

Information to parents Term 3 2020



We are happy to be able to offer classes again starting Monday 13 July. While restrictions are easing there are still a range of procedures/guidelines we are required to follow. To minimise the chance of the COVID virus making it to the gym and to minimise the impact should it do so, we need your help by following the following guidelines (these may be revised as time goes on).

- **Distancing, hygiene, stay at home if sick.**
- *Time of arrival* - 10 minutes has been programmed between the busiest classes – this is to reduce the number of people in close vicinity at this change over and to clean the non porous surfaces within the gym. We request that those that are leaving are collected and have left the hall within 5 minutes of end of class. Those entering after another class please only come in within the 5 minutes prior to your class. If early please wait away from the door ways so those in the previous class can leave quickly. When possible only 1 person to drop off / pick up children.
- *Entry procedure* – gymnasts sanitize hands, place water bottle on the timber floor against the wall and stand on a coloured spot on the floor mats ready for warmup. After warm up gymnasts collect their water bottles and line up in their class. Small pieces of tape in the Velcro will indicate where to stand. Please ensure water bottles have sufficient water in them prior to the start of class.
- While not involved in a class everyone is to practice distancing.
- During class we will be spacing the gymnasts when and where practical. Not possible all the time though.
- *Change in the way classes run* – The two main teaching formats will be 1. Controlled movement through circuits – gymnasts will stay on an activity until instructed to move around by the coach. 2. The group of gymnasts spread out will do the same activity together.
- *Spotting limited* – where practical activities will be adjusted to minimise the need for hands on spotting. There will be some activities in which this is not possible (without taking them out which would then reduce the scope of the program)
- *Anyone entering the hall* – please wash hands or use hand sanitizer just prior to entering. Multiple hand sanitizer stations will be set up at the entrance and in the gym.
- The non porous surfaces that have hand contact will be clean before each class. Some equipment (eg timber bars) cannot be clean as it would damage the equipment. On these apparatus hand sanitiser will be used before and after that rotation.
- *Contact register* – our rolls will act as our contact register. Anyone that is not of the same household of a gymnast (that is registered for the class) will need to fill in the contact register at the gym (eg nanny). Your contact details may need to be shared with health authorities if there is a confirmed case within the gym.
- Parents / carers please only stay at the gym **if necessary**. Anyone not directly involved in a class will need to practice distancing (1.5m) – note there is limited space for spectators. COVID safe app recommended for any adults staying.
- Please keep gymnasts at home if they are showing any symptoms of illness. Make up classes can be arranged if there is space in the appropriate class at another time in the week. Make up classes will need to be booked in at least 24 hours in advance.
- *Stay at home when:*
 - Any cold or flu symptoms
 - Been in direct contact with a know case or COVID-19 in the previous 14 days
 - Travelled internationally in the previous 14 days; or
 - A high risk from a health perspective