



## 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](mailto: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 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.

### 3. During sessions

- Groups are assigned a trampoline and must maintain social distancing from other groups.
- 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.

#### 4. End of session

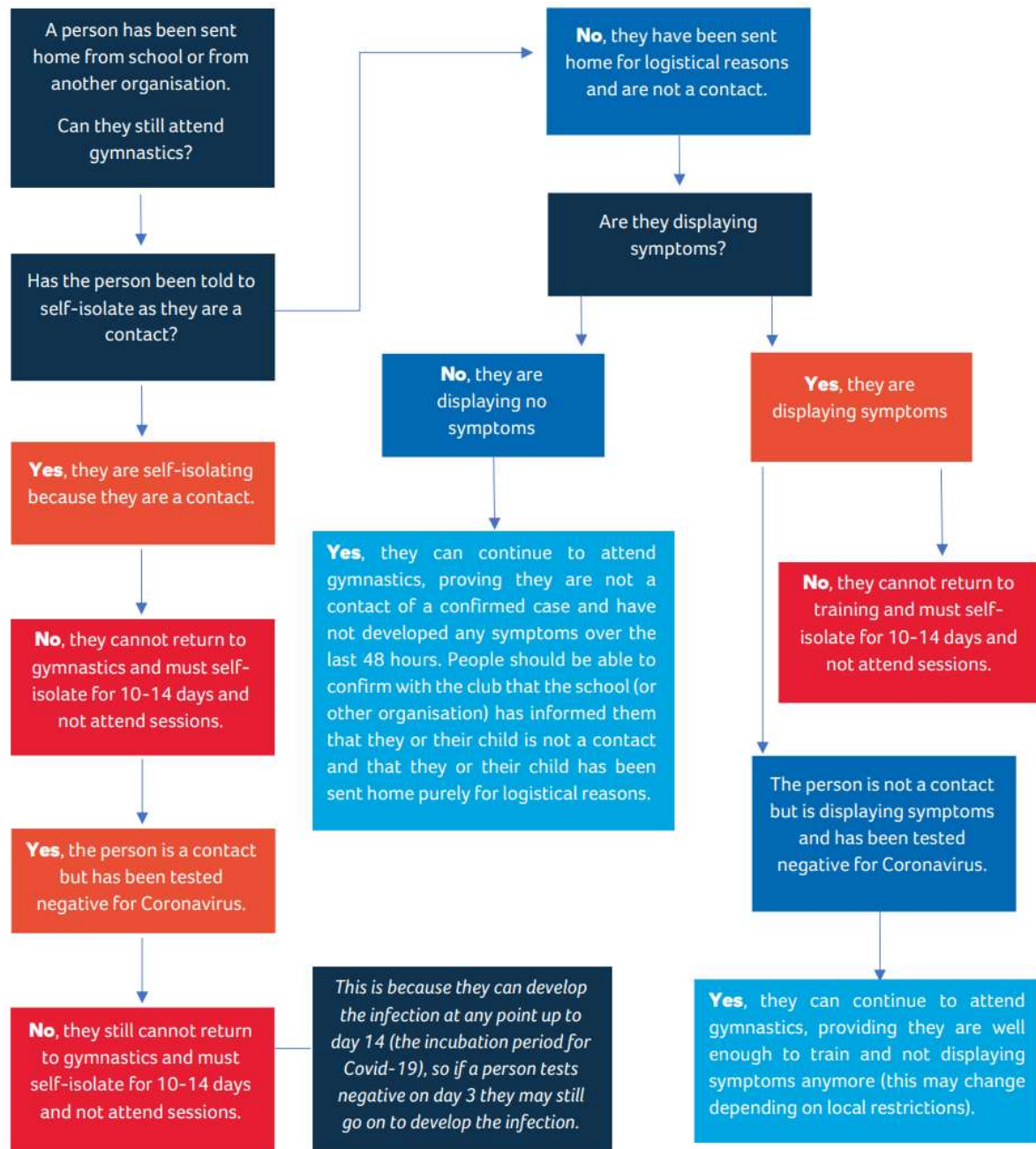
- Participants must be collected promptly from the waiting area, otherwise they will be asked to wait in the reception area of the venue.

#### 5. Refunds

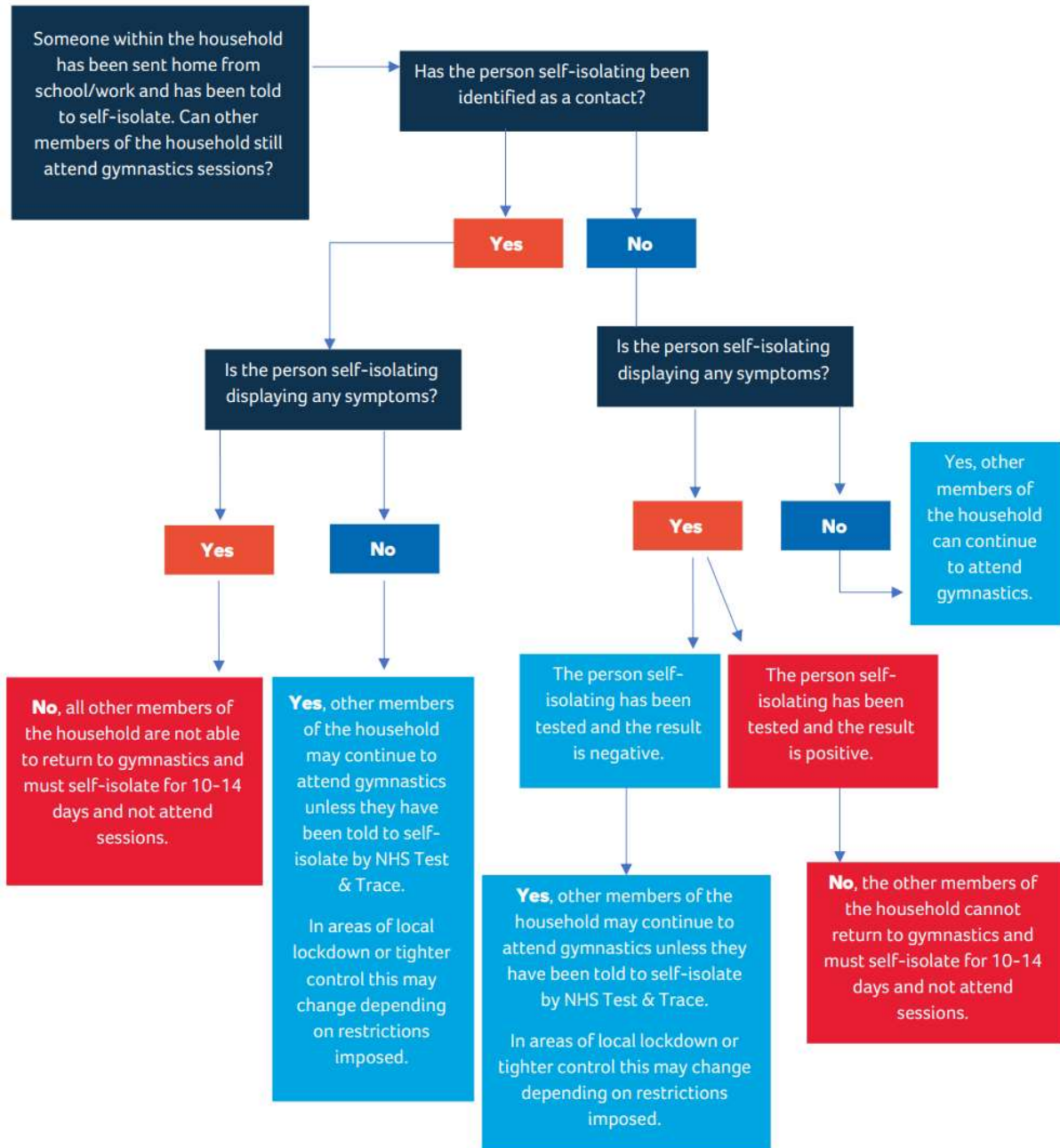
- If a participant is unwell and provides a COVID-19 test result (positive or negative), then they may receive a refund or a make-up session when appropriate.
- Refunds or make-up sessions will not be given to participants that are 10+ minutes late and do not contact the club.
- Refunds or make-up sessions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

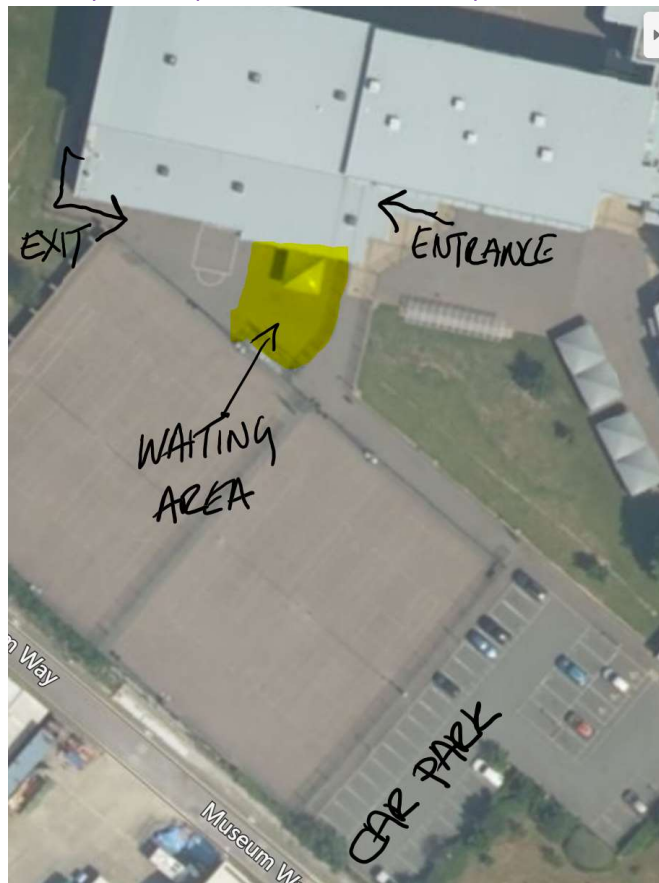


## 7. Additional information

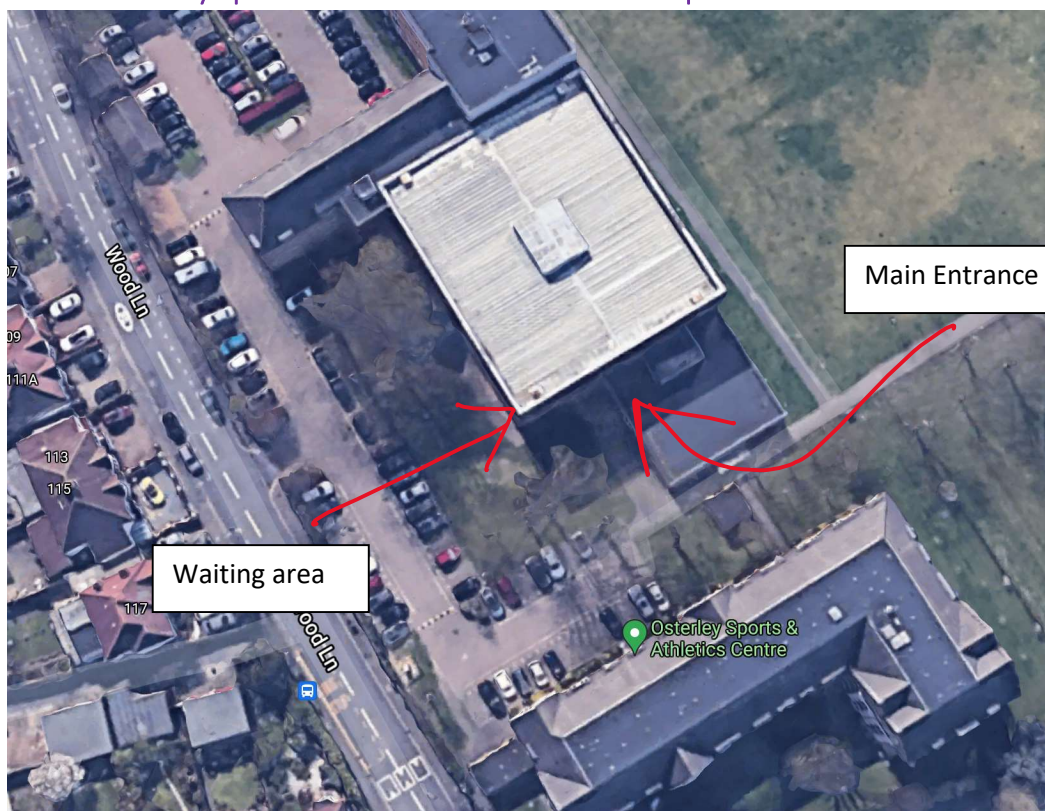
- Participants with COVID-19 symptoms must not attend sessions.
- If participants have minor cuts and scrapes, these must be fully covered with plasters prior to arrival.
- Participants are asked to minimise the belongings they bring with them to:
  - water bottle
  - pen
  - medication
  - logbook & 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.
- 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/>
  - [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](mailto: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. Osterley Sports and Athletics Centre Exterior plan



## Return to training policy and procedures for coaches

### 1. Equipment

- Equipment for sessions to be set up/down by the coaching team for the session to
  - minimise contact with equipment
  - reduce number of people in storage cupboards
  - reduce number of participants in sports hall
- 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

### 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
  - Ensure hand sanitiser is with each trampoline
  - Box with timers/judo belts etc to be placed with each trampoline.

### 3. Session Start

- Trampoline coaches will be assigned 4 participants
  - The groups will be circulated prior to each session
  - Where possible, groups will be kept the same
- DMT coaches will have a maximum of 10 gymnasts for a session.

### 4. During Sessions

- Coaches are asked to ensure the participants they have been assigned, maintain social distancing from other trampolines 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 and DMT 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

- Any participant not collected promptly, must be asked to wait in the reception area of the venue with the welfare officer.
- Only coaches/assistants in the set down team should help pack away equipment

### 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](mailto:info@londontrampoline.com)  
The Chairperson: [chair@londontrampoline.com](mailto:chair@londontrampoline.com)  
The Secretary: [secretary@londontrampoline.com](mailto: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.