



COVID-19 information document

Updated November 2021

As England continues to move on a road map in easing Coronavirus restrictions, we will be following the guidance and advice by the Government and British Gymnastics in our operations. We will also make decisions independently to ensure the safety and wellbeing of our members and staff.

Our Prevention Steps:

- Maintain appropriate cleaning regimes and clean surfaces that people touch regularly
- Keep occupied spaces well ventilated and take steps to improve airflow where necessary
- Encourage and maintain good hand hygiene practices
- Ensuring that staff and customers who are unwell do not attend the venue
- Follow public health advice on testing, self-isolation and managing confirmed cases of COVID-19

We will also introduce a new system 'iSTAR covid intervention' where we feel the cases are on the increase in our local community. This will involve certain measures, restrictions and precautions whilst we assess the situation. This will be introduced and reviewed on a week by week process.

The 'iSTAR covid intervention' process will include (but not restricted to)

- restriction on contact training including group/partner work and coaching support intervention. (There may be exemptions - individual or group members).
- Introduction of mandatory mask wearing by staff members.
- encouraging secondary school age students to wear masks to and from our spaces (and when leaving training space for bathroom breaks etc...)

Other things to remember:

- Ensure that we have up to date contact information
- For the safety of our gymnasts and staff, we kindly ask parents and other family members not to enter the facility/space
- Encourage your child to cough or sneeze into their arm and not their hand and tell them about good hygiene habits
- Do not send your child to the sessions if they or a family member are sick
- Do not break any formal or advisory quarantine/government guidelines/restrictions

- Alert us immediately if your child does have COVID-19
- Do not bring toys from home

Please sanitise hands as you enter the building.

COULD ALL POSITIVE PCR RESULTS BE SENT TO INFO@I-STARACADEMY.CO.UK

Further Information

For more information about guidelines and FAQs set up by British Gymnastics:

[Gymnastics Guidance from the 19th July \(England Only\) - British Gymnastics \(british-gymnastics.org\)](https://www.british-gymnastics.org/guidance-from-the-19th-july-england-only)

Individual COVID-19 concern – In this instance, the individual/s in question will be placed in isolation and we will follow the relevant home country health authority guidelines. The welfare officer and the COVID-19 officer will be informed immediately. These instances will be noted and informed to the local Health Protection Unit (or home country equivalent). Anybody displaying symptoms or anybody who has been in contact with an infected person, should be advised not to return to the club until they have been tested and followed the guidance set out by the NHS. The club has a responsibility to maintain registers of staff and members who are in the facility and a note of the date and time they have been in the facility. If somebody who has been in our facility tests positive for COVID-19, the NHS test and trace may ask the infected person or their carer to provide details of anyone they have been in contact with. These registers will assist in this process. It is also important that the club has up to date information so that we are able to provide personal details (names and 2 types of contact numbers) of members to the NHS test and trace if they request it.

Should a local or national lockdown/quarantine be enforced in our area/community, we do have a contingency plan for handling classes with online sessions. We know how important it is for your children to stay active and we will do everything we can to keep them growing, engaged and learning.

At this time, i-star Academy will remain open unless or until directed otherwise. Each family is encouraged to make their own decision about coming to i-star Academy. Please do what you feel comfortable with and what makes the most sense for your family.

Stay in touch with us

Please continue to check our website for updates: www.i-staracademy.co.uk

We also regularly post updates on our social media pages.

Instagram: <https://www.instagram.com/istaracademy>

Facebook: <https://www.facebook.com/istaracademy>

Twitter: <https://twitter.com/istaracademy>

Email: info@i-staracademy.co.uk