



Abbey Gymnastics COVID-19 Policy



This policy sets out information for our members and families at Abbey Gymnastics CIC in line with current NIDirect Government guidelines and the Public Health Agency (PHA) Contact Tracing recommendations. Please note our decisions have been made based on our facility, operations, and our member's needs. This policy applies to gymnasts aged 17 and under and adult gymnasts aged 18 and over.

What you must do if your child displays symptoms of COVID-19 and has not been identified as a close contact (Adult gymnasts follow the same procedures):

The symptoms of COVID-19 are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature); OR
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual); OR
- a loss of or change in sense of smell or taste.

If your child has any of these symptoms it is very important that they do **NOT** attend gymnastics and should [self-isolate](#) at home. You should arrange for them to [get a PCR test](#) as soon as possible. They should continue to self-isolate until the result of the test is available.

If your child tests negative for COVID-19 they can return to gymnastics as normal, provided they feel well enough to do so and will have to provide evidence of the negative test.

What you should do if your child tests positive for COVID-19 (Adult gymnasts follow the same procedures):

If your child tests positive for COVID-19, they must self-isolate for 10 days and not attend gymnastics during this time. Abbey Gymnastics CIC Office must be contacted immediately by emailing info@abbeygymnastics.com using the subject title: COVID-19 POSITIVE CASE. Please include the following information:

- Gymnasts name
- Day and time of class (classes)
- Date of last class attended
- Date the symptoms began
- Date the positive test result was confirmed

This information will enable us to determine who your child's close contacts are for the purposes of contact tracing.

Parents and guardians are primarily responsible for informing Abbey Gymnastics CIC of their child's positive result.

Please note, to try to ensure the health and wellbeing of our members and staff we will continue to abide by the 10 day isolation rule as per the following guidance "If you are allowed to leave self-isolation early following two negative lateral flow results, you are advised to limit close contact with other people in crowded or poorly ventilated spaces and to minimise contact with anyone who is at higher risk of severe illness if infected with COVID-19".

What you should do if someone in the gymnast's household tests positive or the gymnast is identified as a close contact by Public Health Agency (Adult gymnasts follow the same procedures):

If someone in the gymnast's household tests positive for COVID-19 or the gymnast is identified as a close contact by Public Health Agency, the gymnast should self-isolate and take a lateral flow test (LFT) as soon as possible. If this is negative you can stop isolating but should continue to take daily LFTs until the tenth day after the last date of contact with the positive case. Where there are multiple people in your household who test positive, a registered negative LFT will be required on each subsequent day you attend class and will continue until 10 days after last person's positive test.

The lateral flow test should ideally be taken before you leave the house for the first time each day.

If any lateral flow test is positive you should isolate immediately and the steps under "If your child tests positive" should be followed. You no longer need to book a PCR test unless you are clinically extremely vulnerable.

If at any time you develop symptoms, you should isolate immediately and book a PCR even if the lateral flow test is negative.

If the LFT test is negative on the day of your next class, you may attend class by providing proof of the negative test. This result will need to have been registered on the government website, <https://www.gov.uk/report-covid19-result> and your confirmation email or text will be checked by the coach admitting the class.

If you prefer not to test your child, they should refrain from attending the gym until after the 10 day isolation period, this date will be included in the notification email.

What is a close contact within Abbey Gymnastics CIC?

Abbey Gymnastics CIC will identify your child or an adult gymnast as a close contact if they have been involved in the same class where a positive case has been notified. This means, for example, if your child attends the Monday, 5pm, Junior Recreation class and a parent from this class has notified us of a positive case, all members and coaches in this class will be identified as a close contact due to the nature of activities and equipment used within our sessions.

What will happen if your child or an adult gymnast is identified as a close contact by Abbey Gymnastics CIC?

We will do our utmost to inform you of any close contact as soon as is feasibly possible by email. If you have been contacted by us to inform you that your child has been a close contact then you **MUST** follow the instruction given by email before returning to class. We ask for the safety of all our members and staff that you simply **COMPLY** with our request and **DO NOT** feel the need to question or direct abusive and threatening behaviour towards those whose primary concern is to stop the spread of COVID-19 and keep your child safe!

[Young people aged 17 and under who are not fully vaccinated](#)

Gymnasts who are identified as a close contact should self-isolate and take a lateral flow test (LFT) as soon as possible. If this is negative you can stop isolating but should continue to take daily LFTs until the tenth day after the last date of contact with the positive case.

The lateral flow test should ideally be taken before you leave the house for the first time each day.

If any lateral flow test is positive you should isolate immediately and the steps under "**If your child tests positive**" should be followed. You no longer need to book a PCR test unless you are clinically extremely vulnerable.

If at any time you develop symptoms, you should isolate immediately and book a PCR even if the lateral flow test is negative.

If the LFT test is negative on the day of your next class, you may attend class by providing proof of the negative test. This result will need to have been registered on the government website, <https://www.gov.uk/report-covid19-result> and your confirmation email or text will be checked by the coach admitting the class.

If you prefer not to test your child, they should refrain from attending the gym until after the 10 day isolation period, this date will be included in the notification email.

Aged 18 and over and not fully vaccinated

If you are aged 18 and over and you are either unvaccinated, have had one dose only, or if it is less than 14 days since your second dose, you should self-isolate immediately for 10 days following last contact with the positive person. You do not need to book a PCR test unless you develop symptoms.

If you are not able to be vaccinated for a clinical reason, you still follow the guidance above.

Fully vaccinated close contacts

Gymnasts who are identified as a close contact should self-isolate and take a lateral flow test (LFT) as soon as possible. If this is negative you can stop isolating but should continue to take daily LFTs until the tenth day after the last date of contact with the positive case.

The lateral flow test should ideally be taken before you leave the house for the first time each day.

If any LFT is positive you should isolate immediately and the steps under “**If your child tests positive**” should be followed. You no longer need to book a PCR test unless you are clinically extremely vulnerable.

If at any time you develop symptoms, you should isolate immediately and book a PCR even if the lateral flow test is negative.

If the LFT test is negative on the day of your next class, you may attend class by providing proof of the negative test. This result will need to have been registered on the government website, <https://www.gov.uk/report-covid19-result> and your confirmation email or text will be checked by the coach admitting the class.

If you prefer not to test your child, they should refrain from attending the gym until after the 10 day isolation period, this date will be included in the notification email.

Should you choose not to comply?

Our staff continue to be vigilant and proactive in the current state of COVID-19 infection. Our policy for close contacts may exceed other organisation or school policies however, we are entirely within our rights to do this and to request information including proof of a negative test before returning to class.

WE WILL NOT TOLERATE ABUSIVE OR AGGRESSIVE BEHAVIOUR TOWARDS OUR STAFF.

Those who choose not to comply with our policy or continue to be abusive or aggressive towards our coaches or staff, risk the cancellation of their child’s membership.

These procedures have been put in place as Abbey Gymnastics CIC’s priority is always to protect the health and safety of our members, staff and volunteers.

This policy will be monitored and reviewed on a regular basis and reissued to members when necessary

Version 4 draft 23/01/2022