

Elements Acro coronavirus guidelines

These are the guidelines for our club to operate safely during the COVID-19 pandemic. These guidelines have been produced in consultation with British Gymnastics and London Road sports centre. Please read them carefully and speak to one of the coaches if you have any queries. To remind everyone, our club welfare officer is Sarah.

Gymnasts

- Gymnasts need to be dropped off at the main door waiting in a socially distanced queue, only one adult per child please
- Gymnasts will exit the sports hall onto the field via the fire exit and can be collected from there
- Gymnasts' temperature will be taken on arrival
- All gymnasts to hand sanitise on arrival
- Gymnasts must come in clothes ready to train
- Gymnasts need to bring their own drink and any medication required
- There is a water dispenser available, it can only be used to refill bottles
- Gymnasts should not bring any belongings that are not necessary
- Clothes should be washed after the session and clean clothes worn to the next session
- Jewellery must not be worn
- If ears have been pierced in the last six weeks the earrings must be taped over – we will not be able to give out tape
- If a gymnast cannot attend a session please inform one of the coaches in advance
- Gymnasts are welcome to wear a face covering if they choose to

During sessions

- Gymnasts should maintain a 2 metre distance where possible
- Gymnasts will stay in their groups for the duration of the session
- Hand sanitiser will be used before going on the mats or the tumble track
- Sessions will be planned to minimise the use of equipment
- Equipment will be cleaned between sessions
- Music will be played quietly to prevent the need for gymnasts and coaches to raise their voices
- Skills will be taught verbally as much as possible, "hands on coaching" will only be used to maintain safety
- Anyone associated with the club who fails to follow the guidelines will be reminded once before being asked not to attend in future

Spectators

The spectator area is quite small, to maintain social distancing one parent or carer per gymnast will only be allowed in the spectator area for the following reasons:

- their gymnast is 4 years old
- they need to administer medication to their gymnast
- their gymnast is attending their first session with us

Track and trace

- Do not send a gymnast to the session if they, or anyone in your household, has COVID-19 symptoms
- Any gymnast that shows symptoms of COVID-19 will be isolated and parents or carers will be asked to collect them immediately
- Please inform us if any gymnast is diagnosed with COVID-19 so that we can contact other gymnasts who attended the session with them
- Please be aware that sessions may be cancelled at short notice if someone in the club is diagnosed with COVID-19

Please note we will not be able to accept cash or cheques therefore all payments need to be made online.