

COVID-19 PRECAUTIONS

CLEANING AND SANITATION

Cleaning Protocols – As always, the safety of our members and coaches is our main priority. As such, we are increasing our cleaning schedules to include daily deep cleaning of the gym and foyer and toilet areas as well as regular equipment cleaning in between classes. We will also ensure more regular sanitisation of all doors, handles, switches and surfaces. We will allow additional time between each class to clean and disinfect all equipment.

Hand Sanitisers – Members will be asked to wash their hands before coming to the club. Coaches will ensure gymnasts sanitise their hands upon entry and exit of the gym and between each apparatus use. We will have sanitiser units in numerous locations across the club.

HEALTH CHECKS

Parent's will be asked to not send their child to the club if they are experiencing any symptoms of COVID-19 or have come into contact with someone who is experiencing the symptoms. If anyone in the household has any symptoms they should isolate as per government guidelines. If a gymnast develops symptoms within the class, we will ask for a parent to collect them and they will only be allowed to return before the 14 days isolation period if they have had a negative COVID test.

LIMITED CLUB CAPACITY

Club occupancy levels will be managed to ensure the government recommended distancing can always be kept between gymnasts. This will mean there will be limited groups allowed in the gym at one time and the start and end time of classes will be staggered.

LESSON FORMAT

The lessons will initially be adapted to ensure only use of apparatus that can be cleaned. Gymnasts will be working on personal equipment and no sharing of equipment will be done without cleaning in between. Rotation between apparatus will be minimised initially.

PROCEDURE CHANGES

The changing rooms and viewing area will be closed. Gymnasts will be asked to queue up on the social distancing spots on the pathway to the gym, where coaches will bring them into the gym one at a time to sanitise their hands. Gymnasts must arrive in their training kit only (no tracksuits to be worn), coats can be worn on cold/wet days. Belongings will be put in labelled areas in the foyer and the gymnasts will make their way into the apparatus gym one at a time.

SOME OF THESE PROCEDURES WILL CONTINUE GOING FORWARDS, OTHERS WILL BE RELAXED FOLLOWING GOVERNMENT ADVICE.