

System Safety Measures

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 Queens Leisure Centre front door.**

From the front door please follow the pathway to the main hall. Our sessions will be held at the furthest end away from the entry point. Please walk along the side of the hall remaining two metre distance. When at the front of the queue, wait behind the line until called forward where a sign in sheet made available.

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

Sign in

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 line until called. When waiting please remain 2 metres apart
- 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 per family permitted into the hall

Once you have signed your child in, a coach will escort your child into the session. We ask that you exit the centre via the fire exit.

Exit

Once you have signed your child in, we ask that you exit via the fire exit at the end of the hall. From here please turn to your right hand side and follow the path around the building leading back to the car park.



Should you forget to leave something and need to return, you must re-enter via the front door and join the queue.

Collection

To collect your child, we will ask them to collect all belongings and line up where we will take them to the a meeting spot for collection. This spot will be under the tree on the right hand side of the front door. From there we ask parents 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 make an appointment 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.**

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 group usage by the coach signing off a cleaning sheet when complete.

Safety and wellbeing

We have put together a four-week programme to ensure the safety and wellbeing of our gymnasts. This programme will prepare gymnasts mentally, physically and emotionally to return fully back to our sessions. After this programme, we hope that we will have moved into the last phase to allow us to return back to normal operating. Once completed our gymnasts will receive their P.H.D FUNDamentals 'Rainbow Badge' that can be sewn on to club kit.