

Plans to re-open Phase 2 (Indoor sessions)

What can be done	Details
<p>1. Communication with parents and gymnasts.</p>	<p>Speak openly with parents to find out how both parents and gymnasts are feeling about returning to classes.</p> <p>Communicate freely with parents and gymnasts regarding what we have planned so far during phase 2 and what our protocols will be.</p>
<p>2. Cleaning Protocols</p> <ul style="list-style-type: none"> a) Hand sanitiser b) Anti-bacterial spray c) Anti-bacterial wipes d) Disposable Gloves e) Number stations f) Door stops g) Masks 	<ul style="list-style-type: none"> - Hand washing will be mandatory before arrival and also as soon as you get home for all staff and gymnasts. - Hand sanitiser will be mandatory on arrival and also on exit for all gymnasts as well as between change overs. Hand sanitiser will be mandatory on arrival and also on exit for all coaches and also between sessions and between change overs. - Anti-bacterial spray and wipes for between class cleaning and during class cleaning and also at the start and end of your working day. - Disposable gloves to be worn for cleaning at all times. - Door stops to hold open any doors. - Masks to be worn at all times by coaches. - Suggested 15 minutes between classes for coaches to clean. - Cleaning sign off sheet to be completed after every class and the end of the day. - 4 children per group outdoor session, 15 indoor sessions.

<p>3. Planning for rotations and classes</p>	<ul style="list-style-type: none"> - Limit rotations per class so children are not touching all the equipment - clean after each rotation. - Social distanced mats and markings required for personal floor areas, clear directions to direct gymnasts around the area maintaining social distancing. - Constant vigilance. -Coaches need to make alternative plans or ideas for warm up games and session plans.
<p>4. Close off areas, entrance hall and anywhere parents congregate.</p>	<ul style="list-style-type: none"> - Parents will be asked to stay in their cars during sessions and gymnasts to be collected promptly. There will be marked out social distancing on all walkways and signs.
<p>5. Preparation - Prepare gymnasts and parents for re-opening.</p> <ul style="list-style-type: none"> a) New procedures. b) Ask how they feel about it. c) Communicate new ways to move about the gym. d) Give parents an opportunity to express their concerns. e) Produce graphics for children and signs for the gym. 	<ul style="list-style-type: none"> - Update website with new procedures. - Keep up open communication. - Regular team meetings - Print off clear signs
<p>6. Planning for Entrance and Exit of gymnasts</p>	<ul style="list-style-type: none"> - A senior coach to manage both entrance and exit of the area. - Logistical procedures to be set out with clear instructions to coaches, parents and gymnasts.

7. Planning Protocol and Procedures	<p>Gymnasts and parents will have clear procedures to follow. Things to consider:</p> <ul style="list-style-type: none"> a) Arriving at gym ready to train b) Temperatures will be taken on arrival c) All personal training items to stay in the gymnast's bag at all times d) Hand sanitiser stations e) No sharing of equipment f) Items left in the gym will be thrown away at the end of the day
8. Coach training	<ul style="list-style-type: none"> - Verbal coaching only - Additional coach training
9. Disclaimer	<p>By booking onto a session parents agree to all terms conditions and policies.</p>
10. Risk Assessment	<ul style="list-style-type: none"> - Covid-19 risk assessment to be completed for each phase. - Cleaning duties sign off sheet.