



# Leaps & Bounds Gymnastics Club

## Safely Returning Back To Gymnastics

The following document **must** be read carefully by all parents and all children taking part in gymnastics. To ensure a safe return to gymnastics and that we minimise the risk of Covid-19 being spread as much as possible, amongst gymnasts and parents/carers, we will be adapting our operations and implementing the following new rules to keep all our members safe. Please make sure you have explained the following procedures and expectations to your gymnasts.

### Please Note:

- Children will not be allowed to train if any of their family members in their household are in self isolation or if you know you have been in contact with anyone in self isolation.
- Parents and coaches are reminded that anyone with people at home who are deemed vulnerable (new and expectant mother, elderly) should not attend any sessions until further notice
- If you, your child, or anyone in or outside of your bubble contracts the virus or experiences any of the symptoms you must **MUST** inform the head coach as soon as possible. Please also do not bring your child to gymnastics for at least 2 weeks, to make sure they are clear of Covid-19.

### Arriving On Site Procedure

1) Arrive at the hall entrance with your child/children no earlier than 5 minutes before the session start time (to prevent any people waiting around outside the hall) Training sessions will also be staggered to avoid any cross over and possible cross contamination.

2) Have your child completely ready for gymnastics (already in their uniform/appropriate clothing) with no extra unnecessary items. All gymnasts **MUST** have either labelled bag or box to hold their possessions for the duration of the session. This is what should be brought to the session.

- A water bottle
- A bottle of hand sanitiser
- A jumper/jacket (If necessary)

3) Stay with your child until a coach directs them to stand on a marker that will be placed on the floor in a line outside the gym. This is to line up the children safely, 2m apart before entering. Children's temperature will then be taken and they will then be directed one by one to their own separate mat inside the hall and children move along to the next spot.

4) Please make sure your child has used their hand sanitiser and put it back in their bag/box before the session. Door handles will be cleaned, and doors kept open where possible so no one needs to use handles

5) Parents are not allowed to wait in the waiting room as usual and can not wait around outside the hall for the duration of the session. Please wait in your vehicle or in the carpark away from any entrances to the school.

### **Training Safely**

- Firstly we have reduced class sizes to a minimum number (16 max for general, 14 for preschool)
- The only equipment/ hand apparatus that will be used will be those that have been deemed Covid safe and can be wiped down and cleaned. Mats will be wiped down after every session, and before a new class starts.
- Gymnast's will be sent to their own mat and stay in their designated space for the whole session. Up until half term we will focus on floor skills and basics as we think this is important to reinforce children's knowledge after so long away from gymnastics.
- We have ensured we have designed all our session plans so that all coaches and gymnasts will maintain social distancing guidelines.
- There will be clear signs directing the children around the gym efficiently and reminding them of hygiene procedures
- Doors/windows will be left open to ensure proper ventilation and gymnasts will be required to sanitise hands when returning from the toilets (the school will have these deep cleaned by a cleaning company before and after our sessions)
- Children will be reminded to ensure good hygiene practice, coughing and sneezing into a tissue/crook of their elbow before going to the toilet to wash and clean their hands again.

#### **If any child shows any potential signs of infection (cough, fever, shortness of breath, sore throat)**

- 1) An isolation area will be available to accommodate person/s and parents will be contacted immediately
- 2) The session will unfortunately be cancelled and all parents informed of the possible case.

### **After Half Term**

We will start to implement more equipment and stations. We will ask parents to send their child with a packet of Anti-bacterial wipes. We will still use a circuit format where gymnasts will move around a number of different stations completing skills but without spotting from coaches. Each station will be cleaned by the gymnast using the anti-bacterial wipes that they have brought with them and they will sanitise their hands

before moving to the next station. They will rotate stations all together and only when directed by a coach.

### **Pre-school Gymnastics**

- To ensure young children will be able to socially distance throughout the session all pre-school children will have to be accompanied by an adult for the entirety of the session.
- This must be one single adult, you can not bring any other children/siblings along who are not participating
- These sessions will only be viable to run if we have a sufficient number of parents that can participate in sessions.

### **Leaving The Gym**

- Children will be instructed to use hand sanitizer before and after getting ready to leave the gym and get collected and their temperatures will be taken a second time
- Coaches will sign gymnasts out to a designated marker on the floor after sessions to be dismissed one by one to their parent/carer.
- If for any reason your child cannot be collected on time they will be moved to an isolated area so not to cross contaminate with anyone else until they are collected.
- Parents are reminded to keep a close eye on other siblings not participating in gymnastics and be mindful that everyone is always keeping the 2m distance.

### **Class Size**

We appreciate that we may not be able to accommodate all of our members in the same classes as they attended last term. We will allocate spaces on a first come first served basis. Payment will secure your child's space. If necessary, we will add extra classes to accommodate all our gymnasts.

### **Fee's**

In these times of uncertainty, we appreciate the difficulties that some may have in paying for a full term up front and so this term we are working on a half termly basis. Although our session cost will be increasing to £8 per hour , £12 for 1 ½ hours.

Your payment will not include this year's Membership fee, we are pleased to inform you that the British gymnastics membership fee has been reduced this year as compensation for lost time in the last year and has also been postponed until November.

We are aware that some of you are due refunds for the cancelled session/s at the end of last term. As we have different amounts due as class lengths differ and number of sessions differ, number of training days differ and gymnasts may change class this term I think the easiest way to deal with this is for us to hand out refund request slips at the beginning of next term and deal with the refunds that way.

Thank you all for your patience and support during these exceedingly difficult times.

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**Please sign here to confirm that you have read all of the above information and will abide by all the rules and procedures as stated.**

Failure by gymnasts or parents to follow any of the safety rules we have put in place will lead to you being asked to leave immediately.

We must receive this slip **back on the first session** back for your child be allowed to participate.

**Name:** \_\_\_\_\_

**Gymnast's Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Signature:** \_\_\_\_\_