

KENNYLANDS GYMNASTICS

COVID-19 OPERATIONAL POLICY FOR GYMNASTS

Gymnastics classes will be a little different for all of our members whilst the Covid-19 pandemic continues. We understand that this may present some challenges to begin with so we hope that the information below will help them understand our expectations and how we are working hard to keep them safe.

The key points to outline to your child are outlined below:

Entering the Gym

- Bring a named bag with your own water bottle and hand sanitiser to each class.
- No changing rooms are available so please ensure your bag is big enough to be able to hold your outer layers of clothing and shoes.
- No coats are permitted into the gym building.
- Clean outdoor shoes can be placed in gymnasts' bag – clean sliders/flip flops are best. Muddy shoes will not be permitted into the gym building.
- Our Coaches may be wearing face masks or visors unless exempt and specifically for any supporting undertaken.
- Upon entering the building, sanitise your hands and register your name with the Covid-19 Marshall who will be there to help you and guide you where to go.
- You will be directed into the gym and asked to find a “home” spot on your first apparatus.
- Wait on your “home” spot until your Coach begins your warm-up.

During your Class

- Ask your Coach if you need to go to the toilet – only one at a time can use the toilet and hands must be washed after use. You must use the **Gymnast Only Toilet** only and can only go in one at a time.
- Try to maintain a safe distance from all the other members in the gym including Coaches. We will help you by making our equipment a safe distance away from others.
- Remain only with members from your group and avoid interactions with other groups.
- Place your outer layers of clothing in your bag once you have warmed up.
- At the end of your apparatus rotation, wait on your “home” spot with your bag. You will be asked to sanitise your hands and you may have a drink.
- Get ready to move around with your group, following your Coach who will direct you to your next piece.
- Remember to walk quietly to your next apparatus and follow your Coach, then find your next apparatus “home” spot and wait for the stations to be explained to you.
- Should a member of your group require First Aid, you may be asked by your Coach to wait on your “home” spot – it's really important that you do this if asked by your Coach to help keep everyone safe.

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Class Finish

- When it's home time, gather your bag and wait on your apparatus "home" spot – a Coach will guide you to the corridor to await collection.
- You should ensure you stay on the social distancing markers in the corridor.
- Pop your outer layers of clothing on so you're ready to go outside.
- Do not put your shoes on until you are at the exit door.
- Sanitise your hands before you exit.
- A Coach/Member of Staff will then sign you out to your parent/carer.