



Ruthin & Denbigh Gymnastics Club (RDGC) Ltd.

**COVID -19 STATEMENT and Summary of our
Next Steps to 7 Phased Strategy to Return to
the Gym (Guide for Parents)**

Dated 29.6.20

Contact Details

The main contact point for the club is: Tamsin Jones (Director)

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**Please contact RDGC Ltd through club messenger, email or mobile 9-3 Monday -
Friday, Saturday 9-12pm**

COVID-19 Statement from Ruthin & Denbigh Gymnastics Club (RDGC LTD)

and Summary of our Next Steps in our 7 Phased Strategy to Return to the Gym
(A Guide for Parents)

Dated 29.6.20

Announcement—Do not reply from this Love Admin email to us as it doesn't allow for this. All emails requiring the clubs attention must be directed to

admin@ruthin-denbighgymnasticsclub.co.uk. The clubs Messenger also offers a social media communication.

Covid-19 Statement

We await Government guidance and our Governing body instruction as to when Gymnastics Clubs in Wales can re-open and the social distancing guidelines in place at that stage. We understand that for some members, making a return to gymnastics may feel impossible due to the impact that the Coronavirus (COVID-19) has had, but we want to do our best to ensure all those who want to take part in gymnastics are guided as to how we plan and our strategy to safely phase our age groups/levels back.

A key message of todays' statement is that it may take longer for some classes to return in the younger ages but if you remain on our database as an active member we will look to place our members back into a class during our 7 phased return to gym plan. We will remain closed to new members until we have placed all our current members into spaces available in their age appropriate class.

- **YOU MUST HOWEVER REMAIN ACTIVE ON OUR DATABASE**
- **IF YOU CANCEL YOUR CURRENT active pre-authorised direct debit YOU AUTOMATICALLY ARE DELETED FROM OUR DATABASE AND WILL NOT BE CONTACTED.**
- **WE ASK THAT YOU ALWAYS CONTACT THE CLUB TO ADVISE US OF YOUR WISH TO LEAVE OR IF YOU ARE IN FINANCIAL DIFFICULTY AND WOULD LIKE US TO HELP ADJUST YOUR PAYMENT PLAN**

The Philosophy of RDGC Ltd has not changed - which remains to encourage the active take up of gymnastics through our "GYM4ALL" program and to offer the enjoyment of our sport to as many gymnasts in our community and this has guided RDGC Ltd as we plan safe steps back for members into the gym.

Members will appreciate that to adapt to the social distancing measures we have had to ADAPT extensively as a club. Gymnasts will also need to ADAPT and parents also. **"ADAPT to DO MORE Gymnastics" pathway will follow by email to show the new pathways in our club and allow parents to budget for their child's return to the gym classes.**

A Survey for parents - We will over the next 48 hours be sending all our members a survey to gain a better understanding of how each member feels about returning to gymnastics and any concerns as a parent you may have. Please email your response to admin@ruthin-denbighgymnasticsclub.co.uk. These results will help to support our club to put in place any additional measures.

Next Steps in our 7 Phased Strategy to return to the Gym – (RDGC Ltd Guide for Parents)

The 7 Phases

PHASE 1 – LOCKDOWN PERIOD (March – June)

- We have ADAPTED and journeyed together through “PHASE 1 – Lockdown Period” and have offered home school to all years and will continue through to Phase 7 to offer homeschool FREE OF CHARGE to all under 6 years. We expanded also to offer Zoom Live sessions for 6+ years. This has all been provided FREE OF CHARGE as fees suspended during this period and we give thanks and praise to the Coaching team who have ADAPTED their coaching during this period.

PHASE 2 – AS WE PREPARE FOR CLUBS RETURN (A period of Free live Zoom sessions during July and we envisage August until we reopen gym)

PHASE 3 – RESUME AND BOOK PHASE- Target 6 + years Blueberries/ Poppies/ Club / Squad Classes @ Clwyd House Academy, Denbigh (date to be confirmed)

PHASE 4 – Resume (Ruthin Leisure Facility)

PHASE 5 – Resume 5+ years Whiteberries Classes and resume Do More Competitive Pathway

PHASE 6 – Rebuild 4-5 years Strawberries Classes, 3-4 years Daisy Classes,

PHASE 7 – Rebuild Stay and Play, Little Gym, Adult Gym Classes

SUMMARY POINTS AS WE ENTER PHASE 2

- Stay as an Active member and keep your zero cost Direct Debit Pre-Authorised mandate as active to remain on our database to take up your return place when your age group is contacted during our 7 phased return plans.
- Homeschool Love Gymnastics App will continue FREE OF CHARGE for all our under 6 age gymnasts through to phase 7.
- Book now into Zoom Live for 6+years as this will serve as a priority waiting room for those wishing to return to gym class in Phase 3. FREE OF CHARGE in Phase 1 and this Phase 2.
- As we now enter Phase 2 - A survey will follow in the next 48 hours to help support our club put in any additional operating measures as we listen to parents' feedback
- Phase 2 Document release - Gymnasts and Coaches Safe return to gym - your part to play (Parent Guide and video) will be released before we open the gym
- Phase 2 Document release - Budget your gymnasts' pathway back to the gym (A Guide to our NEW "ADAPT to DO MORE gymnastics program)

Why ADAPT to Zoom?



Zoom is integral to the clubs strategy for any gymnast 6+ return and will continue once the club is open.

- **Zoom Waiting Room** - Zoom will serve as a priority waiting room for gymnasts 6+ years wanting to return to the gym facility to train.
- **Track and Trace** - RDGC Ltd has identified in its strategic review that If gymnasts have come through Zoom before stepping back into the gym, will be confident to swop back for emergency sessions should the club be ordered to shut down for 48 or 72 hours. This we hope will limit any disruption to timetabled classes as gymnasts settle back and this a key strategy to offer stability in our future roll out program.
- **1:1 Support Zoom** - If your child is planning to return to our gym (PHASE 3) we are offering 1:1 chat with gymnast and parent so gymnasts understand what zoom is before they attend a training session. Contact the club to arrange a 1:1 meet with the coach your child was trained by previously before lockdown if we can.



PHASE 3

- A 90 Minute class will be the base plan in phase 3 to return to gymnastics. This will be limited to one per week for each gymnast, with the aim in line with our philosophy as a club, to include as many 6+ years Blueberries/Poppies/Club/Squad in our community to return to gymnastics as we take that initial step back and open the gym (in the phase 5 review, younger gymnasts will be brought into the timetable and will ADAPT to extend our Do More Squad hours).
- A 90-minute basic gymnastic plan is currently estimated to cost, should the club reach optimal restricted capacity, at £40 per month
- Class sizes restricted and no class overlap times to minimise numbers in gym at any one time for social distancing measures
- We will begin to share with you over the next few weeks our vision of how PHASE 3 - RESUME will look like and the safe operating standards the club will follow and also ask from members when the club is given the green light to go!
- A video of the clubs safe operating procedures will be released
- Gymnasts in these target age group classes will all return on the same basic plan, this will limit all gymnasts (Club, Squads and Recreational) to a maximum of one 90 minute gymnastics per week. This a restriction to open the timetable to include more gymnasts to be able to retake their place back in the club with social distancing measures in place. Places will be restricted and a priority waiting zone in Zoom for places will therefore continue
- In Phase 3 as we reopen gym Zoom will offer a 4 week free trial and then cost £13.50/month or if taken as a "Top up" Zoom sessions will also cost £13.50 per month.

WE'RE MAKING
CHANGES TO HELP YOU
STAY SAFE

Click here to see the latest news, abstracts and for more, including, if available

Conclude

After many long weeks of lockdown, we are preparing the Clwyd House venue to adapt as a gym inline with government and governing body guidelines and the team is continuing to work hard to finalise the extensive measures for our collective safe return and we look forward to welcoming our gymnastic community back. RDGC Ltd hope this statement is helpful will given insight and encourage members 6+ years to join us in Zoom as we enter the Phase 2 – Preparation Phase step back to the gym.

Once government guidelines are provided for our sector our document “Covid 19 - Clubs 7 step Phased Return to the gym (Guide for Parents) will be uploaded in our policy section of our website www.ruthin-denbighgymnasticsclub.co.uk . However the club will throughout each phase send an email of the summary of the key points for parents of members that remain as active members on our Love Admin Gymnastic Class Platform to prepare for that phase and guide the action to take.

RDGC Ltd believe that with ADAPT as our positive mindset for Coaches, Gymnasts and Parents, the club can return strong for its community, united as a team with a desire to continue to serve its members to the best of our ability as we have striven to over the past 20 years.

Keep safe and thank you for taking the time to read our plan.

Directors- Tamsin Jones, Heather Clayton, Joy Sumner

Welfare Officer - Bethan Lindquist