



Return to training policy and procedures

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.

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

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

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.

2. Arrivals

- Participants must arrive on time
 - Please wait outside the building 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 wait 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:
 - Pass 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 and must find a cone to stand by until invited onto the trampolines.

3. During sessions

- Groups are assigned a trampoline
- Participants and coaches/assistants must stand on floor spots provided around the trampolines, see below Osterley Sports and Athletics Centre (OSAC) Interior Plan, to maintain social distancing
- Participants must get on/off the equipment as directed by the coach/assistant, see below OSAC Interior Plan, 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. 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.
- Participants are not allowed to jump on any trampoline, other than the one they have been assigned to.
- Participants over the age of 18 may only share equipment with their household bubble. Therefore sessions with over 18+ gymnasts will be reduced in capacity to enable this.

4. End of session

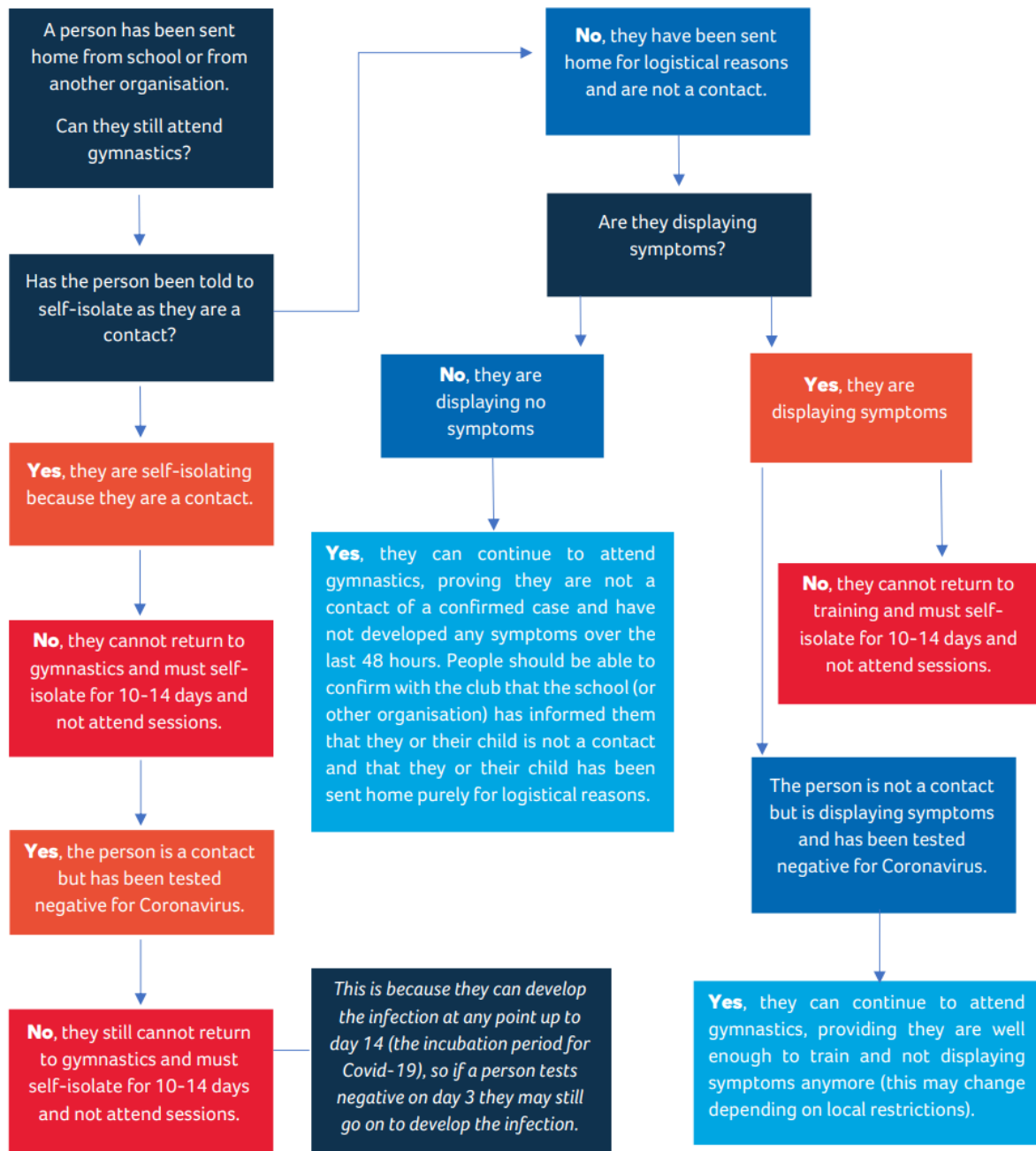
- Participants will exit the sports hall in their groups.
- Participants must be collected promptly from the waiting area, otherwise they will be asked to wait in the reception area of the venue.

5. Refunds

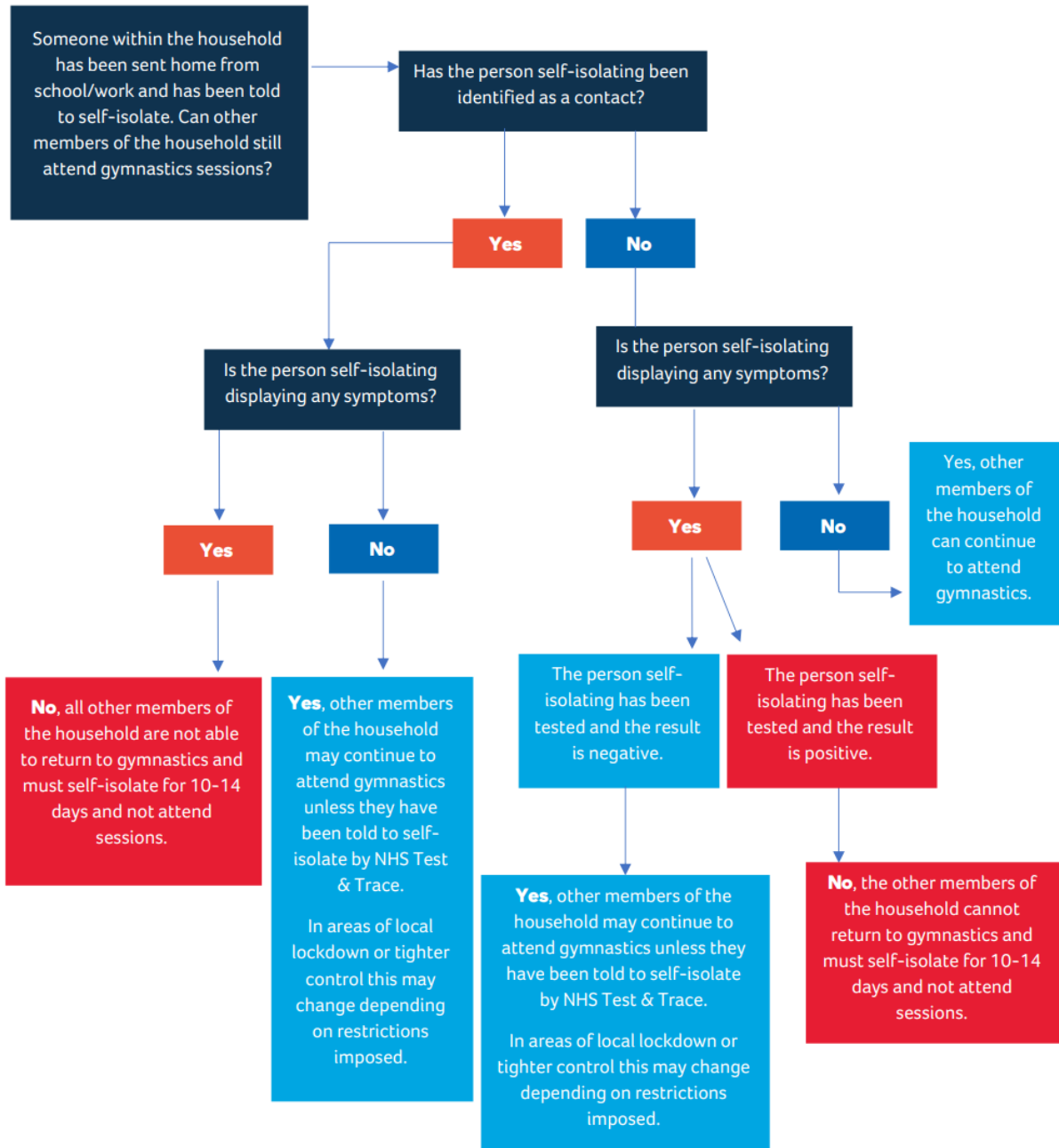
- If a participant is unwell and provides a COVID-19 test result (positive or negative), then they may receive a refund or a make-up session when appropriate.
- Refunds or make-up sessions will not be given to participants that are 10+ minutes late and do not contact the club.
- Refunds or make-up sessions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



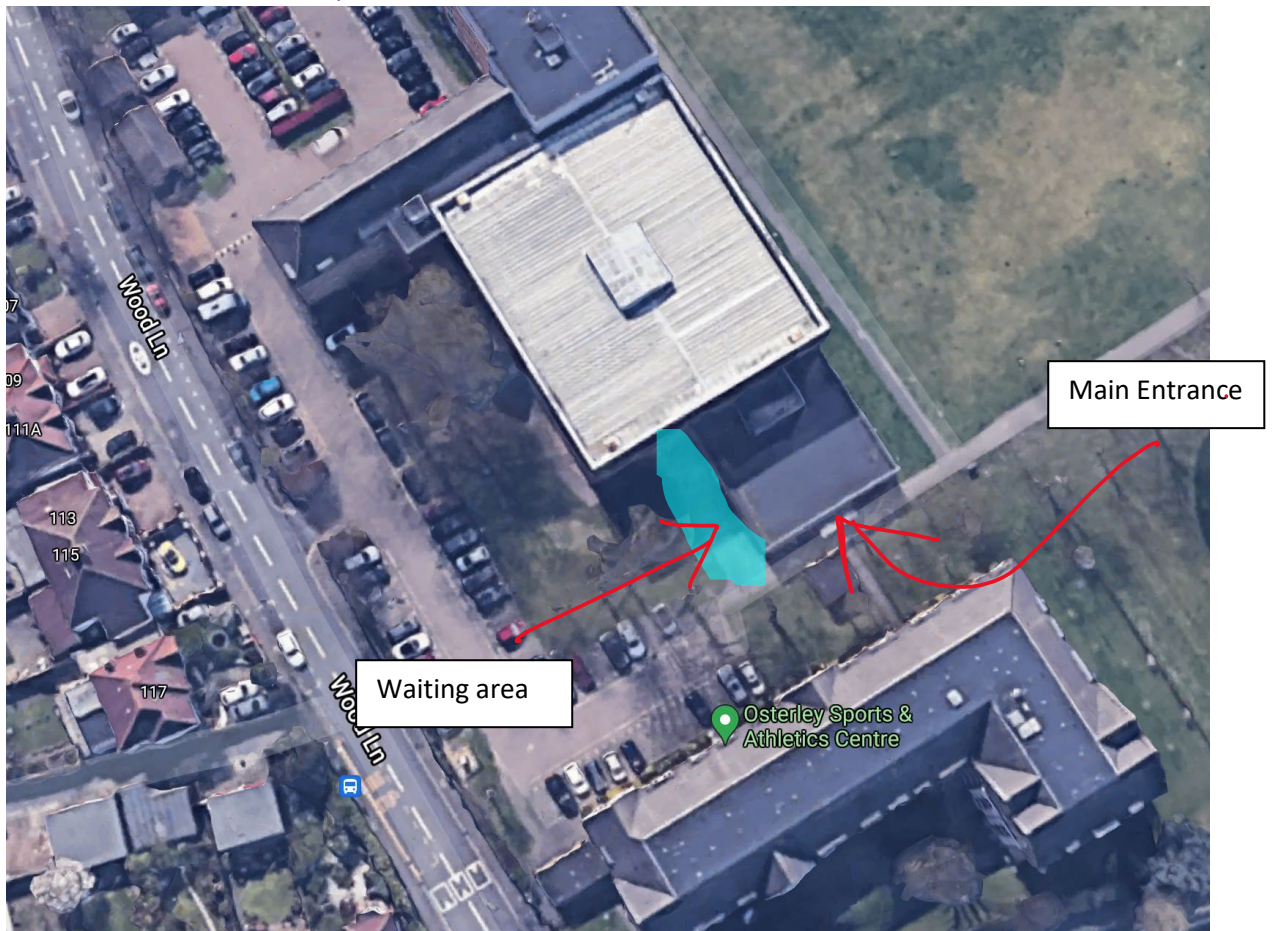
- Whether person within your household (e.g. siblings) continue to attend sessions if someone within the household has been sent home from school/work and told to self-isolate,



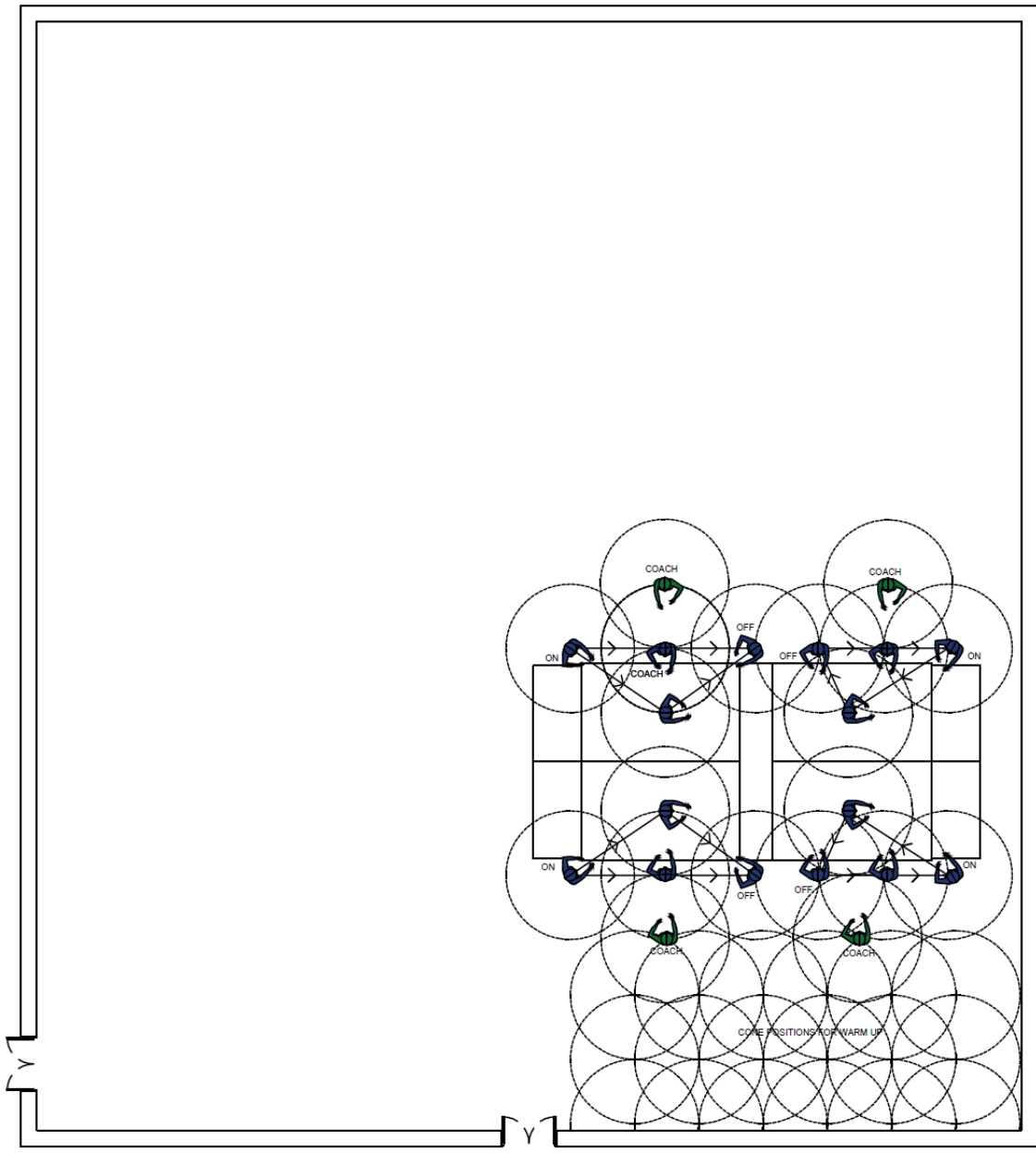
7. Additional information

- Due to the lengthy period away from trampolining, 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 [Osterley Sports and Athletic Centre – Lampton Leisure](#)
- 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. OSAC Centre Exterior plan Exterior Plan



9. OSAC Interior plan



London Trampoline Academy and London DMT

Return to training coaching policy

1. Context

- Participants have not been training since March 2020
- Over lock down the club has been running online range and conditioning sessions via Zoom
 - Whilst these online sessions should have helped participants maintain some fitness, the level of fitness will be reduced.

2. Return to training programme

- To ensure participants skill level and confidence returns to pre-lockdown levels, all participants will return to training on no higher than award 3 of the London Trampoline and DMT logbook.
 - If a participant is targeting national competitions in the 2022 season, then their return to training programme will be decided by their coach
- Coaches will progress participants through the awards at a rate suitable to the individual participant.
- Participants will not receive certificates for award levels they have already completed.

3. Fitness

- Additional thought will be given to fitness, as many participants will have reduced fitness levels due to a reduction of physical activity over lock down.
- There are lots of different ways to develop fitness through trampoline and DMT, and coaches/assistants will advise each participant individually.
- Fitness targets, and development towards those targets must be recorded in the participants training diary.
 - For example, a gymnast may still be able to do a technically correct tuck jump. However, prior to lockdown they were able to do 10x in a row, now they can only achieve 7x technically correct tuck jumps in a row
 - The target amount of tuck jumps (or other skill) will be recorded in the participants training diary, and then the development toward that target recorded as well.

4. Assistant and proficiency coaches

- Assistant and proficiency coaches must have a level 2 qualified coach, or higher review a participant before moving them onto the next award level.
- For the development of assistant and proficiency coaches, participants must show development in their fitness in their training diaries.

5. Supporting/catching

- Current British Gymnastics guidelines prohibit any contact with participants. This means no catching or supporting.
- The club will bring back contact coaching in line with British Gymnastics guidance on a case by case basis.

London Trampoline Academy and London DMT

Return to training policy and procedures for coaches

1. Equipment

- Equipment for sessions to be set up/down by designated teams to
 - minimise contact with equipment
 - reduce number of people in storage cupboards
 - reduce number of participants in sports hall
- Equipment to be set up in line with above plans
- Floor spots to be set out in line with above plans
- IMPORTANT – MAX. 2x people in storage cupboards
- Individuals on set up/down teams to provide their own masks/gloves if they wish to wear them when getting equipment out/away.
- Those in set up teams have 30minutes before a session to set up and clean equipment
- Those in set down teams have 30minutes after a session to set down and put equipment away
- Those in set up teams are asked to arrive 5mins early to complete a temperature check.

2. Cleaning

- Equipment will be wiped down at the beginning of sessions in the following way:
 - All mats to be sprayed with cleaning product and then wiped with mop
 - All throw in mats to have handles wiped with cleaning product
- Boxes with timers/judo belts etc are not to be used for the time being

3. Session Start

- Coaches/assistants not in set up teams should arrive 10minutes prior to the start of a session to temperature check.
- Trampoline coaches will be assigned 4 participants
 - The groups will be circulated prior to each session
 - Where possible, groups will be kept the same
- At the beginning of a session, the lead coach will be asked to collect their participants from the waiting area and bring them into the sports hall.
 - Entry is via venue main entrance
 - Participants will need to pass a temperature check prior to be allowed in

4. During Sessions

- Coaches are asked to ensure the participants they have been assigned, maintain social distancing and use hand sanitiser.
 - If a coach feels a participant is behaving contrary to the clubs Return to Training policies and procedures, please inform the coach in charge of the session.
 - If a coach feels another coach is behaving contrary to the clubs Return to Training policies and procedures, please inform the coach in charge of the session.
- Hand sanitiser is available on the trampolines for coach use.
- Participants are not allowed to jump on any trampoline, other than the one they have been assigned to.

5. End of Session

- Following the direction of the coach in charge of the session:

- Coaches to take their group out to waiting area to be handed back to parents/guardians/carers
- Any participant not collected promptly, must be asked to wait in the reception area of the venue with the welfare officer.

6. Concerns

- 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:
The club: info@londontrampoline.com
The Chairperson: harriet@londontrampoline.com
The Secretary: secretary@londontrampoline.com
- We are operating a 3 strikes discipline procedure to ensure all coaches follow these procedures and policies:
 - Anyone found to be acting contrary to these procedures and policies will be informed of the behaviour that is contrary by the management committee.
 - Anyone who has 3x instances reported to the management committee will have their membership suspended and will not be able to attend sessions until an investigation has been completed.