

## New Ways of Working

*First and foremost - please do not bring your child to class if they are unwell in any way or have been advised to self isolate. Our coaches will also be on alert to identify any Covid 19 related symptoms during class therefore please ensure your emergency contact details are up to date.*

### Parking 🚗

Please double / triple park, do not park in the loading bays or entry spaces for the units opposite us as there are too many large trucks requiring access to that unit therefore there have been numerous complaints passed to our Building Owner as a result of gym users blocking access. See picture for guidance. Please do not sit in your car, please leave the industrial estate to avoid congestion.



### On Arrival ⚠️

Please do not arrive more than a few minutes before class start time to avoid congestion. We will be doing staggered entry and exit therefore please do not start to line up at your door until the correct time.

Please line up maintaining distance at the designated door on your email. Numbers will be clearly visible on all 3 doors.

**⚠️⚠️ Temperature will be taken on arrival and the gymnast can only enter the building if the temperature is below the 37.8 degrees threshold ⚠️⚠️**

All outdoor clothing (jackets etc) must be given to your grown up and the coach will direct you to sanitising station and you will then follow the arrows into the gym where coaches will give further instruction. All your belongings - water bottle, jumper, shoes etc must be removed and placed in your bag after sanitising and your bag will remain with you at all times.



**\*\*\*\*\* there is currently no access to cloakrooms or water fountains and any property left behind must be disposed off and cannot be retained in the usual lost property pile \*\*\*\*\***



### Bags ⚠️

Please ensure every gymnast brings a bag that fits their belongings in - see pictures for guidance. Everything the gymnast has including their shoes must fit in this bag. The club has these drawstring bags for sale for £5 if required

### **On Exit** ⚠️

Your email will advise what your exit door is and gymnasts will be lined up with their belongings and will sanitise hands before exiting the door.

### **First Aid** ⚠️

There is a new designated first aid station fully stocked with PPE.



### **Enhanced Hygiene** ⚠️

There are Hand Sanitising stations throughout the gym with clear signage.

### **Distancing in Class** ⚠️

We will be encouraging distancing and have additional procedures in place for our gymnasts who are aged 12 and so will be using different zones within the main gym - coaches will give further direction to gymnasts.

***\*\*\*\*\* Our coaches will be super busy managing the above procedures and are on a phased return to work therefore please contact the club by phone or through messenger and avoid asking our coaches on the door queries for the immediate future \*\*\*\*\****