**Classes From September 2020**

**Gymnasts MUST bring:**

* Plenty of water to drink (at least 2 bottles as we are unable to use the water fountains)

**We ADVISE they bring:**

* *If they use* it their own chalk for bars (they must NOT share)
* *If they use them* their own handguards and/or gloves and loops (they must NOT share)
* SQUAD ONLY Their own ankle weights and stretch bands etc.
* A face covering (for break times where we can’t go outside)
* A bag/box for all this to go in (we CANNOT keep lost property)

**They are welcome to bring:**

* Their own hand sanitiser
* Snacks if they are staying more than 2 hours
* Gym shoes or non-slip socks.

**How it will work…**

***Please make sure you and your child are familiar with the following.***

1. Arrive for your session on time and queue alongside the building following the signage. Remember to keep 2m apart in the queue. Parents/Guardians it is your responsibility to ensure they are queuing correctly. Face coverings may be worn in this time.
2. The coach will open the door when the class starts. They will ensure every gymnasts sanitises their hands before going into the gym. The coach will be available to talk to at this point if parents require. Face coverings may be worn in this time.
3. Gymnasts will say goodbye to their parents at the bottom of the steps and enter the gym with everything they need. NO PARENTS/GUARDIANS ARE PERMITTED INSIDE THE BUILDING EXCEPT IN AN EMERGENCY.
4. Parents leave the site.
5. Gymnasts place their belongings in the designated pigeon holes. Gymnasts will be sent to their allocated ‘Mat Marker’. They are welcome to wear their face covering until the physical activity starts. At this point coverings MUST be removed, unless given specific permission from a medical professional.
6. Gymnasts and coaches will be asked to clean their at least hands every hour. When on the equipment circuit hands must be sanitised after every piece of apparatus. The coaches will disinfect the apparatus after every gymnast.
7. Only one gymnast will be allowed in the washroom at a time. Gymnasts will queue in the corridor. They must wash their hands thoroughly after visiting the toilet.
8. Throughout the session gymnasts MUST maintain social distancing.
9. At the end of the class the door will be opened. Parents should make themselves visible to the coach at the door so the coach can dismiss the gymnasts one by one. Again at this point a coach will be able to talk to any parents should they need. NO PARENTS/GUARDIANS ARE PERMITTED INSIDE THE BUILDING EXCEPT IN AN EMERGENCY.
10. The coaches will clean the facility and equipment ready for the next session.

**Please drive very slowly in the car park.**