

WhiteRose Gymnastics: Adult Gymnastics Rules

Our customers' wellbeing and safety is our top priority so to keep our customers as safe as possible, we have introduced a number of new measures. By attending our Adult Gym session(s) you agree to the terms and conditions set out below.

You must not attend any of our sessions if you have tested positive for Coronavirus, or if you have been told to self-isolate by NHS Test and Trace. Anyone displaying symptoms will not be allowed into the Gymnastics Centre and will be required to leave immediately. Please follow NHS and Government guidance, and if required, get yourself tested. If you receive a positive test and have recently visited our facility, you must inform the Club ASAP by emailing: office@whiterosegymnastics.co.uk. You should also not attend any sessions if you have recently returned from a [country which requires a period of self-isolation](#) upon return. You will be permitted to return once you have completed the necessary self-isolation period.

PLANNING YOUR VISIT

- Adult Gym sessions are suitable people of all abilities, aged 16+
- You can book and pay online in advance by following the directions emailed out by our team once a space is available.

FACE COVERINGS

- It is requested that our visitors (aged 11+) wear face coverings when inside of the Gymnastics Centre (except when eating & drinking) – face coverings should be removed once inside of the Gymnastics Hall and taking part in activity.
- Customers should provide their own face coverings; however, the Office may be able to supply one if you forget

SANITISING STATIONS

- Customers are encouraged to sanitise their hands upon arrival at our facility, we thank you for your cooperation with this
- We also have a number of sanitising stations around Gymnastics Hall for customers to use throughout their visit

CLOTHING & JEWELLERY

- Long hair must be tied back
- No outdoor footwear is permitted within the gym
- Suitable clothing must be worn at all times – no denim, combat trousers or clothing with loose parts
- All jewellery must be removed before going onto the apparatus

SKILLS & SAFETY

- Only attempt skills/participate in activities that are suitable for your own ability and experience
- No double or triple somersaults
- Please ask a coach for advice/help before attempting a new skill
- Please accept some skills will not be allowed due to insurance and qualification reasons

ETIQUETTE

- No food is permitted in the gym
- Foul language, inappropriate gestures or behaviour will not be tolerated
- Please be courteous of the other participants, especially if the gym is busy

RAISING CONCERNS

- Two coaches are present throughout Adult Gym if assistance is required

STORAGE OF PERSONAL BELONGINGS

- No outdoor footwear is permitted on the Gymnastics equipment
- Personal belongings can be stored in the wire duckets within the facility
- Please keep your personal belongings safe; WhiteRose Gymnastics do not accept responsibility for the loss or damage to any personal belongings left unattended on the premises

ZERO TOLERANCE POLICY

- All of our measures are in place for the safety of our guests and staff. We are working extremely hard to ensure all measures are being carried out in line with Government, British Gymnastics & East Riding of Yorkshire County Council guidelines. Any persons not complying with the measures we have in place will either be refused entry, asked to leave and may be refused future entry. We are hoping our customers will work alongside us to help us keep our facility operational and fight the virus.
WhiteRose Gymnastics has a COVID Officers in place; if you have any questions, concerns or feedback about our practices, do not hesitate to contact one of them:
- Josh Borom - jbrom.wrga@gmail.com

PLEASE NOTE: WHILST WE HAVE TRIED TO MAKE YOUR VISIT WITH US AS SAFE AS POSSIBLE, YOU ENTER AND USE OUR FACILITIES AT YOUR OWN RISK

IF YOU DO NOT AGREE WITH THIS NOTICE FULLY, YOU SHOULD NOT ENTER THE SESSION

SOUTH DURHAM GYMNASTICS RESERVE THE RIGHT TO REMOVE ANYONE FROM THE SESSION WHO IS NOT ADHERING TO THE RULES