



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.

Whilst attending London Trampoline Academy and London DMT sessions you agree to abide by the procedures and policies outlined in this document. If you have any questions, please contact us on 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 sports hall.
- Sessions are limited to 4 trampoline participants per bed and 10 DMT participants.
- Participants will be grouped, and these groups will be maintained wherever possible.
- All details will be kept for minimum of 21 days in line with NHS track and trace requirements.

2. 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
 - Anyone turning up 10+ minutes late without contacting the club will not be allowed into the sports hall.
- Participants must outside the venue until called in by a coach.
 - Participants must be supervised by a parent/guardian/carer whilst in the designated waiting area unless:
 - On class4kids a participant is noted as 18+
 - On class4kids a participant is noted as being able to travel to/from the session by themselves.
- At the entry point to the club participants or their parent/guardian/carer must agree to an infra-red temperature check
 - **IMPORTANT** – in line with British Gymnastics guidance, anyone with a temperature over 37.9°C will not be permitted entry to the sports hall
- Participants will enter the hall in their groups

3. During sessions

- Groups are assigned a trampoline
- Participants and coaches/assistants to must stand on floor spots provided around the trampolines and DMT, see below Reynolds Sports Centre Interior Plan, to maintain social distancing
- Participants must get on/off the equipment as directed by the coach/assistant, see below Reynolds Sports Centre Interior Plans, in order to maintain social distancing.

- Parents/guardians/carers are not permitted to wait in the sports hall during the session to minimise the amount of people in the hall.
 - The only exception to this is for 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.
- 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 are not allowed to swap between trampoline and DMT during a session.
- Participants are not allowed to jump on any trampoline, other than the one they have been assigned to.

4. End of session

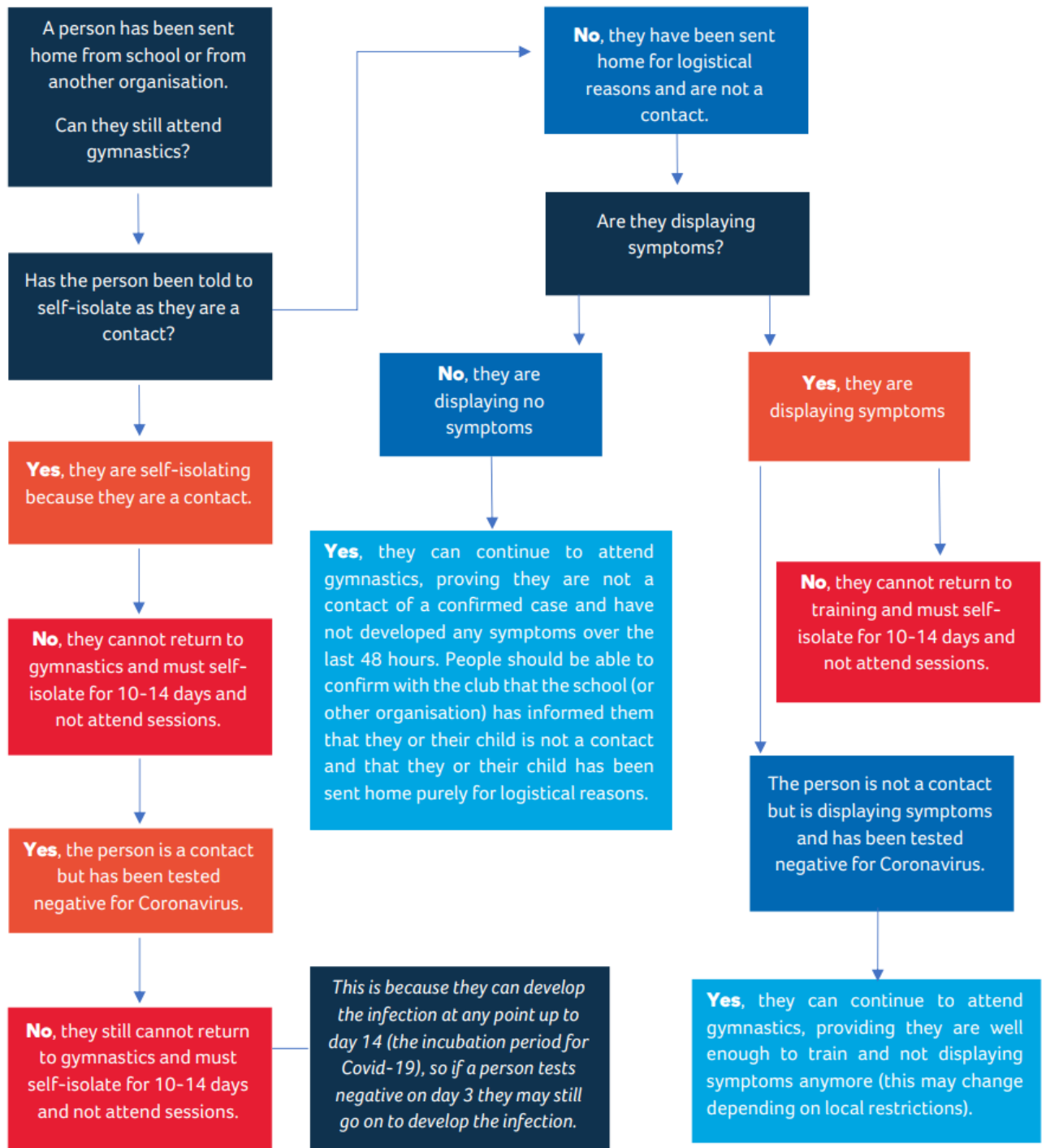
- Participants will exit the sports hall in their groups.
- Participants must be collected promptly from the waiting area, otherwise they will be asked to wait in the reception area of the venue.
- Whilst we appreciate all assistance in set up, and down, during this period of social distancing, only coaches/assistants will be setting up/down equipment.

5. Refunds

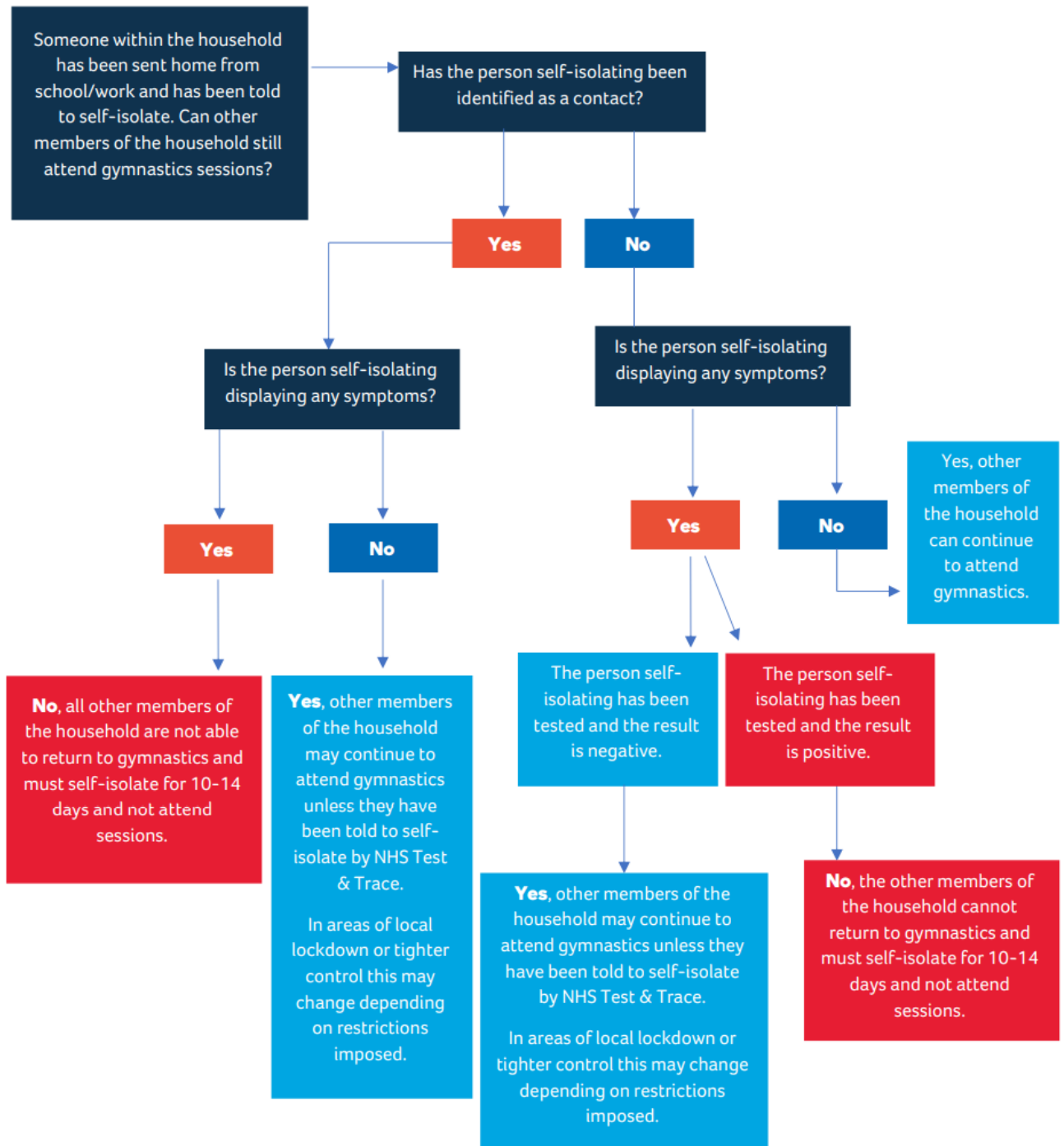
- If a participant is unwell and provides a COVID-19 test result (positive or negative), then they may receive a refund or a make-up session when appropriate.
- Refunds or make-up sessions will not be given to participants that are 10+ minutes late and do not contact the club.
- Refunds or make-up sessions 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.

6. Contacts, self-isolation, symptoms and tests

- We will be following the below British Gymnastics advice on whether a person still attend sessions (to take part or coach) if they have been sent home by another organisation (for example, a child being sent home from school).



- Whether person within your household (e.g. siblings) continue to attend sessions if someone within the household has been sent home from school/work and told to self-isolate,



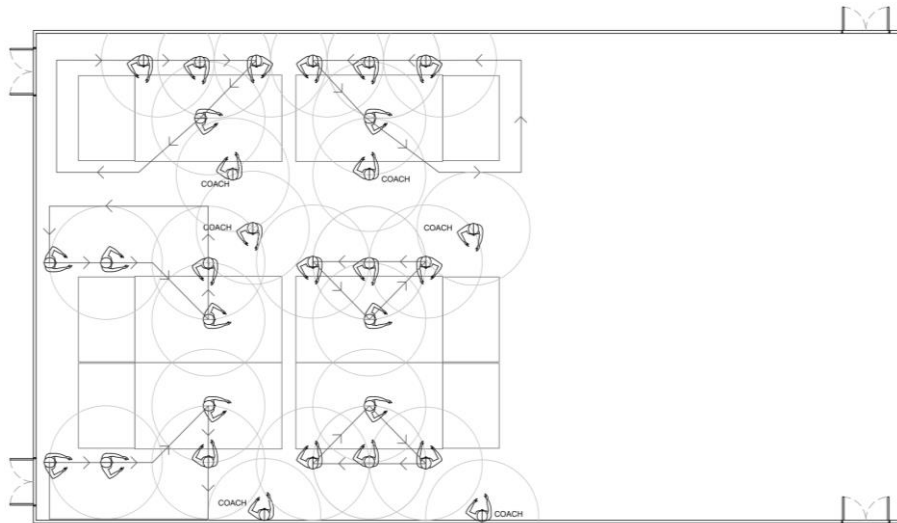
7. Additional information

- Due to the lengthy period away from trampolining and DMT, 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
- Equipment will be cleaned prior to the start of the session by the coaches/assistants.
- There will be hand sanitiser with each trampoline for coach/assistant use.
- 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.everyoneactive.com/centre/reynolds-sports-centre/>
- 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>

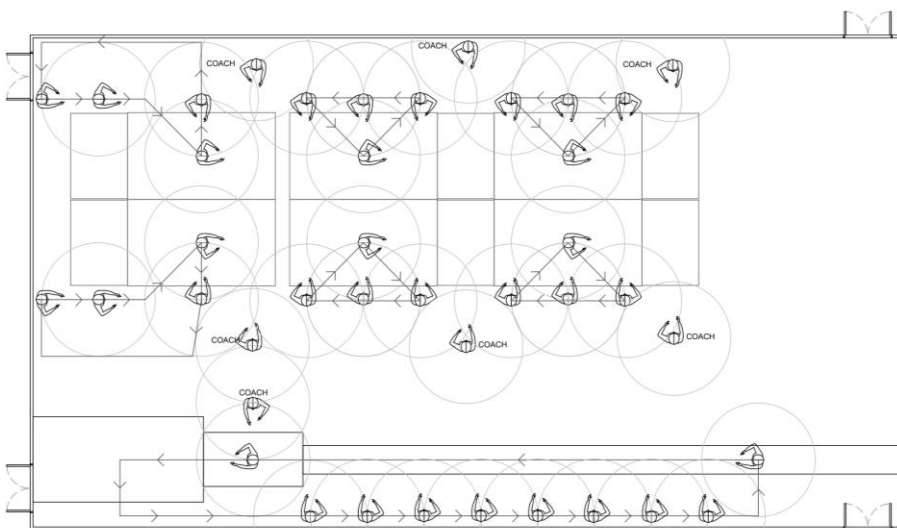
8. Reynolds Sports Centre Exterior plan Exterior Plan



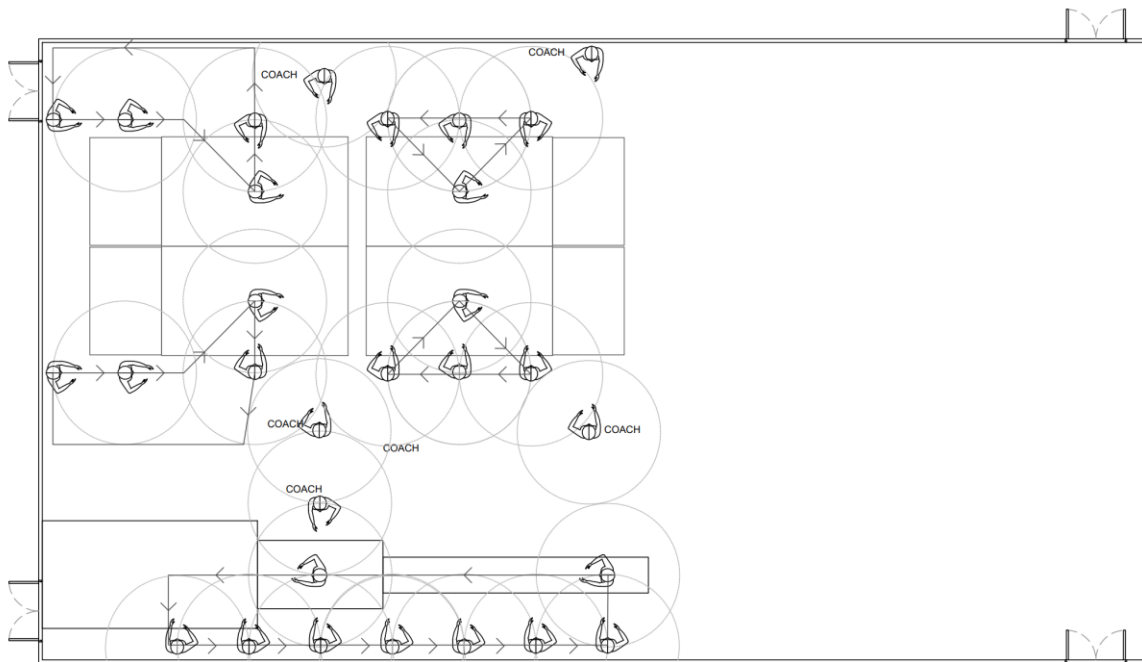
9. Reynolds Sports Centre Interior plan - Monday



10. Reynolds Sports Centre Interior Plan – Tuesday & Thursday session 1



11. Reynolds Sports Centre Interior Plan – Tuesday & Thursday session 2



12. Reynolds Sports Centre Interior Plan – Saturdays

