



## P.H.D FUNdamentals: Sunday One Way System

### Social distancing

In line with government advice, everyone over 12 years must remain 1 metres apart. This is to reduce the transfer of the virus from an infected person to another person (sometimes people have the virus and feel well so they don't realise they are infected).

In order to maintain this rule, we have implemented a one-way system for all of our sessions.

### Entrance

Please ensure you have a facemask on before entering the building. This includes gymnasts now over 5 years of age.

We are actively trying to manage the number of people who can come into the venues we operate from by creating a one-way system. This means that **Entry will only be allowed via the side door directly opposite the 2G pitch at the Gytes Leisure Centre.**

From this door head towards the hall side door and wait in the queue. Please make sure you stand 1m apart. When at the front of the queue, wait behind the line until called forward.

In order to minimise the surfaces that could become contaminated the door will be wedged open, so you do not need to touch it.

### Sign in/Out

As a registered club with Scottish and British Gymnastics, we are required for each child to be signed in and out of each session. Following the guidelines from both Scottish and British Gymnastics we will now operate the new procedure as follows:

- Please wait in the queue until called in. When waiting please remain 2 metres apart
- On entry to the hall please use the hand gel provided to disinfect hands
- Sign your child in using the pen provided (or your own should you wish)
- Return the pen to the table for the next person to use
- Use the hand gel for a second time after using the pen
- One parent/carer per family permitted into the hall

### Exit

To ensure that the exit is 1m away from the waiting queue we will require **everyone to leave by the fire exit.** This will require you to follow the wall on the right-hand side, along the back wall until you arrive at the side door of the hall to leave by the fire exit onto the rugby pitch.

Should you leave something and need to return, you must re-enter via the same door and join the queue. Unfortunately parents are not permitted to stay in the balcony during sessions. Below is where you will exit to.





### Collection

We have two collection points, one for trampoline and one for gymnastics. We have listed these below:

### Gymnastics

To collect your child who has attended gymnastics, we will ask them to collect all belongings and bring your child to the fire exit onto the rugby pitch (as seen below with the red arrow). It can be accessed by walking to the front door of the Gytes Leisure Centre and turning left to walk to the back of the building. From there we ask parents/carers to make a queue and we will release your child to you one at a time. We will make note of who has collected your child.



### Trampoline

To collect your child who has attended a trampoline session, we will ask them to collect all their belongs and bring your child to the front door of the Gytes Leisure Centre. As we are the only people in the centre, we will keep the door locked until everyone is ready for collection. From there we ask parents/carers to make a queue and we will release your child to you one at a time. We will make note of who has collected your child.

\*We ask that you collect your child from the last class they attended if they attend multiple ie trampoline then gymnastics, they will be dispersed from the gymnastics collection point.

\*We kindly ask that if you require to speak to a coach that you contact us to arrange an arrangement to do so or send us an email.



## **P.H.D FUNDamentals: Gymnasts Guidance notes**

### **Gymnasts**

#### **Arrival**

We ask that all gymnasts arrive ready to take part ie leotard/short, leggings and t-shirt, hair tied back and all jewellery removed.

#### **Hand Sanitizer**

Gymnasts and coaches will be required to use hand sanitizer when moving between stations ie floor to vault. All equipment will be wiped down between session with the coach signing off a cleaning sheet when complete.

All gymnasts will follow a rotation plan with a route map to ensure there is no cross over of paths with each group.

#### **Coaches**

Our coaches must now wear a face mask when coaching. This is a preventative measure that was brought into gymnastics and trampoline sessions from September 2020 and remains in place by our governing body.

