

At a glance

We're working hard with our National Governing Body to ensure our club is safe for our gymnasts by:



- Cleaning our gym regularly
- Adapting our operations to keep our members safe
- Following Government guidelines
- Planning our sessions to allow for social distancing
- Constantly monitoring and reviewing our safety measures
- Upskilling our coaches on our new ways of working
- Applying additional hygiene procedures

Working together for a safe return to gymnastics

British
Gymnastics

ENGLISH
GYMNASTICS

GWYBODAETH
YR YSGOL

SCOTTISH
GYMNASTICS

Welsh
Gymnastics
Cymru

General

- We have staggered start and finish times to ensure groups do not mix and allow for social distancing
- A one-way system is in place and everyone is asked to maintain social distancing
- The viewing area is now closed to help us limit the number of people in the building
- Gymnasts may bring a labelled drink of water into the gym

First Aid & Evacuation

- Coaches will wear PPE when giving essential first aid
- The head coach will also act as loco parentis in cases of emergency
- The procedures, exit routes and assembly points remain the same during an emergency evacuation as before Covid-19

Gymnast Entry

- Start times are staggered so groups do not mix
- Every gymnast that enters the building will be recorded for track and trace. Strictly no entry more than 10 mins after the start of the class
- Ensure gymnasts are dressed ready for activity, please take away any clothing that is not used in the gym except shoes.
- Adults are encouraged to wear face masks at drop off
- Walk the gymnast to the main gym door whilst maintaining social distance
- Gymnasts will place their shoes in a designated area near the exit
- Any inhalers should be kept by the gymnast or placed in their shoes
- Gymnasts are to sanitise their hands when entering the gym hall (this will be provided)

Gymnast Pick Up

- Finish times are staggered so groups do not mix
- **Classes will be dismissed 50 minutes after the start time**
- Please wait by the fire exit whilst maintaining social distancing. Adults are encouraged to wear face masks.
- Gymnasts will sanitise their hands collect their shoes and wait by the fire exit for you
- If you are going to be late collecting gymnasts, you must call the centre on 02088614596

Spotting and Social Distancing

Coaches are unable to support gymnasts through skills at this time due to following social distancing. However, coaches will always be close by to maintain safety. Coaches will use equipment setups to help support

gymnasts. Coaches and gymnasts are not required to wear masks at this time.

Cleaning

- An increased cleaning schedule is in place
- The building will be cleaned in the morning before opening. The gymnastics hall will also be cleaned before sessions paying particular attention to high touch areas
- Coaches will clean the equipment after their group/bubble has finished, ensuring it is ready for the next group to use
- New equipment has also been purchased to allow for easier and quicker cleaning

Viewing Area & Changing rooms

- The viewing area is closed to all.
- Changing rooms will not be used other than access to the toilets.

Entering the Gym

- Go to the main entrance, stand in a socially distanced line in front of the skatepark. Line up 5 minutes before your class e.g. 4 pm class need to be lined up at 3.55 pm. Please wait in your car until this time.
- A member of staff will open the front doors and allow entry. The gymnast will enter on their own with the parent taking clothing with them, except for shoes (sliders are ideal)
- Gymnasts will sanitise their hands with provided hand sanitiser.
- Gymnasts can then enter the gym and be marked present on the register.
- Gymnasts will be guided to where they must put down their shoes/sliders and water bottle.
- Gymnasts should then walk to their OWN marked out square on the floor for warm-up.

Help to keep everyone safe during gymnastics!



Here are 10 ways you can help:



1. Wash hands with soap and water for 20 seconds before, during and after your session



2. Keep your distance from others



3. Listen to your coaches and follow their instructions



4. Please don't attend if you feel unwell or display any symptoms



5. Only touch equipment that's part of your session



6. Don't share food or drinks



7. Arrive ready to take part so you don't need to get changed in the gym



8. Celebrate your achievements with a smile not a high five



9. Know your routes around the gym



10. And remember to have fun!

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