

## GNSW Guidelines

### Some things you can expect when you return to gymnastics



#### **We will ask you to stay home if you are feeling unwell.**

If you or your family are experiencing a cough, fever or any cold or flu symptoms, please refrain from attending gymnastics classes until you are feeling better.



#### **We will be social distancing.**

We will where possible, maintain a safe distance between all people in the gym. Spotting will be limited, however there will be cases that coaches will spot gymnasts for safety reasons. Small spotting for this purpose has been approved by our Chief Medical Officer.



#### **We will ask you to wash your hands**

We ask all gymnasts entering the gym to sanitise their hands.

##### **Kindergym parents:**

On arrival into the gym & on exiting the gym, we ask that all gymnasts and their parents wash or sanitise their hands.



#### **We will regularly wipe surfaces**

Our staff will regularly wipe down common surfaces such as equipment, door handles, seats and benches using approved disinfectants



### **We will be cleaning our equipment**

Our gymnastics equipment will be regularly cleaned as per manufacturers guidelines. Hard to clean items such as foam pits will be out of bounds and not used at this time.



### **We will keep cleaning hands (and sometimes feet!)**

During lessons, we will regularly encourage stops for gymnasts to wash or sanitise their hands. This helps to keep our athletes and equipment as hygienic as possible.



### **No sharing of drinks**

Please provide a water bottle for your child, with their name labelled on it and remind them not to share drinks. The water bubbler will not be available at this time



### **Drop off, train, Pick up**

**Drop off ONLY** will continue to be from the Front entrance.

**Pick up ONLY** zone will be from the rear exit. We will also have to structure classes to have different pick up times & drop off times.

EGA is ready to Welcome you back to our, vibrant community with quality programs in which our gymnasts have fun and are enabled to reach their full potential by discovering their strengths and interests.

THANKYOU for your assistance in helping us comply with these guidelines

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