

COVID-19 Return to Gymnastics Guidance: Hinckley and Burbage Gymnastics Club Recreational

This document contains the changes which will be implemented upon our return to gymnastics in response to the guidance released by the government and British Gymnastics regarding COVID-19.

General Notes:

- Please could we stress that if your child or anyone from your household develops symptoms of COVID-19, your child should not be sent to gymnastics and you should follow the latest government isolation guidelines.
- By sending your child to gymnastics you are consenting to the club passing on your child's name and contact number to NHS Track & Trace should this information be requested by them.
- Whilst we have plans in place to ensure that gymnasts follow social distancing at all times, since we are working with children we cannot guarantee that this will be the case.
- If your child starts school in September 2020, or if you have discussed with Sharon moving classes please remember they will need to attend their new recreational class when we reopen.
- As we have been advised by British Gymnastics to avoid crossover between lessons we have had to adjust the start time of the following classes:
 - ⇒ The Sunday 9:30 am class will now run from 9:15 - 10:15 am.
 - ⇒ The Friday 7:30 pm class will now run from 7:45 - 8:45 pm.

Drop Off/Collection:

- The drop off/collection point for gymnasts will be the side fire exit door.
- This door will be opened at lesson start/end time for the gymnasts to enter one by one.
- All children will need to enter the building on their own (we can't hold their hands to bring them in etc), we know this will be hard for some children, especially those moving up from pre-school classes, so please try to explain this to them beforehand.
- Social distancing rules (2m) must be observed by waiting gymnasts/parents by forming a queue up the ramp to enter the gym. Use the red lines as guidance.
- If required prior to lesson start time, there are public toilets in the main business centre building. Enter the loading bay, go up to steps to the back corridor and turn right.
- Upon entering the gym, gymnasts will be required to use the hand sanitizer provided.



Within The Gym:

- At this time no adults are allowed on the premises therefore the waiting/function room are currently closed.
- Clothing: Our aim is to maximise teaching time so please help us by doing the following:
 - ⇒ Send your child wearing shoes which can be put on quickly e.g. flip flops/slip ons (this is because shoes will need to be removed on entry).
 - ⇒ Ensure your child's hair is tied up (if long) and all jewellery is removed since due to social distancing we shouldn't be helping them do this.
 - ⇒ Send your child dressed in their gymnastics wear (e.g leotard/shorts) since changing areas will not be available.
 - ⇒ Keep other clothing to a minimum with quick to wear items (e.g. leggings/tracksuit) where possible.
- Drinks: The water fountain cannot be used so if required please send your gymnast with a bottle clearly labelled with their name. Drinks must be water only since they will be carried across the floor.
- Chalk: Chalk cannot be shared amongst gymnasts (other than siblings), so the communal chalk bowl has been removed. Instead gymnasts will each have their own large resealable bag to store and apply their personal chalk in. If your child would like to use chalk please send them with £2 to purchase a block of chalk and a resealable bag from us. For recreational classes having chalk is not a requirement however gymnasts are used to using it.
- Please explain to your child that gymnastics will be slightly different to how they remember. British Gymnastics guidelines mean that we are not allowed to use foam pits or to support gymnasts.
- We understand that gymnasts will be excited to see their friends however, please could you reiterate to them that we must maintain social distancing at all times whilst at gymnastics.

Thank you for all of your support at this time, we are looking forward to seeing you all soon!

Sharon and Lee