

Little Socks Gymnastics - return to club guidelines

Parents/Guardians:

Do not bring your child if you or any member of your household has a temperature, dry cough or any Covid 19 symptoms

Must sign and deliver "safe & well" form before every class (can be printed out at home or done at the desk)

Drop off and registration will take place at the main school entrance (Saturday & Sunday)

Doors will open 10 minutes before you class start time

Doors will close 5 minutes after the class start time

You will not be allowed to join the class if the doors are closed

Bring your child ready, with just a named water bottle, coat & shoes to take off

Collection will be from the main hall doors (our old entrance, Saturday & Sunday)

You must collect your child/ren promptly

Toilet policy will be one in one out, we would ask parents to take your child to the toilet at home before attending

No parents/guardians will be allowed to enter the hall or remain on the premises for the foreseeable future

Coaches:

Do not attend if you or any member of your household has a temperature, dry cough or any Covid 19 symptoms

Travel by walking, cycling or car if at all possible

Wash and sanitise your hands on arrival and take a temperature check

Change on site - do not wear your coaching clothes to the gym

Ensure your working area & apparatus is cleaned and prepared before gymnasts arrive

Keep your equipment in your work area, once used place in "to be cleaned" box

Wear you PPE provided to clean the equipment

Wash your hands after every session

Gymnasts:

Do not attend if you or any member of your household has a temperature, dry cough or any Covid 19 symptoms

Go to the toilet before you leave home

Arrive with your gym gear on under your coat

Have temperature check

Sanitise/wash hands on arrival

Leave shoes/coats in designated area

You will be allocated a coach and an area for your class

Follow the coaches instructions & enjoy your session

Follow the safe routes set out by the coaches

What to expect from your sessions:

Classes will be different from your previous sessions

There will be fewer children in the class, your group will have a maximum of 7 children

You will be allocated your own apparatus by your coach which will be set out in your area - when you have finished using it place it in the "to be cleaned" box

We will structure our classes on our new badge scheme, it will focus on fitness, flexibility, strength and conditioning and skill acquisition. We will all start together at the beginning.

There may be mixed age groups

There will be no "hands on" supporting as per BG guidelines

Remember we have all been off for a long time and you may not be able to do everything that you could do before lockdown. However, we will support you in taking this opportunity to get fitter, stronger and more flexible so that we can get back to that level. Don't feel disheartened, we are here to help you be your best and enjoy your sessions.