

Tetbury Gymnastics Club

Parent & Gymnast Information for Reopening - April 2021

We are thrilled to be able to welcome you back with us.

Before gymnasts can train:

All gymnasts must be registered with British Gymnastics

Please read all the reopening information carefully and discuss it with your gymnast - **guidance for gymnastic clubs is not the same for schools**



When & where?

Unfortunately we are only able to run on a Saturday at the moment using the sports hall at Sir William Romney school. It is separate to the main school building. We are not able to train in the usual gym at present. You will be sent an email telling you a session time and a colour group. Please make sure you know which group you are in on arrival at the session.

Drop off & pick ups

- There will be two queues at the front entrance of the sports hall on arrival. These are for each colour group. Please stand in the queue for your group which will be clearly marked, and maintain social distancing until the doors are opened by the lead coach. Gymnasts must not enter the sports hall until their session time. **Parents should wait until their gymnast has entered the building before leaving.**
- Parents are not allowed into the sports hall and are kindly requested to wear a face covering at drop off and pick up.
- Gymnasts will need to use their own hand sanitiser or that provided on entry and exit to the gym.
- At the end of the session, parents should kindly wait outside the main entrance of the sports centre maintaining social distancing. Gymnasts will be released by the coaches once they see a parent present. Please advise the coach on arrival if someone else is collecting your child.
- As Tetbury Football club also use the school site during a Saturday and the car park can get very busy, gymnasts will not be allowed to leave the sports hall - even if coaches can see parents waiting in the car - without a parent collecting them from the door unless we have specific written permission for them to do so.
- **Please arrive promptly for your session and for collection at the end**, and make time allowances for the busy car park on a Saturday. It may not be possible to admit late arrivals if the coaches have already started the session.

Uniform

As usual, the uniform for Tetbury Gymnastics club is a plain black leotard. As we will be required to have doors open in the hall for ventilation, gymnasts may also wear leggings and a tight fitting top if required to keep warm.

What to bring

All gymnasts should have their own, individual, clearly named water bottle and hand sanitiser. It would be ideal if all belongings could be kept in a named bag. Gymnasts will have a designated area for their belongings. Due to the covid guidelines we are required to dispose of any property left behind after the session so please make sure you've got everything before you leave.

Please do not bring food or snacks into the gym.

What will the sessions be like?

We would greatly appreciate parents talking to their gymnast about what to expect when they return. We have different guidance than schools to follow and some of the rules will be unfamiliar and different to what they have been used to at school.

- Due to Covid guidance and the change of venue, we are not able to utilise the full range of gymnastic equipment that we would normally. After a year away from the sport, sessions will focus on building up strength, flexibility and conditioning in fun ways and using apparatus that is allowed within the guidelines.
- Coaches are required to socially distance from the gymnasts. The skills and activities they will be teaching are adapted so they can be safely taught in this way.
- **Gymnasts are required to socially distance from each other** - we know that some gymnasts may be siblings or in the same 'bubble' at school. Please help our coaches by explaining that we need everyone to follow this rule without question at gymnastics.
- We hope everyone will have fun getting back to gymnastics after such a long time away - everyone is very excited to begin again. Please help our coaches make it more fun by following all the rules.
- It is important that gymnasts inform the coaches if they feel unwell during the session.

Health & Safety

- Risk assessments that follow the most up to date COVID-19 guidance and British Gymnastics guidelines are in place and will be regularly reviewed. You can see these risk assessments on our website.
- The gym and all the equipment will be cleaned between each session as outlined in our risk assessments..
- Our coaches will be taking lateral flow tests twice weekly.
- Tetbury Gymnastics QR code for NHS test and trace will be on display outside the gym for you to register with test and trace if you wish. We will also be keeping registers for this purpose.

Important

Your gymnast **must not attend gymnastics** if they or anyone in their household have any COVID symptoms.

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

If you have one or more of these symptoms you must follow NHS and Public Health England guidance on self isolation.

If the gymnast or someone in their household tests positive for coronavirus or the gymnast has been advised to self isolate by their school or the test and trace service, **the club must be notified as a matter of urgency and they must not attend gymnastics.**