



What will Gymnastics be like when I go back?

- Class times:

Monday

4.30 - 5.30 – Beginners

5.00 - 6.30 – Intermediate/Advanced

Wednesday and Friday

3.45 - 4.30 – Beginners (reduced to 45 mins (£6.50) per session)

4.15 - 5.15 – Intermediate

5.00 - 6.30 – Advanced

- Our maximum capacity per class is reduced to 42 children to create 6 groups of 7 children.
- Each class will have a designated set of toilets to use during their session which will be cleaned before and after.
- Children should arrive ready for their class so that changing is kept to a minimum.
- For the purpose of the gymnastics coaching and rotations around the apparatus; each group will work solely with their designated coach. The coach will be assigned to that group for the entire session as their key person. It will only be that coach who can physically work hands on supporting the gymnasts within their subgroup. Again, we aim to keep the amount of hands-on coaching to a minimum which is very do-able with the invaluable experience and range of equipment we provide.
- In addition to the designated coaches, there will also be two additional members of staff as extra pairs of hands for toilet runs, first aid, cleaning, generally looking after the children-reminding them of the expectations and keeping safe etc.
- As with all classes children have to pre-book their place and therefore we are able to group the children according to age/ability in advance and these groups should remain the same for the term.
- Upon arrival families will queue up at main front entrance of the sports hall ensuring that social distancing is maintained between families. When they reach the door, they will be registered by the member of staff on the door. Parents will not be permitted to enter the building.
- Please ensure that someone from the same household is dropping off and collecting each day. If your child is to be dropped off or collected by another adult outside of your household,

eg. Grandparent, friend etc. you must inform us so that we can take their details for our 'Track and Trace' records.

- Upon entering the building, a member of staff will take your child's temperature to ensure it is within the normal range. Children with a high temperature will not be allowed to attend.
- Children will be asked to wash/sanitise their hands before entering the gym and sitting in their designated group.
- Each group will be allocated 3 apparatus stations to work around following the warm-up. They will then work on the other 3 stations the following week.
- Hands will be sanitised between each rotation and apparatus cleaned between classes.
- Children are permitted to bring a water bottle which will be placed on the benches allocated to the class at the side of the gym.
- At the end of the session parents should come to the fire exit at the rear of the sports hall where a member of staff will hand the children over. Again, social distancing should be maintained between families.
- Younger children should pack a change of clothes in case of any toileting accidents as we will be unable to provide spare clothes.
- As with any organisation re-opening at this time cleaning regimes will be more vigorous and regular and social distancing measures will be in place where possible, although just as The Government have recognised it is not always possible with children of primary age, hence their decision to dissolve the need for bubbles in early years. Our systems in place are all inline with the current Government Guidance and that of our Governing Body, UK Gymnastics.