**New Guidelines for Upstarts Gymnastics**

As regulations stand on Sunday 21st June 2020

* All gym equipment will be cleaned before the start, in-between and end of each session
* All gymnasts will enter via the side fire exit door, cones will mark out 2m gaps
* Parent with child can wait on the grass area, unless weather does not permit
* No entry into the premises until the coach has stepped out the door to allow two child in at a time
* Parents will make their way back to their car – you will have to pass waiting people, but this is not considered to be a risk.
* Parents to bring gymnasts ready dressed in minimal extra clothing to allow for easy storage and a quick entry and exit to the class
* All gymnasts will leave at the end of their session via the front door to awaiting parents in the carpark, the Level 2 coach will supervise this at the end of the session
* Shoes must be removed as soon as they enter the building, they will be guided by a second coach
* Gymnast ‘one’ will wash their hands in front toilet area, Gymnast ‘two’ in gymnast toilet area then proceed to sit in hoop on floor which are all placed 2m apart
* Paper towels will be in use in all toilets
* Parents cannot stay unless there are exceptional circumstances which have been disclosed before the club re-opens
* Gymnasts will be in bubbles of no more than 6 children and only 2 bubbles will be present in the gym at any one time during training
* The two bubble groups will always be kept on opposite sides on the room to each other whilst training
* Warm ups will be done inside the hoop
* One bubble group of gymnasts will work with the same coach throughout the whole session
* Drinks and toilet breaks if necessary will be kept staggered to allow for social distancing but we would prefer all gymnasts to use the toilet before they leave home
* A safe distance walkway area will be in place to allow gymnasts to visit the toilet/drink area during the session should they need to
* Station activities will be kept 2m apart and each gymnast will practise on their said activity until it’s time to move round to the next activity.
* Before the bubble group moves to the next complete station, all gymnasts and coaches will use hand sanitiser – a bottle will be kept on each station.
* Coaches will clean equipment in-between rotating round. A bottle of disinfectant spray and disposable towels will be kept on each station to ensure cleanliness
* Gymnasts are encouraged to cough or sneeze onto the top of their arm/elbow – if they do this into/onto their hands, they must immediately wash their hands with soap for 20secs.
* If your child is un-well in any way, do not send them to gymnastics
* If anyone in your household has symptoms that you may be suspicious of, please do not send your child to gymnastics.
* Please notify Upstarts if anyone in your household does subsequently develop coronavirus as we will then have to do a risk assessment before we can run further sessions
* Coaches cannot support gymnasts on equipment, all activities will be set at a level which is suitable to the gymnast’s ability and will be a safe activity to avoid injury
* There may be odd circumstances in which a coach may have to break the social distancing rule, so for example, if administering first aid treatment or if a coach suddenly has to step in to prevent an accident from happening.
* It is recommended that coaches will wear a facemask if administering first aid, or during the use of the Table vault for the older gymnasts
* All gymnasts and coaches will wash their hands again at the end of the session
* Please arrive approx. 15 minutes early to allow time for your child to enter the building and get settled so we may start the class on time.
* If you arrive after the start time, then your child will not be allowed in as this will cause total disruption to the whole session.
* As the government/British Gymnastics change guidelines, then Upstarts will also update our guidelines to make sure we can keep everyone safe.

We realise there are a lot of new guidelines, but this is to ensure we all keep ourselves and your children as safe as possible.

It will be a very strange time for everyone involved as these guidelines are new for everyone

It’s very important, after having had such a long time away from the gym, that we start back by getting everyone into routine again

We will then build up their strength and flexibility, we will use games and lots of fun to do this. The last thing we want to do is bring everyone back and they end up being bored! This is not the way forward.

Lastly, thank you for all your support as well, it’s not been an easy time at all and let’s hope that by September time (at the latest), life is back to normal (as much as possible).

I will text you again one week before we start to confirm this and what your fees will be for July.

Take care and see you all soon