

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"> Gymnasts should arrive dressed ready for class, with weather appropriate clothing over the top of gym gear. 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 and themselves: <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 class</p> <ul style="list-style-type: none"> Gymnasts and grown ups will be asked to sanitize hands using touchless hand sanitizer stations. Gymnasts will then enter the building one at a time with their grown up. Only one adult may accompany the student into the building. Babies in capsules or prams are welcome, however, no other children or spectators are permitted. Chairs will not be available in the viewing area 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. Please supervise your child in the waiting area and ensure they stay on their dot. Gymnasts will enter the gym one at a time and stand on a cross on the floor area for warm up. Bags and drink bottle will remain on their "dot" and gymnasts will get drinks, personal gear from there as needed. Kinder Gym books will not be used during the initial return phase - keep those in your bag. If you need to change your child's nappy, please ensure you sanitise the change table after you have used it. Sanitiser is available in the baby change room.
During class	<ul style="list-style-type: none"> Gymnasts sanitize hands before and after circuits using bars, rings, pommels or ropes. Gymnasts do not share hand apparatus (balls, skipping ropes etc) 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. Stickers will be made available for children to stick in their books.
After class	<ul style="list-style-type: none"> Classes will be dismissed one at a time. Gymnasts will return to the waiting area, stand on their dot and put street clothes back on, over the top of gym gear. Each gymnast and their adult to sanitise hands as they leave. Please let a staff member know if your child has an accident in the toilet, so we can clean and sanitise

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



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