

GYMNASTICALS COVID -19 PROTECTION CONCEPT FOR GYMNASTICS TRAINING

Clubs must create a protection concept for their training. This protection concept contains a framework for the safe operation of gymnastics activities to assist in decreasing the risk of spreading the virus.

Our protection concept is based on the measures from the Federal Council which was updated on 18th January, 2021 and the protection concept/frameworks made by BASPO/Swiss Olympic Association (Gymnastics).

The latest measures can be found from the Federal Council:

<https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov/massnahmen-des-bundes.html>

The basic protective measures are based on the general principles for preventing the spread of the coronavirus. As below:

- A Training without symptoms
- B Maintain distance and group size (1.5 m distance)
- C Compliance with the hygiene rules of the BAG
- D Logging of the participants in order to trace possible chains of infection.
- E Mandatory protective masks
- F Designation of responsible persons, compliance with the association's protection concept.

Below is Gymnastics protection concept for gymnastics training:

A. TRAINING WITHOUT SYMPTOMS

Gymnasts, as well as coaches who feel sick or have symptoms of illness are not allowed to participate in training. They must stay at home or go into isolation. They should call their GP and follow their instructions. The training group are to be informed immediately about the symptoms of the disease so appropriate action can be taken.

The coach will ask each child at the beginning of the class about their current state of health. Coaches are to be aware of the common symptoms as follows: Cough (usually dry), sore throat, shortness of breath, fever. Muscle pain, sudden loss of smell and/or taste. Rare symptoms: headache, gastrointestinal symptoms, conjunctivitis. The symptoms of the disease may vary in severity, and they can also be mild. Anyone that is sick and affirms these symptoms, then there could be coronavirus disease, as result will need to put a hygiene mask on and will need to go home with a parent. They will be informed to follow the isolation instructions in accordance with BAG (see <http://www.bag.admin.ch/isolation-und-quarantaene>). They should be tested quickly by the doctor. If the test is positive, the coach is to be informed immediately, who in turn will contact the entire environment about the situation.

Protecting vulnerable people (risk groups), which are people over 65 and people with certain medical conditions and previous illnesses such as: high blood pressure; Chronic respiratory diseases; Diabetes; Diseases and therapies that weaken the immune system; Cardiovascular diseases; Cancer. Any members/family members that are in the risk groups should not come to training.

Please read the recommendations from BAG here and follow accordingly.

<https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov/besonders-gefaehrdete-menschen.html>



People arriving in Switzerland from certain countries and areas are required to go into mandatory quarantine. Gymnasts should not come to training if they are required to go into quarantine. Please see below for information.

<https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov/empfehlungen-fuer-reisende/quarantaene-einreisende.html>

B. MAINTAIN DISTANCE AND GROUP SIZE

To all those that are 12 years and above, a distance of 1.5 meters must be observed and a mask requirement apply in the following areas and in similar situations: When entering the sports facility, in the cloakroom, training area, after training, on the return journey. (Under 16's do not need to wear a mask in the training area). Traditional shake hands and clapping should still be avoided.

The Federal Council have specified that there are no restrictions on training for children and young people up to the age of 16 either indoors or outside. However, Gymnastics will implement the following measures.

Coaches keep 1.5m distance from others and must wear a mask during the training session even when actively participating in the activity (e.g. warm-up, demonstrating skills) and distance can be maintained unless they have a doctor's medical exception certificate. In this case they will maintain the distance of 1.5m from the students.

Help / Secure:

Helping and securing is only permitted for young people up to 16 years of age and with a mask. Any helping, supporting of children will be kept to a minimum. All physical contact is prohibited in adults. Coaches will adapt the programme as far as possible to make verbal corrections but because of the nature of the sport active intervention/assistance will be carried out if only if necessary such as if there is a danger to the gymnast.

Consistent groups:

Gymnasts must stay in their normal group times and the training groups are kept consistent where possible. The group division is to be carried out and implemented by the coaches.

Warm-ups will be conducted spaced apart, where possible.

Gymnasts will train individually and there will be no partner work or limited partner work.

As gymnasts move around their stations/apparatus, they are to be spaced apart, where possible.

Arrival and departure to training by individual means of transport (bicycle, private transport, arrival on foot) is recommended wherever possible.

Accessibility to the training infrastructure

- In principle, only those people who are necessary for operation should be in the training infrastructure. During the training times, the following persons have access to the training hall (= building complex) trainers, athletes, officials, medical staff, cleaning staff and suppliers.



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- Companions, parents, friends, only have access if necessary. Such as to support the assembly and dismantling of the equipment, then accompanying persons are allowed to enter the training hall wearing a protective mask.

C. COMPLIANCE WITH HYGIENE RULES/HAND HYGIENE

Children, coaches, parents are to wash their hands thoroughly with soap and water or use disinfectant before and after entry. Disinfection will be provided.

Coaches are to wash and / or disinfect their hands between each individual training session, as well as before and after training.

D. LOGGING OF THE PARTICIPANTS

Close contacts between people must be kept for 14 days at the request of the health authority. Although, we maintain a record of attendance for each class kept anyway, the record of attendance will also be kept for the purposes of contact tracing. Gymnastics use the secure "Jackrabbit" management system to maintain records.

E. MANDATORY PROTECTIVE MASKS

All persons over the age of 12years must wear a mask in publicly accessible indoor spaces, this includes the entrance way and changing rooms. Under 16years do not have to wear a mask in the training area.

The changing rooms at Dirty Hands remain closed. All gymnasts were possible to come already be dressed in their training clothes and to remove their shoes and leave them by the door spaced apart before taking their places in the training room. The changing rooms at Maienmatt can be used providing over 12 year olds wear a mask and distance can be maintained. At Shui Zhu Do, gymnasts can leave their coats in the changing rooms but must leave the area promptly.

In the interior of the sports hall there is a general mask requirement for over 16years.

The coaches are required to wear masks in the training area, unless they have an doctors medical exception certificate. In case they will maintain distance of 1.5m from the students.

1. SPECIAL CONSIDERATIONS

After completing their training session, gymnasts must leave the building as soon as possible. Parents are to drop off and pick up her children at the door on the outside. When parent pick up smaller children, they must wear a mask and maintain distance from others at all times.

The viewing gallery at Maienmatt is closed. Parents are requested not to wait in the waiting areas at Maienmatt, Shui Zhu Do and Dirty Hands. Visitors must leave their full name, address and contact number for contact tracing.

Training will finish a few mins earlier than usual to reduce contact between groups and also to allow for any cleaning of materials.

Gymnasts will be briefed before the start of each training session about what is expected of them in training (for example, keeping distance, no touching, wash hands after the bathroom etc..)



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CLEANING:

Due to their nature, cleaning/disinfection of sports equipment in gymnastics is largely not possible, but equipment where possible will be cleaned and wiped down between new groups and at the beginning and end of sessions. The respective hired venue, have their own cleaning policies which they carry out every day.

Any traces of blood produced because of injury will be clean with disinfectant immediately.

2. INFORMATION

Federal government tightens coronavirus measures 13.01.2021

New rules apply throughout Switzerland from 18. January:

- Closed: Shops selling non-essential goods**
Shops selling essential goods: current restrictions lifted
- Protection for those at especially high risk**
Right to work from home, equivalent protection or paid leave (of absence)
- Private gatherings of families and friends: max. 5 persons**
Recommended: from max. two households
- Requirement to work from home**
Where feasible and with proportionate effort and expense
- Gatherings in public: max. 5 persons**
- Requirement to wear a mask at the workplace**
If there is more than one person in the room

Still applicable:

- 5** Sporting and cultural activities: max. 5 people
- Distance learning** at higher education institutions
- 16** Exceptions for children under 16 (sports/cultural activities)
- Singing** only among family and in schools
- Extended requirement to wear masks**
- Stay at home** (recommendation)
- Ban on events**
- Rules for ski areas**

Additional measures:

- Reduce contact with other people
- Wash your hands regularly
- Wear a face mask
- Keep your distance

Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra
Swiss Confederation

Bundesrat
Conseil fédéral
Consiglio Federale
Cussegl Federal
Federal Council

3. PROCEDURE IN THE EVENT OF A CORONA CASE WITH IN A TRAINING GROUP.

If a gymnast/coach has suspected Coronavirus or tested positive for Coronavirus, please contact us immediately. We will inform the other parents in the group and also we will contact the cantonal authority.

Only people with whom the sick person was in close contact need to be placed in an ordered quarantine. If you have to be in quarantine, the responsible cantonal authority will contact you and inform you about how to proceed.

Close contact means that you have been in the vicinity (distance of less than 1.5 meters) to an infected person for more than 15 minutes without protection (hygiene mask or physical barrier such as plexiglass). Further information on the website of the Federal Office of Public Health.

<https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov/isolation-und-quarantaene.html>



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F. COMMUNICATION OF THE PROTECTION CONCEPT

Parents and coaches will be informed by email about the protection measures. It will also be displayed on the website.

Manami Jenden is the Corona representative and is responsible for ensuring that applicable regulations are observed. If there are any questions, Manami can be contacted on +41 079 129 3520 or on info@gymnastics.com

CONCLUSION

This document was created based on an industry solution and was sent to all employees and explained.

By Manami Jenden, updated on the 18th January 2021