

KENNYLANDS GYMNASTICS

COVID-19 OPERATIONAL POLICY FOR GYMNASTS

Gymnastics classes have been adapted to help minimise the chances of transmission of Covid-19. We hope that the information below will help our gymnasts understand our expectations and how we are working hard to keep them safe.

The key points to outline to your child are outlined below:

Entering the Gym

- Bring a named bag with your own water bottle and hand sanitiser to each class.
- Your bag should be big enough to hold your outdoor shoes, water bottle, hand sanitiser and any outer layers of clothing.
- Shoes should be removed upon entry and placed in your bag - clean sliders/flip flops are best. Muddy shoes will not be permitted into the gym building.
- No coats are permitted into the gym building.
- Upon entering the building, sanitise your hands and register your name with our Staff Member
- You will be directed into the corridor to wait for your Coach to take you into the gym.
- Your Coach will direct you to your first apparatus and you should sit on your “home” spot until your Coach begins your warm-up.

During your Class

- Ask your Coach if you need to go to the toilet – only one at a time can use the toilet and hands must be washed after use. You must use the **Gymnast Only Toilet** only and can only go in one at a time.
- Remain only with members from your group and avoid interactions with other groups.
- Place your outer layers of clothing in your bag once you have warmed up.
- At the end of your apparatus rotation, wait on your “home” spot with your bag. You will be asked to sanitise your hands and you may have a drink.
- Get ready to move around with your group, following your Coach who will direct you to your next piece.
- Remember to walk quietly to your next apparatus and follow your Coach, then find your next apparatus “home” spot and wait for the stations to be explained to you.
- Should a member of your group require First Aid, you may be asked by your Coach to wait on your “home” spot – it’s really important that you do this if asked by your Coach to help keep everyone safe.

Class Finish

- When it’s home time, gather your bag and wait on your apparatus “home” spot – a Coach will guide you to the corridor to await collection.
- Pop your outer layers of clothing on so you’re ready to go outside and have your shoes out and ready if they are with you.
- A Coach/Member of Staff will then make sure you are signed out to your grownup.