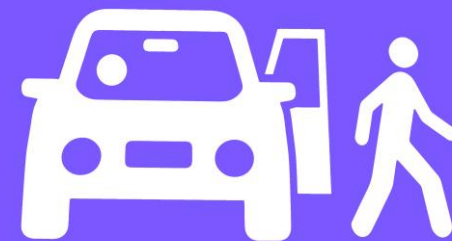
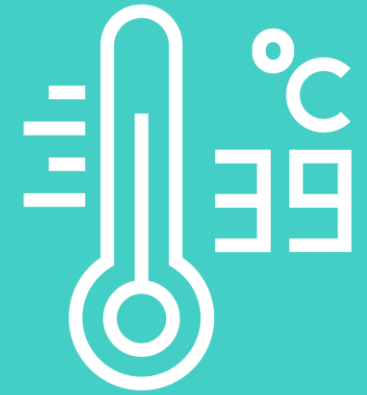


# Pick-up & Drop-offs:

- Please drop off and collect from outside training venue
- Parents - please remain in cars
- Staggered start and finish times implemented
- Separate entry and exit doors

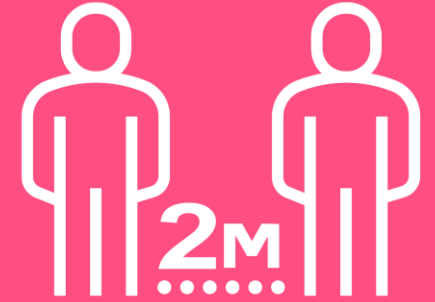


# Health Survey & Contact Tracing:



- Attendance taken on entry – for contact tracing purposes
  - *Self-Screen declaration by responsible person dropping off child each session*
- If any attendee or staff member has a positive COVID19 result we will follow all government guidelines, close for a minimum of 48 hours to deep clean and follow all advice from Test, Track and Protect service.
- Sessions will where possible transfer to zoom during this 48 -72 hour period

# Social distancing:



- Capacity for social distancing in the warm up floor activity as a Group is 28. Numbers will be limited to 16 rising to 24 during phased return with 4 staff
- Practice times changed to allow for change overs to maintain number limits
- In phase 3 we will maintain social distancing of (2 metres for all ages) between everyone within the venue
- Yellow social distancing tape guides the one way entry and exit system providing access to the toilet. Spots will be marked on floors to reinforce social distancing during warm up and key skill classes
- Floors will be marked with arrows and lines to ensure social distancing in relation to toilets and shared spaces
- Venues will be separated into 3 zones in order to keep bubbles of 6 in a group separated at all times
- No congregating allowed by gymnasts, coaches, parents or staff in any areas including reception areas or outside facilities
- All spectator areas closed

# Gymnasts:



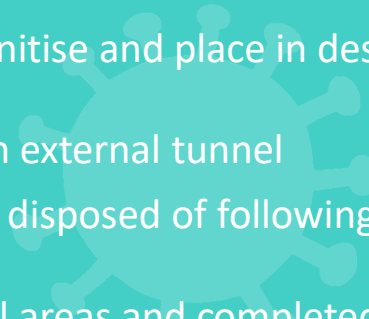
- Please arrive changed (changing rooms will be closed)
- A tie string bag or zip rucksack style bag that will fit in 30cmx30cm cubicle only (preferably arrive with only water bottle in hand and wearing a pair of slip socks in sliders specifically for gym use only and not outside gym use.)
- Please name water bottles (these will be safely positioned during practice to avoid others and accidental sharing)
- Please take all belongings. Do not leave anything behind
- Sorry, no contact with anyone
- No hugs, high fives or hand shakes
- If unwell or living with anyone unwell please stay home
- If you have an underlying health condition  
*- you should not come to practice*



# Cleaning:



- Deep clean to be done daily before classes
- Safe prevention cleaning in place for staff entering unauthorised areas not in their cohort and when using the toilet
- Hand washing recording of staff and gymnasts to hand wash before travelling to class avoiding touch points during journey
- Hand sanitiser on entry, before starting class and at the end of the class
- Hand sanitiser on entry to toilet, hand wash and hand sanitise on exit of toilet
- All commonly used areas and surfaces. Handles and touch points will be cleaned and sanitised after each class
- NO outside Shoes on entry removing in tunnel, hand sanitise and place in designated cubicle which will be the same for that gymnasts each week
- Hand sanitise at class end and shoes put on exit when in external tunnel
- All waste and disposable PPE will be securely and safely disposed of following government guidance also for any suspected covid waste.
- Cleaning and sanitising equipment will be available in all areas and completed as per risk assessment and training, between sessions and at end with all equipment signed backed into covid clean stores
- Practice times changed to allow for cleaning in between classes
- Fogging of the gym to take place at the end of the day



# Training:

- Coaches to ensure that they maintain appropriate social distance from other coaches, gymnasts and staff
- Coaches ensure they do not have any physical contact with gymnasts and plan their sessions indicating equipment use and sign out of stores and back at end of session after cleaning
- Coaches to amend their use of whiteboards so that athletes do not congregate around them
- Coaches follow safe prevention cleaning protocol when sharing equipment with others, including music, ipads etc
- Coaches to clean their bubble area in accordance with the cleaning guidance for each item of apparatus
- No stunting, lifts or partner work
- Gym free of clutter and to remain as clear workspaces to allow for cleaning processes
- Additional wipeable safe equipment has been purchased to complement no spotting from coaches and equipment stored out of use that does not allow for cleaning

