

Events Code of Behaviour – Participant

Safety Guidance

For all Gymnasts, Coaches, Judges and Officials attending Erewash Valley Gymnastics Club events

We Erewash Valley Gymnastics Club kindly ask everyone to work together to adopt this Event Code of Behaviour, in addition to the rules/ guidance specified by the venue, to keep themselves and all others as safe as possible.

As a participant you are able to:

S P O R T	Support all those involved.
	Promote Fair Play amongst all participants, coaches, volunteers, judges, and spectators.
	Offering the opportunity for gymnasts to show their Power to Amaze .
	Role model the ideal sportsperson through your communication.
	Thoroughly enjoy each gymnast's 'time to shine' by respecting the event & venue policies & processes.

As part of Covid safety, we ask you to:

Show a good level of personal hygiene. We will assist by providing hand sanitiser around the venue and performance areas.	S A F E T Y
Apply a respectful level of social distancing where possible. We will continue to update Clubs on our procedures in accordance with Government guidance.	
Face coverings or masks can be used whilst moving around the venue, within closed off areas such as corridors, and where you feel comfortable to do so (recommended). We will prepare air circulation throughout the event while managing temperatures.	
Gymnasts taking part in activity are not to wear a face covering although encouraged to between activities.	
Ensure food and drink is not shared , including their containers/bottles.	
Try to use contactless payment methods whenever possible.	
You are recommended to undertake a lateral flow test & perform a "self-screening" for Covid-19 symptoms , prior to travel. Those displaying any symptoms or in receipt of a positive lateral flow test must stay at home, follow government guidance, inform NHS Test and Trace & seek medical advice.	
An NHS Test & Trace QR Code poster will be clearly displayed at entrances to the event venue. We encourage all participants to use this.	

Regular cleaning and increased hygiene procedures and provision will be implemented. Please understand that this may have an impact upon timescales and actions required by all participants.

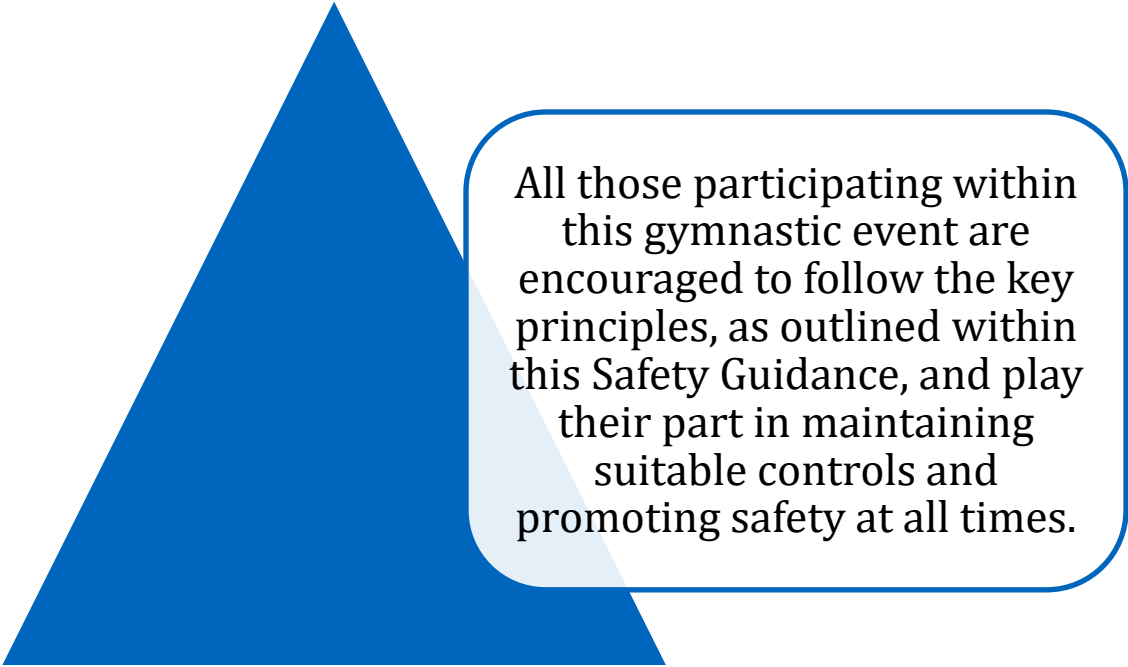
Gymnasts

Gymnasts must:

- Bring their own training aids and hand-held equipment, which must not be shared.
- Have prior to the event, cleaned any personal apparatus and aids.
- Bring their own chalk, water sprayers and honey (or similar) as required, as this will not be supplied. These must be in plastic containers only.
- Refrain from spitting and maintain good respiratory etiquette if they cough or sneeze.
- Use hand sanitiser between different areas within the event venue.

Officials, Volunteers, Contractors & Staff

All those participating within this gymnastic event are encouraged to follow the key principles, as outlined within this Safety Guidance, and play their part in maintaining suitable controls and promoting safety at all times.



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