



TRAINING ARRANGEMENTS DURING COVID-19 SOCIAL DISTANCING PERIOD

PARENT/GYMNAST INFORMATION DOCUMENT

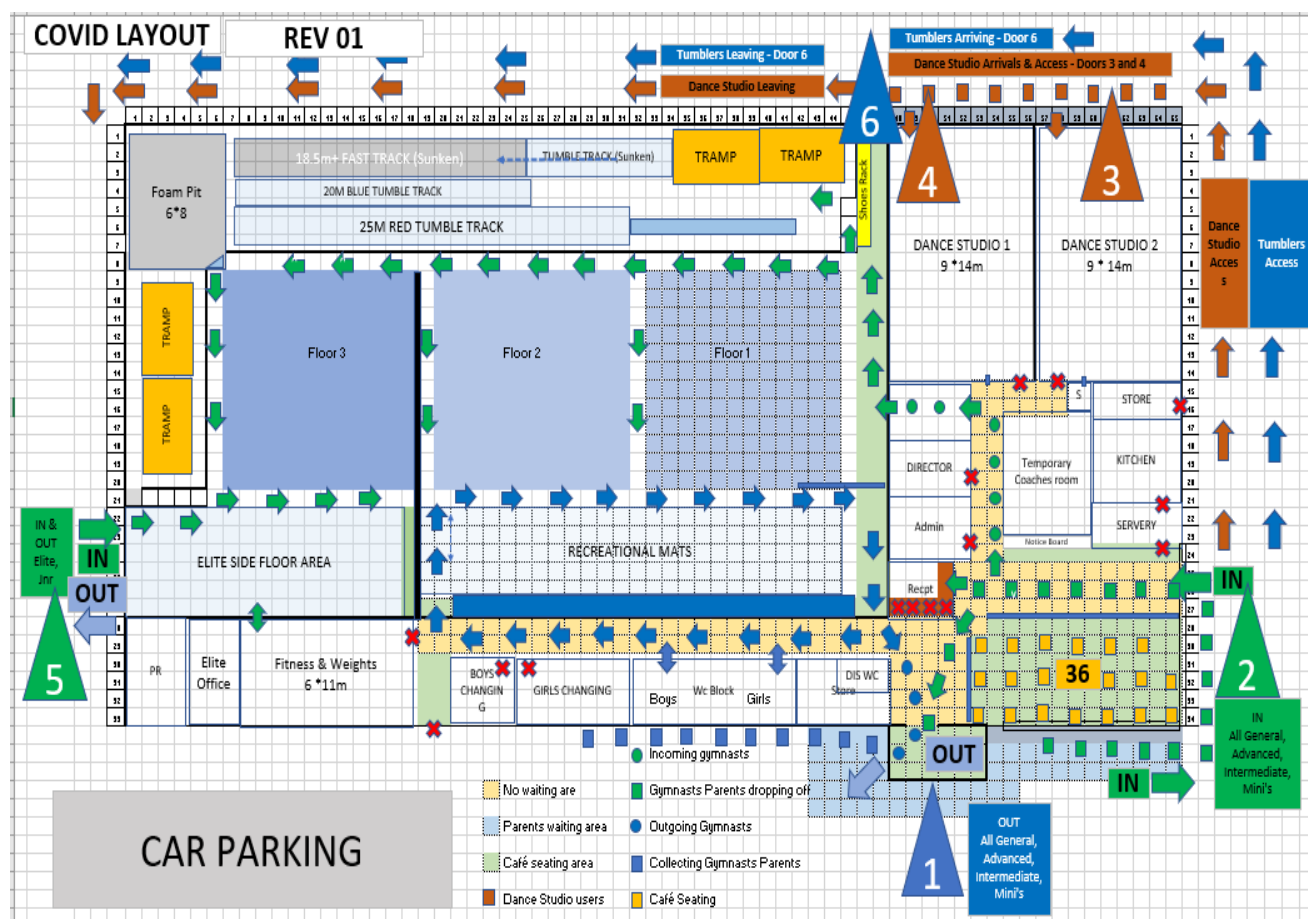
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1) INTRODUCTION

- a) The Government and British Gymnastics have issued guidelines to enable us to open our facility to the public on 25/7/20.
- b) In order to reduce the impact of an immediate start-up, we will be implementing a phased start-up.
 - i) On Saturday 25/7/20 – All Elite, Junior Elite, Tumbling, Grades, Advanced, and Minis will commence on or the following week, depending on your usual timetable.
 - ii) On 1/8/20 – All Intermediate and General Classes
 - iii) On 1/9/20 – Pre-School classes
 - iv) Playtime (Mondays) will commence as soon as Government guidelines allow.
- c) The directions below are issued to all members/parents to make sure the protocols we have put in place are adhered to and operate as smoothly as possibly.
- d) Here is a plan of the facility to help you understand the directions. There are 6 entrance/exit points shown in triangles and noted as [1], [2] etc in the directions.



- e) We are doing everything that we can to ensure the safety of the gymnasts and staff whilst Covid-19 is still present in the community. Please let your child know that they need to follow our coach's instructions with regards to their behaviour at all times. If we do have

problems with the behaviour of a gymnast/s, we may have to remove them from the class until further notice.

2) CONSENT FORM

- a) Please make sure you have read and signed the Parent/Gymnast Consent Form (available on our website). These will also be available at the reception and must be signed before your gymnast can start training.
- b) Please stay at home if you or a member of your household has any symptoms of COVID-19 or have a temperature over 37.8 Celsius.

3) ARRIVING

- a) General, Grades, Advanced, Intermediate and Mini gymnasts enter the facility through door [2][café side door] and queue in the temporary corridor under the TV screens (maintaining 1+m distancing).
- b) Dance studio users enter and exit through doors [3] and [4]
- c) Elite (Snr and Jnr) gymnasts enter and exit through door [5]
- d) Tumblers enter and exit through door [6]
- e) When you arrive at the premises remain in your car until 5 mins before the start of your class, to minimise any contact or cross-over with those leaving. Bring an umbrella with you in case you have to queue outside. Please keep to the current social distancing rules when queuing.
- f) Only one parent or non-participating adult will be allowed to enter the building with each gymnast.
- g) Please try to arrive with your gymnast already in training clothes. The changing rooms will be closed but there will be additional storage areas in the gym for belongings to be left during training. Your child's coach will take the gymnasts to these storage areas prior to commencement of training. Anything left in the storage area is at the gymnast's own risk, therefore we suggest you keep belongings to an absolute minimum. We suggest leaving tracksuit, shoes only. Any clothing remaining at the end of each day will be discarded.
- h) If your child has medications, then these can be left there too, but we suggest they are put into a small container with the child's name upon it.
- i) Try to arrive no more than 5 minutes before the start of your class.
- j) You may be asked to have your temperature checked and if it shows that you are more than 37.8 Celsius you will have to go home immediately.
- k) Your child's coach will announce when the class is ready and take your child into the gym.
- l) When your child has left you, you can either sit in the café (maintaining social distancing) or leave the premises through the main door (1)[blue dots] and wait in your car. We would prefer the café to be left available for parents of very young gymnasts (under the age of 6) just in case we need to contact them.

4) CAFÉ

- a) The Café will be closed until further notice.

5) COLLECTING & LEAVING

- a) You will not be allowed inside the facility to collect your child – this will reduce the chance of the virus being transmitted to high contact surfaces such as door handles etc.
- b) For all General, Intermediate and Grades gymnasts, you can wait for your child outside the entrance [1][blue square dots]. There will be a queue and collect system in operation where you can walk through the entrance lobby when your child's name is called out. The coach will bring your child to the entrance lobby door [1] and call out your child's name so that you can come forward, pick them up and leave. Please leave quietly observing the 20mph speed limit in Laytons Lane.
- c) Tumblers can be collected from door [6] following the blue arrows along the back of the facility.
- d) Elite gymnasts can be collected from door [5].
- e) Dance studio users leave through doors [3] and [4] following the brown arrows along the back of the facility

6) TRAINING

- a) Our coaches will be adapting the classes so that there is no contact/supporting. Supporting is an essential part of keeping gymnasts safe and avoiding injury, so coaches will only step in and support if needed for safety reasons.
- b) Some class sizes may be reduced to preserve the 1m+ rule.
- c) If your class is full (at Covid-19 capacity), we will hold your name on a waiting list until the 1m+ rule is lifted.
- d) Gymnasts will be allocated a workspace and queuing space that preserves the 1m+ social distancing rule.
- e) Training intensity will be at a lower level to start with and gradually increase back to their pre-lockdown levels.

7) CLEANING, HAND SANITISING, TOILETS, CHANGING ROOMS

- a) On Tuesday 28th July we are having the whole facility deep cleaned and chemically 'fogged'. This means the whole facility is resistant to infection by Covid-19 for a period of 1 month.
- b) Hand sanitisers will be provided at all entrances and at key points in the facility. Gymnasts will have regular opportunities to use the hand sanitisers
- c) Please make sure your child has been to the toilet before coming to the gym in order to reduce the need to go to the bathroom during training.
- d) Toilets will operate as normal but keeping to social distancing. Toilets will be cleaned regularly.
- e) The boy's and girl's changing rooms will be closed. There are new storage areas at entrances and on the tumbling podium where gymnasts can leave their belongings.
- f) All equipment in the gym will be cleaned after each class.

8) QUESTIONS & CONTACT

- a) The reception desk will only be open to those parents/carers when entering the facility through the side café door. You cannot enter the facility when collecting your child to speak to the reception.
- b) Please do not linger in the café or near to the reception desk. Please move as quickly as possible through the facility and wait in your car.
- c) If possible, we would prefer it if you emailed your query rather than speaking directly to the admin staff – this reduces the amount of contact.
- d) We will post answers to common questions on our website under the Covid-19 section

Thank you for your compliance and understanding.

Melanie Gray

General Manager