



GYMFUSION

Work Plan

Gymnastics For All

GymFusion Manchester 2018

Lowry Theatre, Salford Quays

18th February 2018

British
Gymnastics
More than a sport



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Venue

Manchester Lowry

Pier 8

Salford Keys

Manchester M50 3AZ



Travel, Transport and Parking

The Lowry is a 10 minute drive from Manchester City Centre, 20 minutes from Manchester Airport, and a quarter of a mile from the motorway network, giving access from all over the North West and beyond. From the M60 take junction 12 for the M602. The Quays is a quarter of a mile from junction 3 of the M602. Follow the brown Lowry logo signs.

For more information, please follow this [link](#).

Venue Facilities

Inside the Lowry there is a café, bar serving both soft and alcoholic drinks and an onsite shop. The nearest cash machine is in the lowry shopping outlet opposite the venue, however all onsite facilities accept card payments. There are other food outlets outside the venue within walking distance.

Schedule Overview

The venue opens doors to the public at 10:00am.

	Team registration	Coaches Briefing	Spectator Doors Open	Show Starts	Show Finishes
Show 1	10:30am	11:00am	11:30am	12:00am	2:30pm
Show 2	3:00pm	3:30pm	4:00pm	4:30pm	7:00pm

Please see [Appendix 1](#) for the full timetables for both Show 1 and Show 2 (note – this timetable is currently a guide and is subject to change). One of our event volunteers will chaperone your teams from the warm up area to the side of the stage. Please ensure that your team arrives at the warm up hall in good time for your warm up to begin their allocated warm up slot. During the coaches briefing information will be distributed on all locations and other relevant information about the flow of the event.

Registration

Team managers and coaches should arrange a suitable meeting point with gymnasts and parent/guardian externally to the building. Registration will be on the top floor of the foyer area. Team managers/coaches are required to register their team once all participants are in attendance (individual participants and parents/guardians need not approach the registration desk). Once teams have registered, they will be chaperoned back stage. No spectators should be up on the top floor of the foyer until spectator doors are ready to open. If you are running late or stuck in traffic please call or text Danielle to make us aware of your situation, 07739512206.

Coaches Briefing

Coaches briefing will be conducted in the main auditorium this will be at 11 am for the morning show and 3.30pm for the afternoon show. Each team is required to nominate one coach to attend. This briefing will last approximately 15 minutes and will include all relevant information on housekeeping, timetable, flow, orientation specific to the venue and show.



Gymnast Seating

Gymnast seating is available for all participating gymnasts. This is located in the upper circle of the auditorium, and is only available for the show the team are performing in. Gymnasts do not have to pay an additional cost as this is included as part of their entrance fee to the event. If you would like to watch the show your team are not performing in; gymnasts and coaches will have to pay for a spectator ticket.

Changing Facilities

Teams will be allocated a dressing room where participants can get changed and leave belongings. Please be advised that dressing rooms will not be locked or secure; Subsequently we recommend that you do not leave anything valuable unattended at any point during the event.

As GymFusion Manchester is such a popular event, space back stage is to be restricted as follows:

If your team are performing in part 1 of the show you will be allocated a dressing room during this time.

If your team are performing in part 2 they will sit in the gymnast seating during part 1.

Once teams participating in part 1 have performed, their dressing room should be cleared quickly and left in a clean and tidy manner for other teams to use straight away and the team proceed to sit in the gymnast seating.

Volunteers

For each GymFusion event we require a number of volunteers to assist in various roles including the chaperoning of teams, distribution of programmes and help at registration. If you have any club members / young leaders that would like to help at this event, please get in touch with Chiara Querci at volunteer@british-gymnastics.org no later than the 3rd of February. This is a great opportunity for gymnasts and young leaders (as part of a club leadership academy) to help at a British Gymnastics national event.

Photography

By entering/ attending this British Gymnastics event all coaches, participants and spectators consent to being filmed/ photographed at the event in line with the [British Gymnastics Photography Policy](#). By attending the event all spectators consent to be photographed/filmed. DE phot will be in attendance at the event and provide photographs of performance and a team photograph of performing groups. These will be available for purchase on the day of the event and subsequently displayed in an online gallery by DE photo. The password to gain access will be made available on site during the event. Photography by spectators is permitted, but NO FLASH is to be used. Please notify Danielle Crowe danielle.crowe@british-gymnastics.org if a member of your team would prefer not to be photographed.

Performance Equipment

The performance area will be a 12m (width) x12 (depth) tribond mat floor. See appendix 2 for diagrams. The only other equipment that will be provided are 2 safety landing modules.

If your team requires further equipment; It is the responsibility of the team to transport this equipment and carry out all appropriate equipment checks, risk assessments and complete method statements. Only British Gymnastics approved equipment is to be used at this event. Any equipment requirements, or if you are bringing any of your own equipment, this needs to be indicated using your Team Sheet prior to the deadline date. Those bringing equipment will be contacted closer to the event to arrange drop off/collection of equipment at appropriate times.

Only teams that are bringing their own equipment need to provide copies of their risk assessments and method statements specific to the equipment being used. A Method statement is required for all teams bringing equipment, detailing how they plan to position and make use of their equipment. If you are unsure if you need to complete this, please contact [Danielle](#). A template risk assessment and method statement document can be found in [Appendix 3](#).

Warm up Equipment

A 12m width x10m depth tribond mat floor will be provided in the warm up gym. Accessing your equipment will not be possible for warm up as it will already be positioned in the auditorium ready to bring on for your performance. If you wish to practice to music, there will be system available with your pre-loaded music on, please bring a USB with your music on as backup.

Health and Safety

It is the team manager or supervising coach's responsibility to assess the risks of taking the gymnasts out of the usual British Gymnastics training environment. There is a guidance document on GymNET (under resources, club support then policy for Health and Safety) to offer guidance to clubs who are taking gymnasts on a trip outside of their gym. We do not need to see any risk assessments for travel however we recommend that it would be best practice to complete risk assessments relevant to all aspects of your trip.



Ticket information

Tickets can be purchased in advanced from the Lowry Box Office. Book via the [link](#) or by telephone 0843 208 6000 *booking fee applies

Ticket Type

Adult - £10 per ticket per show*

Concessions/under 16's - £7.50 per ticket per show*

Booking fees apply*

Providing that there are still tickets available on the day, these can be purchased from the Box Office in the main entrance when the venue opens. On the door tickets prices are as follows:

Adult - £13.00 per ticket per show

Concessions/under 18's - £9 per ticket per show.

Appendix 1 – Timetables

GymFusion Manchester – 18th February 2018

Show 1 12:00 – 2:35

10:30
11:00
11:36

Team Registration and venue orientation
Coaches Briefing
Warm ups start

	Team Name	Warm Up
SHOW 1 FIRST HALF	Intro	Performance time +2 minutes
	St Helens RGC Team 1	11:36
	City of Birmingham Espoirs	11:45
	HPL Juniors	11:54
	Red Shoes Seniors Team	12:03
	Dynamite Ignition	12:10
	GR8 Gymnastics Seniors	12:19
	Goole Gymnastics Club	12:27
	Everton Juniors	12:36
	Kingston Vale Hawks	12:45
	Interval	
SHOW 1 SECOND HALF	Intro	
	GR8 Gymnastics Juniors	1:05
	Kingston Vale Tornados	1:12
	Bromsgrove Gymnastics	1:21
	St Helens RGC Team 2	1:30
	Penketh Gymnastics Club	1:38
	AV Gymnastics	1:47
	Spartac Display Team	1:56
	City of Birmingham Stars	2:05
	Dynamite Firecrackers	2:14
	Show Close	

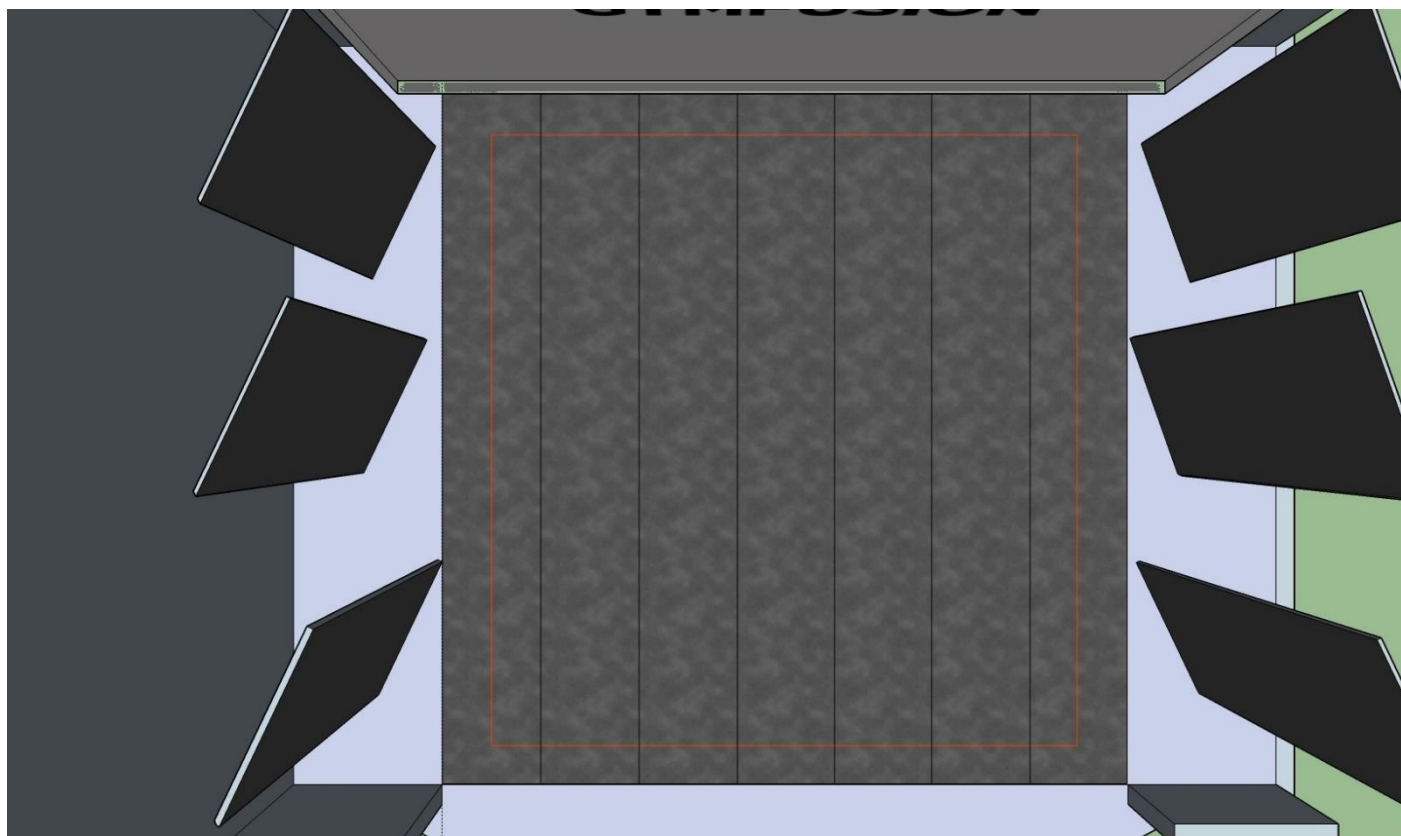
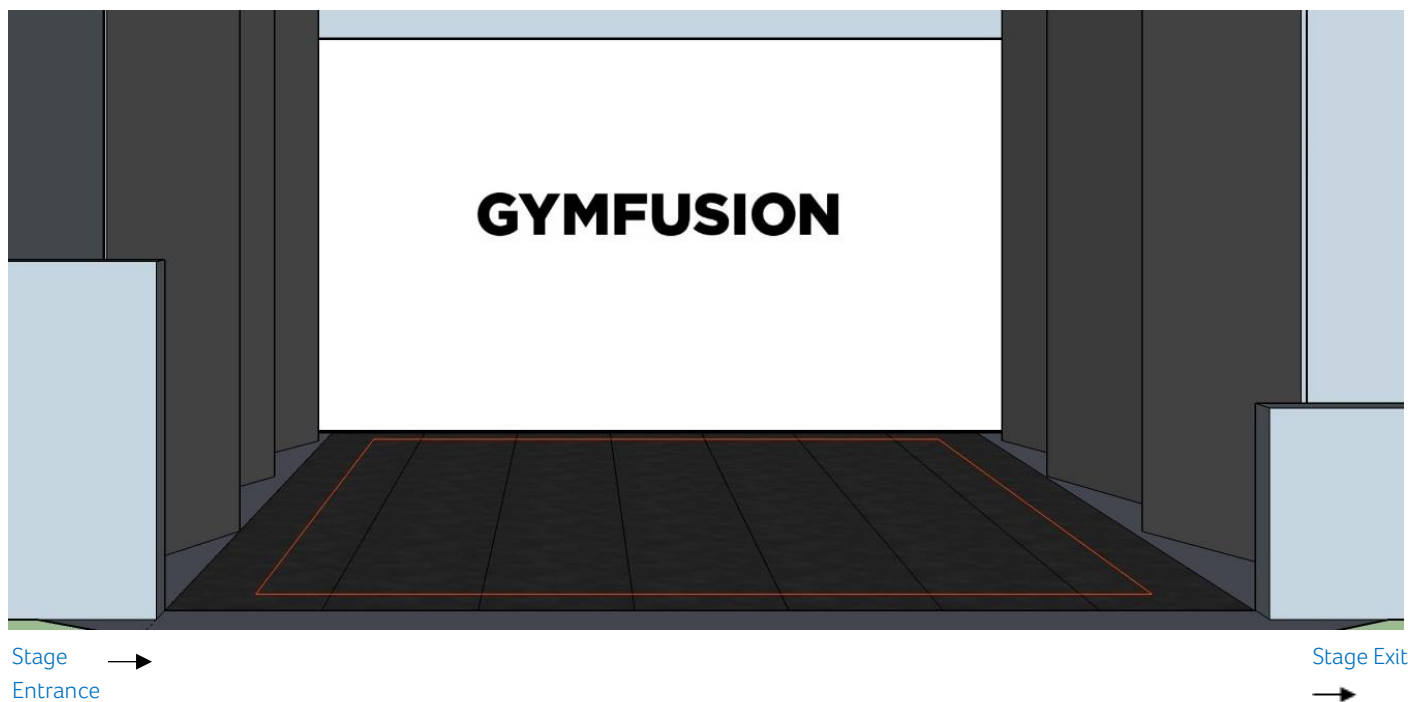
GymFusion Manchester – 18th February 2018

Show 2 4:30 – 6:25

3:00 Team Registration and venue orientation
3:30 Coaches Briefing
4:06 Warm ups start

	Team Name	Warm Up
SHOW 2 FIRST HALF	Intro	Performance time +3 minutes
	Dynamite Sparklers	4:06
	Red Shoes Junior Team	4:16
	Kingston Vale Seniors	4:23
	Severn Gymnastics	4:33
	Bolton Arena Gymnastics Club	4:43
	Cader Idris Gymnastics Club	4:53
	Interval	
SHOW 2 SECOND HALF	Intro	
	Spartac Display Team	5:12
	Blackburn and Darwen Acro GC	5:23
	Border Counties School of Gymnastics	5:33
	Warrington Gymnastics Club	5:41
	Leeds Gymnastics Club	5:51
	The Wire	6:00
	Show Close	

Appendix 2 – Stage Diagrams



Amber line indicates the performance area of 12 metres width x 12 metres depth

Appendix 3 – Risk Assessment and Method Statement

Method Statement Template for the installation of team equipment at GymFusion events

[please insert Team Name here]

The Project:

To unload, construct, pack away and re-load team equipment for use within a gymnastics display routine at a British Gymnastics – Gymnastics for All, GymFusion event.

[Please summarise what this will entail for your team here].

Safety and Site Management

It is the policy of British Gymnastics to have a clean and efficient environment in which to work. In particular our aim is to ensure that our works do not impact on the works of other trades on the site. All components necessary for the construction of the team equipment will be kept in a tidy fashion and not allowed to infiltrate areas being worked by others. At the end of shift all items will be collected from the various operating areas to a single point.

British Gymnastics personnel will ensure that they are familiar with the site and that they attend the induction/safety processes as required by the event host venue or its agents. Team members will ensure that all working practices are deemed safe throughout the build of this project in accordance with British Gymnastics policy and safe working practice & procedures.

Scope of works

[Please insert an overview of exactly what it is you will need to do from the moment your vehicle arrives at the venue to the moment you depart here].

1. Delivery & unloading of equipment - [How will your equipment be delivered and unloaded and transported into the venue? -]
2. Storage of equipment – Team equipment will be stored in the wings of the stage in a tidy and well organised fashion allowing easy access for all persons to freely make their way past with no protrusions or trip hazards. *[Please be mindful that other teams may also be storing equipment ready for use alongside your equipment].*
3. Erection, assembly & placement of equipment – [Please specify how you will move, erect, assemble and place your equipment on the performance stage? -].
4. Safety check – Equipment will be checked for security and safety in accordance with British Gymnastics procedure by a suitably qualified coach prior to use.
5. Storage of equipment - [Please specify how you will disassemble and move your team equipment from the performance floor back into a storage position? -].
6. Removal & re-loading of equipment - [How will your equipment be removed from the venue and re-loaded into your vehicle(s)? -].

Equipment

[Please detail all of the individual items that make up your team equipment here].

Training

All persons involved with movement and installation of equipment must be suitably trained according to their specific role. Ultimate responsibility for the safe erection, assembly and placement of equipment lies with the responsible coach supervising the team. This coach must attend the coaches briefing and any other training or meetings specified by the Organiser.

Risk Assessments Specific and General

A specific risk assessment of each stage of the equipment installation process (as detailed within the scope of works) must be produced if the equipment is not supplied and maintained by a reputable supplier.

The use of team equipment in GymFusion events has taken place on many occasions. A number of General Risks have been identified.

1. Risk to other trades in the vicinity
 - i) All operatives will wear appropriate sports style clothing including sensible footwear.
 - ii) The installation and all processes will be supervised by appropriately qualified coaches.
2. Manual Handling
 - i) All operatives must use correct lifting techniques and must not attempt to lift anything which they feel is beyond their capabilities. The carrying of large items between areas must be done carefully and operatives must not walk backwards.
 - ii) Good communication must be maintained to ensure all involved know what is required of them.

Additional staff members may be able to assist with the placement of your team equipment. You must inform the Organiser before the event if you will require help at any stage with your equipment.

3. Collisions in the work area generally and specific

- i) As equipment is transported to the correct areas within the event host venue every effort will be made to ensure a safe route to avoid collision with other teams working or members of the public. These safe routes must be determined and adhered to.
- ii) There are potentially up to 10 persons working within the area and care is to be taken that only those working in a designated area are there.

Tools

No tools will be required in within the scope of these works.

Personal Protective Equipment (PPE)

All persons must have and wear at all times the following;

- i) Sensible sports type clothing (in accordance with BG policy)
- ii) Sensible footwear

Control of Substances Hazardous to Health (COSHH)

There are no items for which the above regulation applies

Task Based Risk Assessment

Risks are identified as follows;

- A. Risk likely to cause only minor harm and would not normally require any time off
- B. Risk likely to cause a level of harm possibly resulting in up to three days missing from work
- C. Risk likely to cause a level of harm possibly resulting in over three days missing from work

Unloading / loading equipment & storage within venue

[Team equipment will be unloaded in a sensible and methodical fashion allowing only one piece of equipment to be taken at a time before moving to the next item.

Identified Risks

1. Incorrect lifting technique - leading to possible muscular injury - Risk level B
 - i) Prevention - Persons must employ correct lifting technique
2. Dropping of equipment - leading to damage to equipment or personal injury - Risk Level A
 - i) Prevention – suitable clothing to be worn and safe routes only to be used to prevent personal injury - Care to be taken with handling

Assembly and disassembly of equipment

Identified risks

1. Incorrect lifting technique - leading to possible muscular injury - Risk level A
 - i) Prevention - Persons must employ correct lifting technique and stage area kept free from obstacles and or trip hazards.
2. Dropping of equipment - leading to damage to equipment or personal injury - Risk Level A
 - i) Prevention – suitable clothing to be worn and safe routes only to be used to prevent personal injury - Care to be taken with handling

Carrying of equipment to and from performance area

Identified Risks

1. Risk of collision with others - Risk level A
 - i) Prevention - keep to clear pathways, - Do not walk backwards



Please complete and return with your Team Information Sheet, please be aware your team will not be allowed to perform using non-standard equipment without this form.

If you are planning to bring your own equipment, if this equipment is not a standard item produced and maintained by a reputable gymnastics equipment manufacturer, please complete the following risk assessment. You may also wish to use this template to complete the standard risk assessments necessary for your club excursion.

Description of equipment/activity:

Worst Case Outcome					Likelihood					Risk Rating Outcome X Likelihood		
5	4	3	2	1	5	4	3	2	1	High	Medium	Low
Fatality	Severe Injury	Lost time Injury	Minor Injury	No Injury	Certain	Very likely	likely	Unlikely	Remote	15 - 25	7 -14	1-6

What are the hazards?	Who might be harmed and how?	What are you already doing?	Outcome	Likelihood	Risk Rating	Action by whom?	Action by when?	Date Done
E.g. Injury to gymnasts due to incorrectly assembled equipment	Gymnast, Coach, Spotter	Pre event checks with, confirmation of when the equipment was tested and by which company.	4	1	4	Coach	Before submission of Risk Assessment	At event entry