

# what to expect when you come back to gymnastics

## Arriving at EKGA

- Please arrive no more than 5 minutes early for class. You will be required to wait outside until the previous class exits the building and the venue is sanitized. If you are early, remain in your car until a couple of minutes before your child's scheduled start time.
- Gymnasts should arrive dressed ready for class (to minimise use of the change rooms and toilets).
- Drop off and Pick off will be from outside the venue.
- An EKGA staff member "Door Marshal" will meet you at the door.
- The door marshal will conduct temperature checks and ask some basic screening questions, before instructing the participants to sanitize their hands.

If a person's temperature reading is 37.5 or above they will not be admitted.

- Parents will be asked the following **screening questions** about their child and the entire household:
1. Does your child or anyone in your house hold have a cough, cold, sore throat or any flu like symptoms?
  2. Has your child or anyone from your household be advised to self-isolate or quarantine for any reason?
  3. Returned from overseas or been in contact with anyone who has?

**If the answer to any of these questions is YES the child will not be permitted to attend class**

- Participants will be instructed to enter the building at the appropriate time.

## Before class

- Gymnasts will be asked to take their bags (with a full water bottle) and stand on one of the coloured dot in the waiting area and get ready for class.
- EKGA staff will supervise children in the waiting area prior to class.

## During class

- An EKGA staff member will supervise the waiting area and hallway, to ensure any gymnasts who need to use the toilets are supervised on their way to and from class.
- No spectators are permitted in the building. For classes that require parental participation or assistance (Tiny Tots / Squirts / Inclusion/ Blind Gym) one adult should accompany the student into the building. In these instances babies /toddlers in capsules or prams are welcome, however, no other children or spectators are permitted.
- Coaches will instruct gymnasts where to stand for warm up and each activity. Gymnasts will be reminded to remain on their marker/ inside their designated space.
- Gymnasts will be sent for drink breaks one at a time to avoid congestion.
- Gymnasts will sanitize hands before and after using the bars, rings, rope or pommels.
- No partner activities where gymnasts are required to touch or be within 1.5 meters of each other will take place.
- Coaches will not physically assistance with skills / acitvities or "spot" gymnasts. Physical contact will only be made made if it is necessary unless for the safety of the gymnast.
- EKGA staff will be wearing face masks at all time.
- Gymnasts aged 12-years old and over will wear masks before and after class, when visiting the toilets, during warm up and cool down and any during any "non strenuous" aspects of the class.

## After class

- Parents should remain in their car or on the foot path until a few minutes before your child class is due to finish.
- After class participants will return to the waiting area and stand on their dot to get dressed / put shoes on.
- EKGA staff will supervise gymnasts after class until a parent collects them from the pick up point.
- When you arrive at the pick up point let the door marshal know who you are there to collect.
- Participants will exit the gym via the large roller door, next to the door they entered from. This is the pick up point.
- An EKGA staff emember will come outside to speak with you if anything has occurred during class that you should know about.



**Essendon Keilor**  
Gymnastics Academy

9336 4077 | [ekga.com.au](http://ekga.com.au)