



## P.H.D FUNDamentals: Thursday One Way System Safety Measures

UPDATE MAY 2021

### Social distancing

In line with government advice, everyone over 18 years must remain 2 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 Gytes Leisure Centre front door only.**

From the front door head towards the hall door at in the corridor next to the changing rooms and wait in the queue. Please make sure you stand 2m (6 feet) apart using the marked spaces. When at the front of the queue, wait behind the line until called forward.

A table will be laid out in the hall to sign your child into class.

### 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

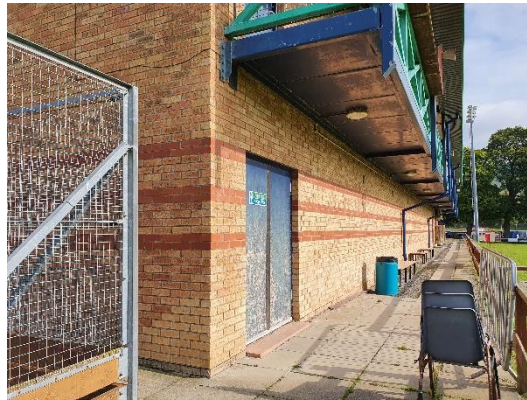
### Exit

To ensure that the exit is 2m away from the waiting queue we will require **everyone to leave by the fire exit** at the end of the corridor. Should you leave something and need to return, you must re-enter via the front door and join the queue. Unfortunately, parents are not permitted to stay in the balcony during sessions.



## Collection

To collect your child, we will ask them to collect all belongings and bring your child to the fire exit onto the rugby pitch (as seen below). It can be accessed by walking to the fire exit door you exited from and walking around the building down the path beside the 2G pitch. From there we ask parents/carers to make a queue and we will release your child to you one at a time.



\*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.

## 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.

### Entry

Before entry to the hall we ask that all children visit the toilet and wash their hands as follows:



On entry gymnasts will be permitted **one bag and one water bottle**. We ask that all items be placed within their bag before entering the hall and **arrive ready ie in leotard and shorts/leggings and t-shirt**. Bags will be stored in the designated storage areas. **Please ensure that your child's name is on their water bottle.**

Gymnasts will be directed to a coach with a clip board who will allocate them a numbered mat for the start of the session (for sessions with children over 12 years). Gymnasts will be asked to stay on this mat until instructed by the coaches on what to do.

Each station will have allocated places so gymnasts can have fun, learn and still be socially distanced.

### 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 by our governing body in September.

Coaches must also remain 2 metres apart from both other coaches, parents and gymnasts. This means we are unable to support them at this time.

### **Safety and wellbeing**

Sessions will focus on the basics as we build up strength, fitness and prepare gymnasts mentally, physically and emotionally to return fully back to our sessions. After this, we hope that we will have moved into the last phase to allow us to return back to normal operating.

