



Dear all,

I am very pleased to tell you that we will be opening up the gym again to our badge classes the week beginning 7th September.

Our squads have returned successfully with the safety measures we have put in place. We have had to make a slight change to the training timetable in order to comply with Government and British Gymnastics social distancing rules. This change involves the Saturday badge class moving to Tuesday 5-6pm. If you previously attended the Saturday session, please come on a Tuesday (Tuesday badge gymnasts should also still come as usual). Please note that if this applies to you and you cannot make the Tuesday time, we will still hold you place for Saturdays once we return to normal. However, you must contact the club if you want us to do this.

If you no longer wish to take up your place or you are not ready to start back yet then please can you contact your coach or the club via Facebook messenger or our website and we can discuss your needs with you. During the next two weeks, should we receive no contact and you do not attend your training times, then you will forfeit your place.

WHAT TO BRING

Please could gymnasts arrive in minimal outer clothing. They will need a drinks bottle as usual and also HAND SANITIZER. Gymnasts should bring their belongings in a bag and make sure that it is of a size to fit in their outerwear too as all belongings must be placed in their bag for the duration of the session. .

ARRIVAL

Please try to be prompt for the start of the training session. We would ask you to not enter the gym but to queue up (socially distanced) outside the gym and the lead coach for that session will come to the door for the handover of gymnasts to coaches. Please DO NOT leave your child until this has happened as we do not want any safeguarding issues.

Prior to being let into the gym, gymnasts will have their temperature taken and be told where to go by the lead coach. Parents SHOULD NOT LEAVE until this has happened. Gymnasts will follow the one way system and take their belongings with them from station to station each time.

TRAINING

Gymnasts must remain socially distanced and train within their group/bubble as directed by their coach. They must not move from their apparatus station unless they have permission from a coach. They must observe the one way system at all times (see map).

Hands must be sanitised with the gymnasts own hand sanitizer upon on entry to the gym. Hands will then be sanitized after EVERY APPARATUS ROTATION.

END OF TRAINING

Gymnasts will sanitize their hands. Parents please wait outside the gym (DO NOT ENTER). Gymnasts will be dismissed via the sliding door back to their parents.

CHANGING ROOMS, KITCHEN AND PARENT ROOM

These will be closed. Children feeling unwell and needing to isolate due to possible high temperature will be asked to wait in the parents room here until parents can be contacted to collect.

OFFICE

STRICTLY NO GYMNAST must enter the office.

OTHER POINTS TO NOTE

Please DO NOT bring your child to gym if they are unwell and continue to follow government guidelines with regards to self isolation.

We will have the required PPE to deal with any first aid incidents.

We will not be using vault and tumble simultaneously as this does not allow for social distancing.

Equipment will be appropriately cleaned down at the end of every session ready for the next squad.

Please do not leave any waste or litter as we cannot leave litter on the premises overnight.

Lost property will be put into a clear plastic bag, labelled if we know the owner and it must be collected within a week or it will be taken to charity.

GYMNASTS WILL NOT BE ALLOWED TO ENTER THE BUILDING IF:

- They do not bring the attached consent form with them. It will not be allowed to return the form at the end of the session. No form = no training
- They have high temperature
- They don't have their own hand sanitizer.

Please complete and return the attached form at the START of the FIRST training session.

We look forward to seeing you all back!

Kind regards,

The Directors and Coaches

This form **MUST** be returned upon entrance to the first training session. Gymnasts will not be allowed to train without it and will be asked to go home.

Gymnast Name

DOB

Medical issues arising as a result or in connection with Covid-19

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Do you have any close contact with someone who is vulnerable and has been shielding?

Yes

No

Disclaimer

As you can appreciate, a lot of thought, time and effort has been taken over planning our return to ensure our gymnasts and coaches are safe. However, by sending your child to training sessions you are accepting that although we will do our best to keep your child safe, in current circumstances there is an element of risk which is out of our control.

I will discuss the contents of this letter with my gymnast to ensure they fully understand the safety measurements put in place.

I am signing this form to agree the above.....

Please fill in the details below so that coaches can check that they hold your correct information. (This information shall only be used in connection with gymnastics related issues relating to your child)

Parent name

Contact 1 name and phone number

Contact 2 name and phone number

Parent email