



COVID19 POLICY FOR RETURN TO SPORT - GYMSPORT For Level 2

The following protocols have been set up to manage Covid19 health & safety requirements to help keep our members, staff and public safe.

Entry to and Exit from the Facility

- Gymnasts should arrive at the gym ready to train to avoid using changing facilities.
- A sign in table will be placed in the foyer along with hand sanitising station. A Staff or Club Rep will be at the sign in table and have a pre-printed list to mark gymnasts off just before each class to meet contact tracing requirements. All participants must report to the sign in table and sign out as they leave their class.
- 2 metre distancing at the table and office reception must be adhered to
- Gymnasts only to access the gym for their class time only – unfortunately due to the tight restrictions around facility numbers we are not able to allow any spectators or family into the building.
- No access to upstairs from the Foyer as this will be used as an additional training area to assist with physical distancing requirements
- We will have staggered exits at the end of classes
- Parents/Caregivers should arrive for pick up before the training session is due to finish so that we do not have gymnasts congregating in the foyer waiting for pick up
- As per usual policy gymnasts should not leave the facility until they have been picked up
- Please keep the area directly in front of the gym doors clear of vehicles

Areas of Facility

- The two sides of our gym will be separated by curtain with no intermingling including use of toilet facilities.
- Locker areas will be cleaned after each class, please ensure that gymnasts do not congregate around these areas.
- Several sanitising stations will be set up around the gym.
- Drinking Fountains will be out of bounds and not available so all gymnasts must have their own drink bottles with them. No drink bottles will mean no training.

Cleaning & Sanitising

- Shared equipment will be wiped down between groups where practical.
- Lockers will be wiped down between usage by different groups, coaches will monitor to ensure physical distancing requirements are adhered to.
- An enhanced cleaning programme has been put in place with Park cleaners and our commercial cleaning team who will be in each night to clean the facility thoroughly.

Please note: All Gymnasts MUST bring a drink bottle to training, any gymnast who does not bring a drinking bottle to training will not be allowed to train that day. Drinking stations will not be available for use.

Specific Code Requirements

MAG and WAG

- To enter the building through the double doors into the large gym
- MAG will use their normal lockers for their items
- WAG will be set up under the mezzanine floor
- All gymnasts to sanitize their hands before entering the gym floor
- All gymnasts to use the toilets in the large gym by the weights area
- Drinking fountains are out of use
- All gymnasts to have the following in their training bag
 - Hand sanitizer, tape, socks, gloves, straps, plasters, drink bottles
- All gymnasts will be required to wash / sanitize their hands after each apparatus rotation

Rhythmic

- Access to the gym is through the small gym doors (as at competitions)
- All competitive gymnasts to bring their apparatus to the gym and take it home with them each day including hoops, no bags to be left in the lockers
- All competitive gymnasts to have the following in their training bag
 - RG Apparatus, full drink bottle, clean socks, weights (if you usually use), plasters
- Competitive gymnasts that do not have their own equipment will be allocated equipment that they must bring with them to each training
- All gymnasts must have their own drink bottles with them for training with sufficient water for hydration for their session
- Socks must be worn on the RG floor – toe-shoes are not an acceptable alternative at this time
- There will be no sharing of rhythmic gymnastics equipment, training programme will be modified if needed
- Any communal/club gear that is used will be wiped down before and after use including stretching blocks
- There will be physical distancing adhered to in all aspects of training and coaching
- The ballet barre will be wiped down before training and after each group has finished using, it will only be used under coach supervision
- To manage physical distancing and groups not intermingling RG will at various times use the Conference Room, Mezzanine Floor, RG Floor and Blue Floor for training Gymnasts will not be permitted to touch music iPads

Trampoline & Tumbling

- Access to the gym is through the large gym doors
- Equipment will be wiped down between groups and at the end of training
- All gymnasts to have the following in their training bag
 - Drink bottle, hair ties, socks (remember more than 1 pair for trampoline)