

Gymnastics Procedure updated For New Term 2020

We are excited and thrilled to be able to welcome the gymnasts back shortly, but as you can expect procedures and policies are forever changing. It is imperative you keep up to date with these as things can change at any point.

Spectators Gallery will be closed



meaning all gymnasts MUST be dropped off at designated points. You are welcome to wait in your car if you so wish, and we will potentially be offering take away drinks to your car from reception. Tbc later..

Classes BUBBLES

Gymnasts will be allocated into 3 colors, RED, BLUE & YELLOW and have different entrance and exit points. These groups will be bubbled together with an allocated coach. The ratio will be 1:8, this 'bubble' will then work together in zones 1-4 in the gym and stay in the zone marked out. This could change once more guidance is given on moving to different apparatus. These Colors will co-ordinate with the Toilet colors, Red Toilet/red sink etc. Children will need to remember this but coaches will remind them of course of colour toilets.



On Entrance:

A Marquee has been erected in the car-park gymnasts will enter through the marquee keeping socially distance (markings will be on the floor). They will stop at the Check Point (Covid Monitor) for checking in. Temperatures will be taken and gymnasts will proceed into the gym if no raised temperature, they will sanitize their hands at the station, remove their shoes and place in their allocated slots provided,

A coach will be there to show them which zone they will be working in. If the temperature is above 37.5 the gymnast will be allocated a re-testing spot which will then take place 5 minutes later. if the temperature is still raised then they will not be permitted to class.



TIME:

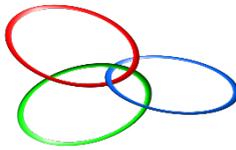
Time keeping is essential, to reduce the amount of congestion, we ask that all parents keep to their allocated time slots. Collection time is paramount and essential you are on time.

General gymnastics classes have been split to allow for social distancing, some gymnasts will be on Week A, or Week B. This means that some gymnasts will continue to work from home on their Week B with tasks being set on the App or by the lead coach. This is to keep the continuity going for the gymnasts. SPECIFIC CLASS TIMES AND INSTRUCTIONS WILL BE SENT OUT NEXT WEEK WITH INDIVIDUAL GROUPS & TIMES.



BELONGINGS:

The only item the gymnast can bring into the gym is a water bottle. No other equipment or bags will be allowed. SHOES need to be easily removed & put on (so something like sliders would be ideal) SOCKS WILL NOW BE REQUIRED. GRIPPY SOCKS would be ideal if you can get some of these (like the trampoline socks) If gymnasts have an asthma pump this is also allowed but must be brought in a small see through plastic bag. They will place shoes in allocated slots on entrance and water bottles in their allocated coloured boxes.



DURING THE SESSION;

The children will be working on various skills, and basic equipment and will be able to use the toilets as explained. They will be required to wash their hands and sanitize them again before entering back into their gym zones. The coach will be responsible for checking the gymnast has done this correctly. We would encourage your children to use the toilets before they enter the gym if possible.

CHANGING ROOMS:

All changing rooms will be **closed** so all gymnasts must come to the session wearing their gym cloths. As the weather starts to turn you will be able to bring a small light jacket/hoody but at this stage we ask that non-essential items stay at home.

The main reception center will NOT be open to gymnasts' parents at Soft play will be remaining closed. The main entrance is for pre-booked Fitness suite users only at this time.

If you wish to discuss anything specifically with your coach then you must do so via email, and the coach will try their best to get back to you when not coaching.

COLLECTION;

On collecting your children, the bubble colours will be allocated a collection point from the gym. RED & BLUE TEAMS WILL EXIT FROM MARQUEE ENTRANCE, YELLOW WILL BE FROM THE BACK OF THE GYM (SIDE) The children will then come out of the allocated doors once you tell the coach who you are collecting, the gymnasts then collect their shoes and you would walk swiftly to your car. If you do not arrive by car this is the same entrance for ALL gymnasts. All children will need to be collected on time before the clean process & next class is due to come in.

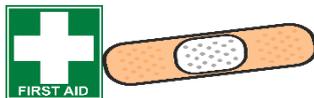
HAIR, JEWELLERY ETC: Hair **MUST** be done prior to class (hair up if long), coaches will not be able to re-do hair. Earrings must be removed or taped **PRIOR** to class.

COACHES: all coaches will be coaching with social distancing measures in place. All skills will be done based on the gymnast's ability and no gymnast will ever be put at risk. At the possibility of an injury or medical procedure coaches will not be socially distancing whilst giving first aid. Procedures will follow after the incident.



Coaches + Teams

Due to the need of Bubbling staff some children may have different coaches than previously. They will however be familiar with the classes. As time progresses more coaches will be re-introduced.



MEDICAL ROOM:

We have allocated 1 room which will be allocated for any illness during the session, if your child falls ill during the session they will be taken to the medical room where we will then call you to come and collect. This will include other illness not specifically relating to Covid.



DEEP CLEAN:

After every session the coaches will be cleaning thoroughly with disinfectant suitable for our equipment and child safe. AT the end of each day the Gymnastics area will then be thoroughly cleaned again, and Fogged. This is to prevent any cross contamination.



TIME SLOTS

All time slots will be changing, all information will be sent out via email as this is following guidelines to reduce transmission.

The spacing in between classes is to allow for slow and ease of collection keeping everyone at a safe distance. It is also essential all equipment used in the previous class is thoroughly cleaned by the coaches.



EVACUATION/FIRE PROCECURES:

This process would be the usual practice of the center and evacuating all users as quick as possible to the fire assembly point. Social distancing would not be used during this evacuation procedure.

Planned fire drills will be suspended during this time in classes, and will take place at other times



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Infection:

If you are unfortunate that a member of your family or your gymnast has any of the symptoms of Covid PLEASE DO NOT BRING THEM TO CLASS. If you experience symptoms after class then you must call the Manager immediately as well as the Track and Trace line. (0300 013 5000)

Please do not hesitate as it is our duty to protect everyone in the bubble including the staff.

Government guidelines states we do not have to close if a member of the public has contracted Covid, however if a member of staff contracts this we would make a decision only at the time of how we proceed. All staff are allocated bubbles to protect each other and the contamination of your children.

It is our dedication, commitment and safety to protect your children & users of the center and by adhering to all these new procedures we can help to eliminate to risk of transmission of Covid.

It is however 100% impossible to say that there is no risk. full risk assessments have been completed and will be published on our website before opening.

Ventilation:

ALL POSSIBLE DOORS WILL BE OPENED; vents will also be opened. Air conditioning units will not be used at this stage.



LOST PROPERTY:

as we are asking for your children to only bring in a water bottle (which they will place in the allocated bubble boxes) lost property will hopefully be minimal. If there is anything left behind staff will bag this item and keep for a short amount of time only for re-collection. Please NAME WATER BOTTLES CLEARLY and again if these are left behind the same principle happens. We will not be keeping lost property for longer than 7 days.

Nervous/younger Gymnasts:



Of course, we want all gymnasts to feel ready and as excited to return to class as much as possible. However, we appreciate that for some of your children they may be feeling anxious or scared about parents not being able to watch them now. We will try everything we can to make them feel welcomed, but we are unable to personally take upset or anxious ones by the hand of course. It is important for them to understand that they will be safe, they will have fun & we will try and work out in the future safely when parents can come and watch again. We will post videos leading up to opening with how the gym will look & how the drop off & collection will look. It is so IMPORTANT you show these to your children and talk about this together with them. The more they know the better they will feel.

If you have any specific questions or queries please email me so I can discuss this further with you.



Charges:

All charges will be based for half the term ONLY from the start of term. For example, Sept-October half term. This is due to not knowing if the guidelines may change or whether we have to make slight adjustments, as these plans are very much something, we all have to get used to.

Anyone who has weekly sessions will be charged for the weekly session only, those on week A & B will be charged accordingly.

Week A gym rate session £5, week B £1.00 for the APP uploads.

The sibling discount will be suspended during this time, as fees will be slightly less than usual.

We are decreasing the number of gymnasts in the class and it will be imperative that you pay your fees on time once these are sent out on email.

Payments will be **CASHLESS**, meaning you will need to use either the love gymnastics app, love admin system (both are preferable) or by telephoning and paying over the phone. **NO WALK IN PAYMENTS.**

Due to the new guidelines being somewhat trial & error Payments for classes will NOT be sent out UNTIL 2 weeks after YOUR class has resumed. As these are staggered you NEED to keep an eye out for the specific email DATES coming out soon.

AS THIS IS AN EVER-CHANGING SITUATION, WE ARE STARTING OFF SLOW AND INTERGRATING CLASSES GRADUALLY. Thank you to everyone who has continued to support us during lockdown, and we can't wait to see you in class.

Anything further please let me know,
cmfavershamactivitycentre@gmail.com

VIDEOS ARE COMING NEXT FOR EASIER EXPLANATION PLEASE SHOW YOUR CHILDREN

