
- Only three customers to be allowed into the reception area at a time. Any additional customers will need to queue outside keeping physically distanced or remain in their cars until the area is cleared.

### **Entering and moving around the facility:**

- Upon entry to the facility, after being signed in at reception, everyone is expected to stop at the hand washing station and follow hand wash protocols before continuing into the building.
- A one-way system is in place to ensure physical distancing is maintained.
  - The system follows through from reception into the toilet and handwash station area, then through into the corridor beyond and left into the gym (for cheer, tumble, parkour) or right to the dance studio
  - To exit the facility from the gym you must exit through the roller door at the front of the gym.
  - If going to the toilet you must exit the gym via the reception area and then follow the one way system again.
  - Dance studio participants will have a two way system down the back corridor as that is the only entrance and exit to the studio.
  - *Exception – Wheelchair users and others who need ramped access to the gym area can use the ramped access to both enter and exit the gym area*

### **Gym (sprung floor) Space:**

- The maximum amount of participants allowed in the Gym space at any time is 15 people.
- Any coach working in the space will be wearing a mask other than in the incidence stated above.
- The roller shutters be kept open, up to the line marked on the adjacent wall, to ensure good ventilation in the Gym.
- Please bring only what is required for your training session to avoid bringing any additional items into the gym to avoid cross contamination.
- Athletes and participants are expected to be dressed in their training clothes prior to arriving at the gym and only their indoor and outdoor shoes may be changed upon entry.
- Each participant will have access to a box space to store their water bottle and any equipment
  - These will be sanitised after every training session so they are clean for use by the next participants.

- Equipment will be sanitised with a disinfectant solution after every session
- There must be a 15 minute window between training sessions in the facility to enable good air flow and touch point cleaning to take place
- When athletes are active but in one position (e.g warm-up, stretching, jump and motion practice) They must be standing on a coloured spot on the floor to ensure 2 meter minimum distancing.
  - During static activities if a participant needs to transition they are to move along the diagonals using the white squares to keep the 2 meter distancing
  - When participants are inactive (e.g. lined up for a drill or listening to coaches explanations) they can stand on either a dot or a white square

### **Dance Studio:**

- The maximum amount of individuals allowed in the Studio space at any time is 10.
- Any coach working in the space will be wearing a mask other than in the incidence stated above.
- The windows will be kept open and the air conditioning left on during sessions to ensure maximum airflow is available to minimise risk to participants.
- When participating in physically distanced activities participants will not be required to wear a mask.
- Athletes and participants are expected to be dressed in their training clothes prior to arriving at the gym and only their indoor and outdoor shoes may be changed upon entry.
- There must be a 15 minute window between training session in the facility to enable good air flow and touch point cleaning to take place

### **Toilet Facilities:**

- There is only one public toilet facility available
- The toilet and all touch points will be cleaned daily

- Disinfectant wipes will be available in the toilet for customers to use to help us ensure cleanliness of the facilities at all times.
- If Sessions are taking place in the Gym and Studio at the same times there will be communication between coaches to ensure that athlete's bubbles don't cross while waiting to use the toilet facility.

### **Session Bubbles and Social Distancing:**

- Participants are encouraged to only join one session bubble
  - If participants attend multiple classes, they must be on different days
  - If participants attend multiple classes, they are expected to adhere to social distance guidelines even more strictly.
  - Coaches will be aware of athletes in multiple classes and monitoring them closely.
  - We reserve the right to restrict participation to only one class a week if participants are not seen to be following these guidelines appropriately.
- Private sessions may be arranged but will be distance coached, if an athlete is in any current session bubble we will make efforts that the coach for that bubble also coaches the private session.
- There must be a 6 day cross over period if a participant chooses to change session bubble. This could result in a participant having to miss class one week to ensure safe cross over
- Siblings can take part in different sessions than each other. However we will work to keep these household cross over sessions to a minimum which may mean siblings being put together or moving from their preferred day where multiple of the same session type are offered.
- Up to two coaches will be present and active within the session bubble with an additional support coach maintaining physical distance where possible
- Participants are to keep physically distanced by at least 1 meter Unless following close contact guidelines below.
- Music must be kept to a reasonable level so athletes don't need to shout to each other. When giving instruction coaches should stop any music being played so they can avoid raising their voices more than necessary.

- Shouting and raised voices are to be kept to a minimal as that adds to the risk of viral transmission.
- Participants who are in a household bubble or support bubble should be encouraged to also maintain distance whilst in class together for ease of class management however if needed for some reason (e.g. an older athlete supporting the learning or safety of a younger sibling) they can ignore the social distancing rules.
  - *Clarification: A household bubble is a group of individuals who all share the same main residence. A support bubble is a close support network between a household with only one adult in the home (known as a single-adult household) and one other household of any size. Children may be connected through a support bubble as above if their single adult household is officially connected with another*

### **Stunting, spotting, and contact choreography:**

- Spotting is allowed for athlete safety but not to be used as a teaching tool.
  - *Clarification: catch them if they're falling, don't hold their back and throw them over to help them succeed in performing the skill.*
- Stunting can take place for a maximum of 15 minutes for every full hour of a booked session.
- Sanitise before and after stunting or other contact activities.
- There must be a clear 30 minute break between stunt training sections if your session is 2 hours or more long.
  - Example: Your cheer session goes from 15:00-17:00, you can have two stunt sections during the session. If the first stunt section is 15:45-16:00. The second can't run until 16:30.
  - Example 2: Your session is 15:00-17:00 as above. After a very quick warm up stunting begins at 15:05. The second Stunt section of your training could take place at 15:50 even though it's within the first hour of the session.
- Stunt groups should be consistent throughout training and should maintain the same consistency throughout the season as much as possible.

- When not actively stunting athletes should step back to the nearest social distance markers.
- Unless doing pyramid practice there should be at least 2 meters between each stunt group. Larger gaps between the groups is preferred.
- Pyramids are allowed, however please ensure that consistency between tops who are in contact is as consistent as possible.
  - *Exception: Adults mixing – see below*
- All contact activities that aren't specifically cheer stunting must also abide by the above regulations and are considered part of the 15 minutes maximum per hour of booked session.
  - *Example: Dance lifts, Marital arts sparing, syncro tumbling done inside 2 meter distance.*

### **Adults:**

- Adults can only train in private one-to-one sessions
- If there are 1-1 sessions in the same space the participants must
  - Enter and leave masked, or at staggered start and finish times.
  - Have at least 3 meters distance between the classes which should be clearly marked.
  - Not share equipment. So equipment must be disinfected between use from one group to the next.
- *Exception: If the activity is entirely for formal education purposes e.g. all participants are university students, or AP class members.*

### **At Risk Athletes (COVID-19):**

- All athletes who were shielding during the initial lockdown, have been informed by their GP or specialists, or are otherwise under belief or advisement, that they are at high risk of complication from COVID-19, (Including but not limited to those with Asthma, High Blood Pressure, Cardiovascular conditions, who are incapable of wearing a mask, diabetes, heart disease, respiratory disease or hypertension) must have a note of confirmation from their GP or specialist saying they are ok to return to training under the above conditions.

### **Disabled athletes:**

- Activities for Disabled participants are exempt from the ‘Rule of 6’ and from social distancing and other guidelines where necessary to support their participation. We advise however, being considerate of the additional risk to these participants and taking as many of the relevant precautions as possible while supporting them to participate.

### **Changes:**

- This RTP is subject to change in line with the government roadmaps and other governing influences.

### **First Aid:**

- Although there may be heightened concerns around first aid, this will continue as normal, with the below aspects to be used when needed:
  - Gloves.
  - Face masks for general first aid.

The Resuscitation Council UK has provided specific guidance on CPR delivery. <https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk-statement-covid-19>

### **Facility hire:**

- As with our usual facility hire agreements any non-affiliate groups using the facility must have adequate insurance and risk assessments to use the facilities.
  - This includes appropriate child protection regulations and First aid requirements.
- It is a requirement that all visiting groups are familiar with this document and follow through with the guidance herein in terms of mitigating viral transmission through appropriate physical distancing, maximum participation numbers, flow through the facility, and self sanitisation.
  - Groups hiring the space must have a COVID-19 Risk Assessment, if their risk mitigation is less than the assessment for the same or similar activities as assessed by us at VA the hiring group must adhere to VA’s assessment on the matter when using our facilities.

- There must be a minimum of 15 minutes between individual group uses for appropriate facility and equipment sanitisation to take place.
- A single facility staff member will be present on site but staying physically distanced where possible to ensure these policies are adhered to.
- At the direction of VA facility staff the hiring group will be responsible for equipment sanitisation before leaving the facility.