



## Operating Guidelines

These guidelines will be reviewed regularly and amended where necessary in accordance with the advice provided by Public Health England, Government and British Gymnastics.

### **Key Points**

- All staff, gymnasts and parents should be aware of the main COVID-19 symptoms which include a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste.
- If staff, gymnasts, parents or members of their household experience any symptoms we ask them not to visit Ealing Gymnastics classes and to inform us.
- We will continue to follow advice given by Public Health England, Government and British Gymnastics and will follow Government guidelines for 'test and trace'.
- Registers taken at every session of coaches and gymnasts participating in every lesson.
- Maximum of 6 adults (coaches) and 32 children in the building.
- Gymnastics classes for children 5-12 years old only.

### **Upon Arrival**

- Parking is not available on site. We kindly ask parents to park sensibly without blocking driveways.
- **Parents are not allowed on site, drop off and pick up of the children at the pedestrian gate.**
- Please arrive 5 minutes before your class starts and queue outside of the gates (on the right side from the gate if facing to the school)
- Please make sure after you dropped off your child you move out of the way to help us to run our classes efficiently.
- Also we kindly ask not to wait for your child across the road, but queue from the appropriate side of the gates along the buildings avoiding interruption of any pedestrians passing through.
- Coaches will escort the children to and from the gym.
- All gymnasts must to use hand sanitizer gel provided prior entering the building.
- Limited items to be brought in e.g. water bottle.
- Parents are encouraged to explain to their children the importance of social distancing when they are in the gym.

### **During Class**

- Personal belongings to be placed in designated place showed by coaches.
- Gymnasts will line up for warm up on 'spots/crosses' that are spaced 2 metre apart.
- After warm-up children will be split into groups of 8, rotating around the gym, with the same coach.
- Each lesson consists of a warm-up (10 min) and 3 rotation/apparatus (15 min each) out of 4 (Vault, Beam, Bars and Air Track).
- Please ensure all gymnasts bring water bottle with them to keep hydrated throughout their session, as water fountains not in use.

### **Upon Exit**

- Gymnasts must ensure they don't leave any belongings before leaving the Sports Hall. Parents should be vigilant of this rule as until further notice will be unable to keep lost property.
- Coaches will escort children to the gate.
- Parents collect their children at the pedestrian gate (on the left side from the gate if facing to the school)
- Please make sure after you collect your child you move out of the way to help us to run our classes efficiently.
- Also we kindly ask not to wait for your child across the road, but queue from the appropriate side of the gates along the buildings avoiding interruption of any pedestrians passing through.

### **Cleaning**

- Prior to our opening all our gymnastics equipment has been deep cleaned adhering to government guidelines.
- All used equipment e.g. mats, benches, bars, vaulting tower will be sanitised daily.
- All carpet including the floor areas, tumble track and vault run-ups will be sprayed and sterilised daily with an anti-viral cleaner.