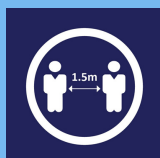


what to expect when you come back to gymnastics

We are so excited to be bringing back onsite classes and getting kids back into the gym!
Some things have changed to ensure we can minimise the risk of spreading Covid-19.

Arriving at the gym, and Start of class	<ul style="list-style-type: none"> EKGA staff will meet gymnasts outside both buildings Gymnasts should arrive dressed ready for class, with weather appropriate clothing over the top of gym gear. Gymnast must be able to remove outer clothing without assistance from staff. Staff may take child's temperature (if temperature is 37.5 or above child will not be permitted to enter) Parents will be asked the following questions about their child: <ol style="list-style-type: none"> Had any Covid-19 Symptoms? Been in contact with any suspected or confirmed Covid-19 cases? Returned from overseas or been in contact with anyone who has? Do you have any cold or flu like symptoms? <p>If the answer to any of these questions is YES the child will not be permitted to attend training</p> <ul style="list-style-type: none"> Gymnasts will be asked to sanitize hands using touchless hand sanitizer stations. Gymnasts will then enter the building one at a time. Parents will NOT enter the building with the child. Parents will then leave / wait in car etc. Gymnasts will be asked to take their bags (with a full water bottle) and stand on one of the markers in the waiting area and get ready for class. EKGA staff will supervise gymnasts in the waiting area. Gymnasts will enter the gym one at a time and stand on a cross on the floor area for warm up. Bag and drink bottle will remain on their "dot" and gymnasts will get drinks, personal gear from there as needed.
During class	<ul style="list-style-type: none"> Gymnasts sanitize hands before and after bars, rings, pommels or ropes session. Gymnasts do not share hand apparatus (balls, skipping ropes etc) Gymnasts do not share gloves / loops / bands For classes that use chalk gymnasts use their own chalk box (chalk will be supplied at cost, but families to provide a plastic container) There will be no partner work where gymnasts are required to touch each other or come within 1.5 metres of each other. There will be minimal spotting. Spotting will be used for safety when necessary. Gymnasts will not use the foam pits. Gymnasts will drink from their own water bottle (kept in their bag). Gymnasts will not have access to drinking fountain. Gymnasts will not be given stamps, high 5's, fist bumps etc. Coaches will use lot of verbal encouragement and praise. Staff will supervise the area outside of the toilets
After class	<ul style="list-style-type: none"> Classes will be dismissed one at a time. EKGA staff will supervise the waiting area Gymnasts will return to the waiting area, stand on their dot and put street clothes back on, over the top of gym gear. Gymnasts will wait on their dot until called to the door by staff. EKGA staff will be stationed the front doors to greet parents who are ready to collect their child. Children will be sent out the door one at a time, when their parent is present at the door (or for older children, when parent has sent the child an sms saying they are in the car park). Each gymnast to sanitise hands as they leave.

We thank you for your support during the closure, and for your patience as we resume our regular programs.



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