



London Trampoline Academy and London DMT



Return to training policy and procedures for participants, parents/guardians/carers

London Trampoline Academy and London DMT are committed to ensuring the welfare of our members and coaches. This document outlines the measures we have put in place to ensure we can safely return to training. Whilst we have taken all necessary precautions to maintain a COVID Secure environment, we cannot guarantee a completely risk-free environment. Please note, this is a live document and will be updated in line with Government Guidelines, National Body Guidelines and Public Health England Guidance. All updates will be sent to you with the changes highlighted.

By booking sessions with London Trampoline Academy and London DMT via our class4kids booking website (<https://london-trampolineacademy.class4kids.co.uk>) you agree to abide by the procedures and policies outlined in this document. If you have any questions, please contact us at info@londontrampoline.com

1. Booking

- All participants must book all sessions online.
- Participants that have not booked via class4kids, will not be allowed into the building.
- Sessions are limited to 4 trampoline participants per bed.
- Participants for trampoline will be put into groups and these will be communicated ahead of each session
 - Groups are 4x participants and a coach/assistant
 - These groups will be maintained wherever possible
 - E.g. participants that train on a Tuesday & Thursday will be kept in the same group with the same coach/assistant where possible
 - Those in the same household will be grouped together

2. Harlington Sports Centre (HSC) Regulations

- Please click the links below to read the site usage regulations. Please ensure you have read these documents prior to arriving.
 - [Reopening Guidance – Version 3](#)
 - [Generic Protocols – Version 2](#)
 - [Indemnity Form – Version 1](#)
 - All members will have to complete this upon arrival (under 18's will need their parent/guardian/carer to sign on their behalf)
- Prior to entry to the building participants/parents/guardians/carers must adhere and agree to the following:
 - Queue outside the main entrance until prompted by an HSC staff member for entry
 - Either complete or hand in your indemnity form
 - Confirm name and Next of Kin details
 - Have their temperature taken
 - Should your temperature exceed 37.8°C, entry to the site may not be permitted. Should this occur you are required to either self-isolate for 14 days or take a Covid test and send LTA / HSC your negative result
 - Sanitise their hands-on arrival
 - Test and Trace information will be stored for 21 days

3. Arrivals

- Participants must arrive on time

- Please wait in the car park if you are early.
- If you are going to be 10+ minutes late, please contact the club on 07565064244
- Parents/guardians/carers are not permitted to enter the building to minimise the number of people in the venue.

4. During sessions

- Participants and their coach/assistant will be assigned a trampoline
- There will be spots on the floor for participants and coaches/assistants to stand on around the trampolines, see below Harlington Sports Centre Interior Plan, to maintain social distancing.
- Participants will need to get on/off the equipment in specific ways which will be directed by the coach/assistant, see below Harlington Sports Centre Interior Plan, to maintain social distancing.
- Exceptions to this include
 - Anyone who may struggle with maintaining social distancing or following the club's COVID-19 policies without supervision. In these cases, the participant and the parent/guardian/carer must both register for the session. Please contact us in advance to discuss specific requirements.
 - An emergency, in which case full PPE may have to be applied.
- Participants must bring hand sanitiser for use when arriving at the sports centre, before/after bathroom breaks, before/after getting on/off the trampoline.
- Facemasks are not permitted to be worn when on the trampoline for safety reasons.
 - Participants may wear facemasks if they wish whilst waiting for their turn.
- Warm-ups will be undertaken on the trampoline.
- Participants may only jump on the trampoline they have been assigned to.

5. End of session

- Participants will exit the sports hall in their groups.
- Participants must be collected promptly from the waiting area, see Harlington Sports Centre exterior plan.
- Whilst we appreciate all assistance in set up, and down, during this period of social distancing, only coaches/assistants will be setting up/down equipment.

6. Testing

- Based on NHS guidance, please refer to the attached flow diagram for how we will be approaching those who require COVID-19 testing.
- Guidance:
 - Test pending: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/what-your-test-result-means/>
 - For what to do if a positive Covid case is identified in a bubble: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>
 - For how far back (48 hours) we should enforce this requirement: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youre-contacted-after-testing-positive-for-coronavirus/>

7. Refunds

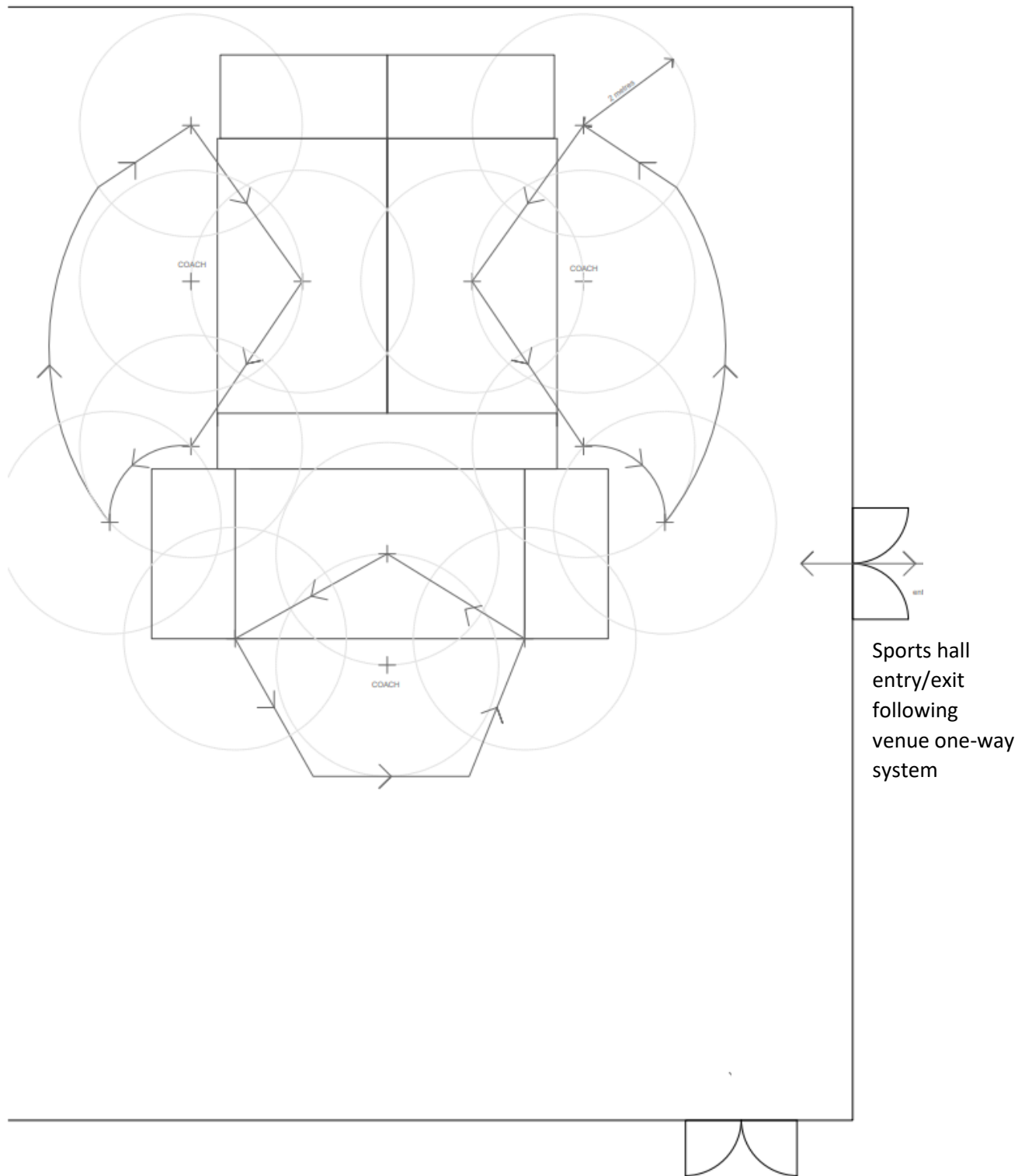
- If a participant is unwell and provides a COVID-19 test result (positive or negative), then they may receive a refund or a make-up session when appropriate.

- Refunds or make-up sessions will not be given to participants that do not turn up, without contacting the club a minimum of 15 minutes prior to the session starting.

8. Additional information

- Due to the lengthy period away from trampolining, participants will follow the return to training coaching policy.
- Participants with COVID-19 symptoms must not attend sessions.
- If participants have minor cuts and scrapes, these must be fully covered with plasters prior to arrival.
- Participants are asked to minimise the belongings they bring with them to:
 - water bottle
 - pen
 - medication
 - logbook & training diary
 - hand sanitiser
- Equipment will be cleaned prior to the start of the session by the coaches/assistants.
- Participants must arrive wearing sports clothing, ready to participate in the session.
 - To minimise use of the changing facilities
 - Ideally, this should be different to the clothing they have worn during the day.
- Where possible, participants should avoid using changing facilities and reception.
- We are operating a 3 strikes discipline procedure to ensure all participants, parents/guardians/carers follow these procedures and policy:
 - Anyone found to be acting contrary to these procedures and policies will be informed of the behaviour that is contrary by the coach in charge of the session.
 - The instances will be reported to the management committee.
 - Anyone who has 3x instances reported to the management committee will have their membership suspended, will not be able to attend sessions and will not be entitled to a refund until an investigation has been completed.
- The reception area, changing rooms, toilets and water fountain are outside of the club's remit and are under the COVID-19 mitigation measures of the venues. You can see the measures they're taking at <https://www.harlingtonsportscentre.co.uk/covid-19-information/>
- This document will be updated when we are able to return to our main venues.
- If you have any concerns, or feel that any policies and procedures are not being followed, or are not in line with current government and British Gymnastics guidelines please email info@londontrampoline.com
- Information and guidelines used to form this policy & procedures:
 - Government guidelines: <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>
 - British gymnastics guidelines: <https://www.british-gymnastics.org/step-forward>
 - Other guidelines:
 - <https://www.cibse.org/coronavirus-covid-19/emerging-from-lockdown>
 - <https://www.cimspa.co.uk/library-and-guidance/coronavirus---cimspa-briefings/reopen-sport-and-physical-activity-sector-facility-reopening-guidance>
 - <https://www.sportengland.org/how-we-can-help/coronavirus>

Harlington Sports Centre Interior plan



Harlington Sports Centre Exterior plan



COVID-19 testing flow diagram

