

## **FITNESS PREP SESSION INFORMATION**

- Training will take place at the club (outside matted) and we will use the toilet facilities if needed
- We will run 2 2hr sessions per week for each gymnast ▲ session 1 - Monday/Tuesday & ▲ session 2 - Thursday/Friday
- gymnasts can book 1 slot from each session
- all sessions will be 4.30pm - 6.30pm
- please ensure to book your gymnasts slot by the specified dates
- any additional spaces after this will be opened up for anyone to book

☁️ if it's raining on a training day we will still run these session however we will take the training indoors onto the floor area - the shutters will remain open for ventilation - if you choose to cancel on these days please advise 😊

!! if you were gifted any club equipment to use during lockdown can you please return this to your first session !!

- ✗ Booking will open up on a Wednesday for the following week and you must book before 6pm on the Friday ✗ any additional slots will then be opened up

-  Training - Monday/Tuesday
-  zoom group specific - Wednesday
-  Training - Thursday/Friday
-  day off - Saturday
-  testing day - Sunday

### ⚠️ REMEMBER TO BRING ⚠️

- ◆ Running/Sports Trainers – DO NOT WEAR FASHION TRAINERS these are not designed for sport
- ◆ Sliders /Flip flops for traveling between stations
- ◆ Water Bottle
- ◆ Stretch Bands
- ◆ Ankle Weights
- ◆ Hand Sanitiser
- ◆ suitable clothing for all weather

! Gymnasts are required to wear a leotard can wear leggings, t-shirts etc on top but MUST have a leotard on ✗ NO CROP TOPS – Please dress for all weathers

! Hair MUST be tied up and bunned if it can go in your eyes.

## **FITNESS PREP SAFETY INFORMATION**

### **Ilness**

Please do not bring your gymnast to the sessions if they are showing any Covid 19 symptoms or have a temperature as they won't be able to take part. We have put some additional guidelines in place for everyone's safety, please read the below:

### **Drop Off**

Please do not drop off and drive away! Your gymnast needs to come to the registration station - you will clearly see the coach standing with the table. Please direct your gymnast to the station and DO NOT leave your car. Your gymnast will be signed in and will undergo the contactless temperature check to ensure her temp is under the required threshold of 38 degrees. If it is higher the coach will bring the gymnast back to your car and the gymnast will not be able to participate.

*Please come as close to 4.30pm as you can, 4.35 is fine too, and please do not let children leave the car until the coach is standing with the thermometer. We cannot always get there too early and with the new tenants across the road having so many trucks coming - we don't want gymnasts outside if we can't watch them because we are busy moving mats.*

### **Pick Up**

If we feel the need will close the gates for gymnast safety after class starts and will re open these at 6.25pm to prepare for pick up therefore please do not come early as the gate will be closed. Please remain in your car for pick up as it is light outside and there will be coaches to supervise children going to the car.

### **Sun Cream**

At 4.30pm the gym area is not in full sun but please ensure your gymnast comes with sun cream applied.

### **Cleaning**

We will be cleaning all hand apparatus and equipment in between each rotation and toilets after every visit with the required cleaning schedule updated.

Please can you also ensure your gymnast comes with her water bottle, suitable clothing, proper running trainers on her feet and remembers her own sanitiser, ankle weights and any bands they may have as we cannot share these things as they are not really 'cleanable'.