

Southampton Gymnastics Club's Covid-19 Information Document

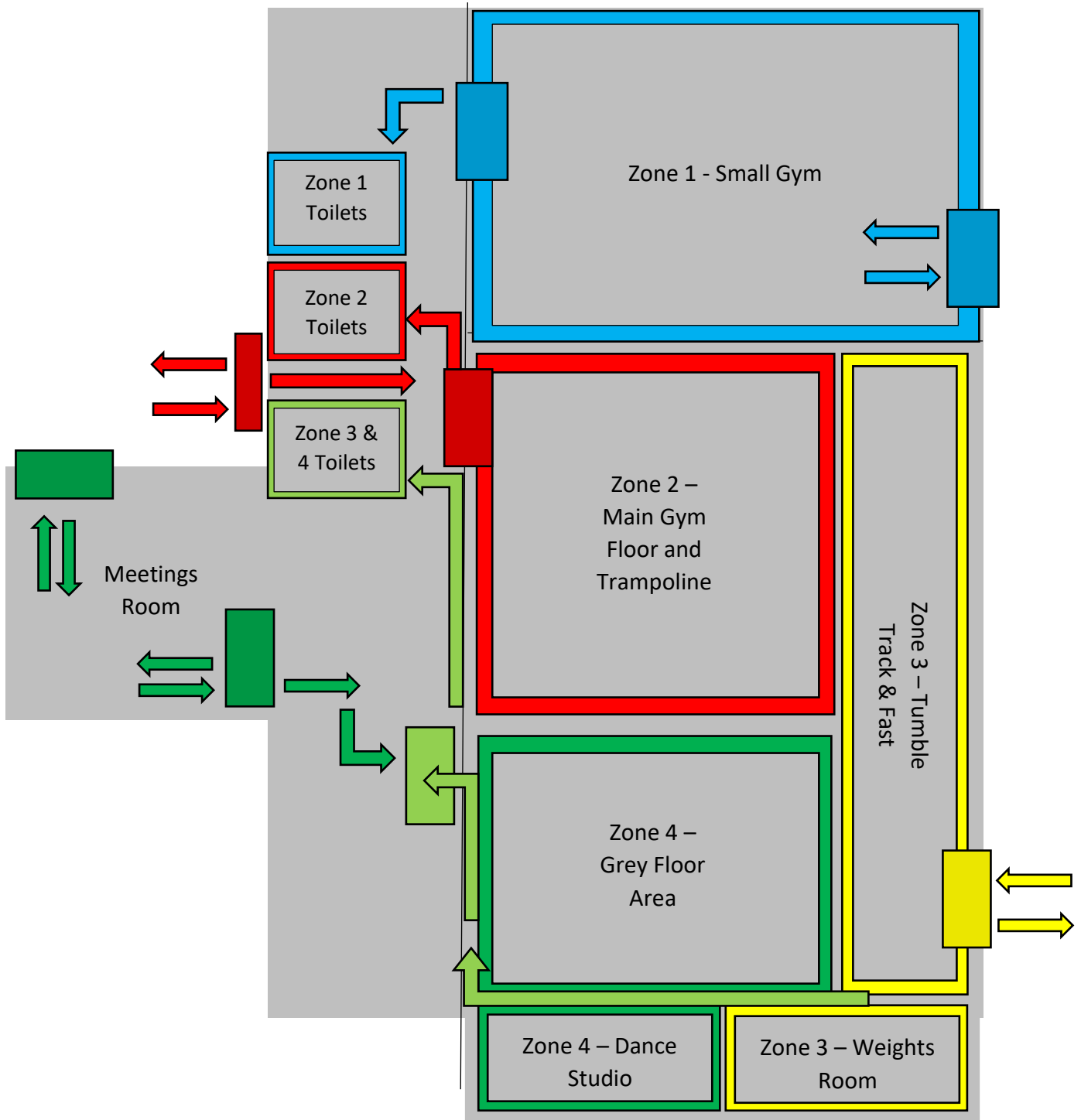
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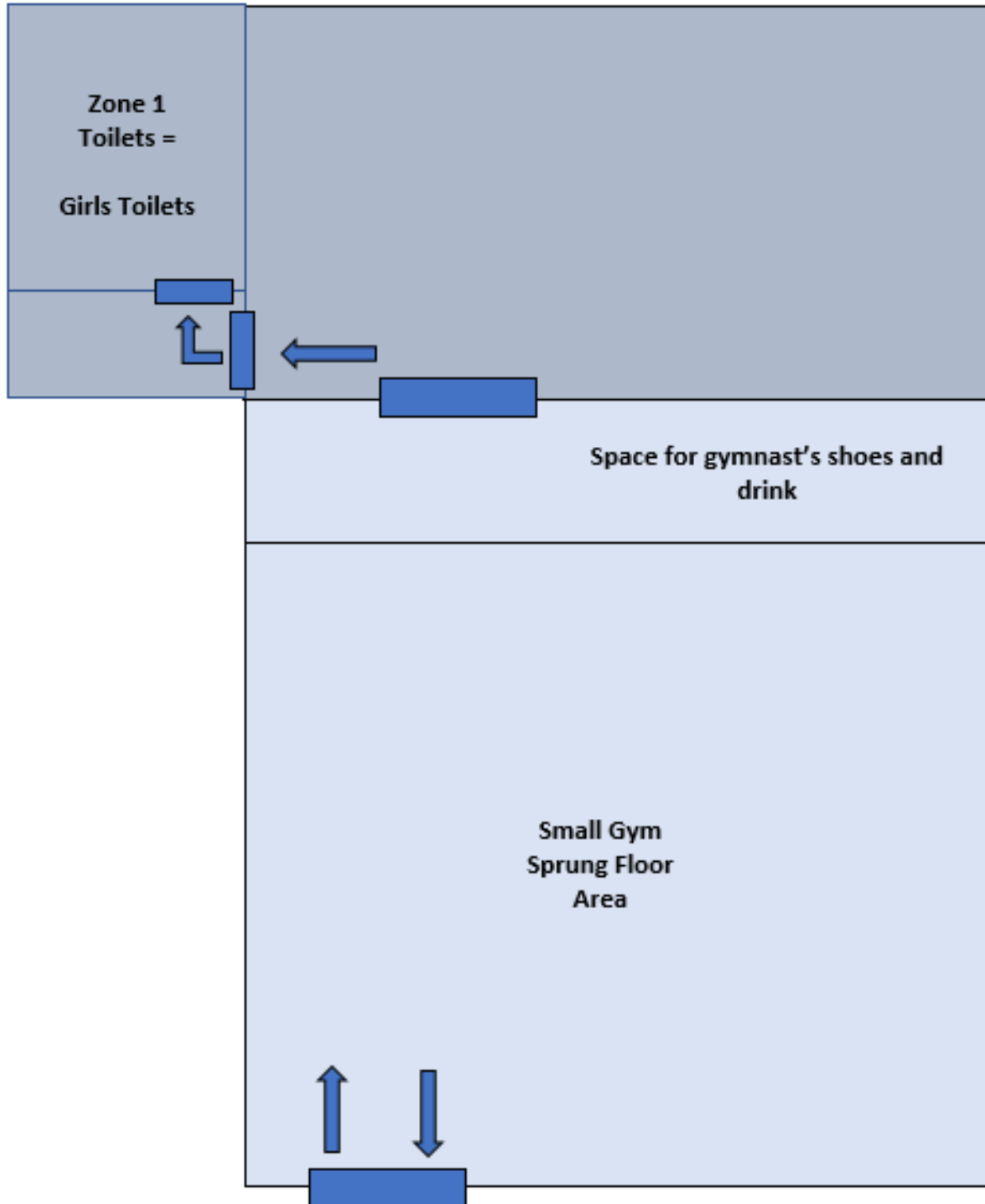
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Southampton Gymnastics Club Floor Plan



Zone 1 Floor Plan– Small Gym

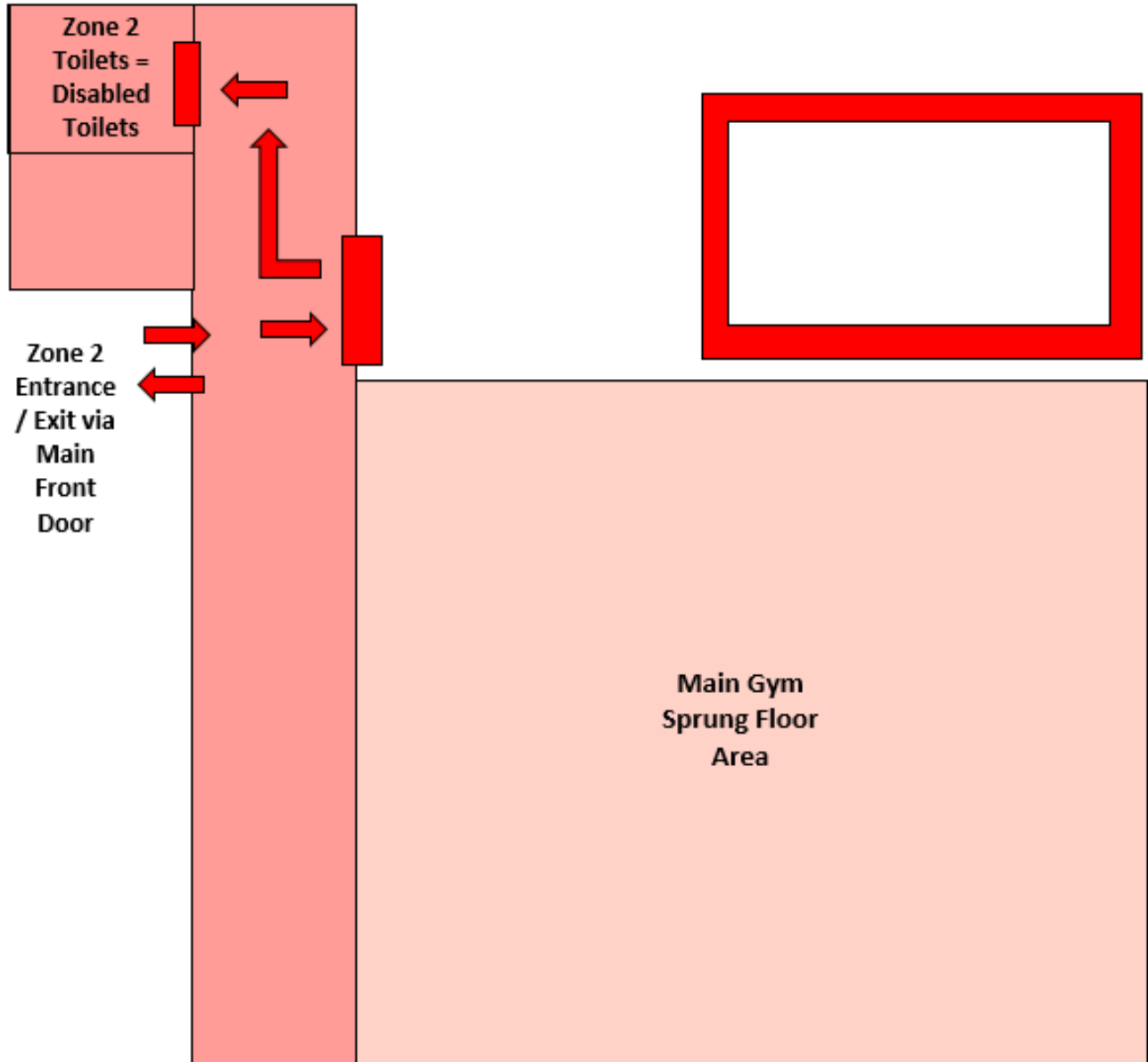
Entrance/Exit via Small Gym Fire Exit



Zone 1 Gymnast Entrance and Exit

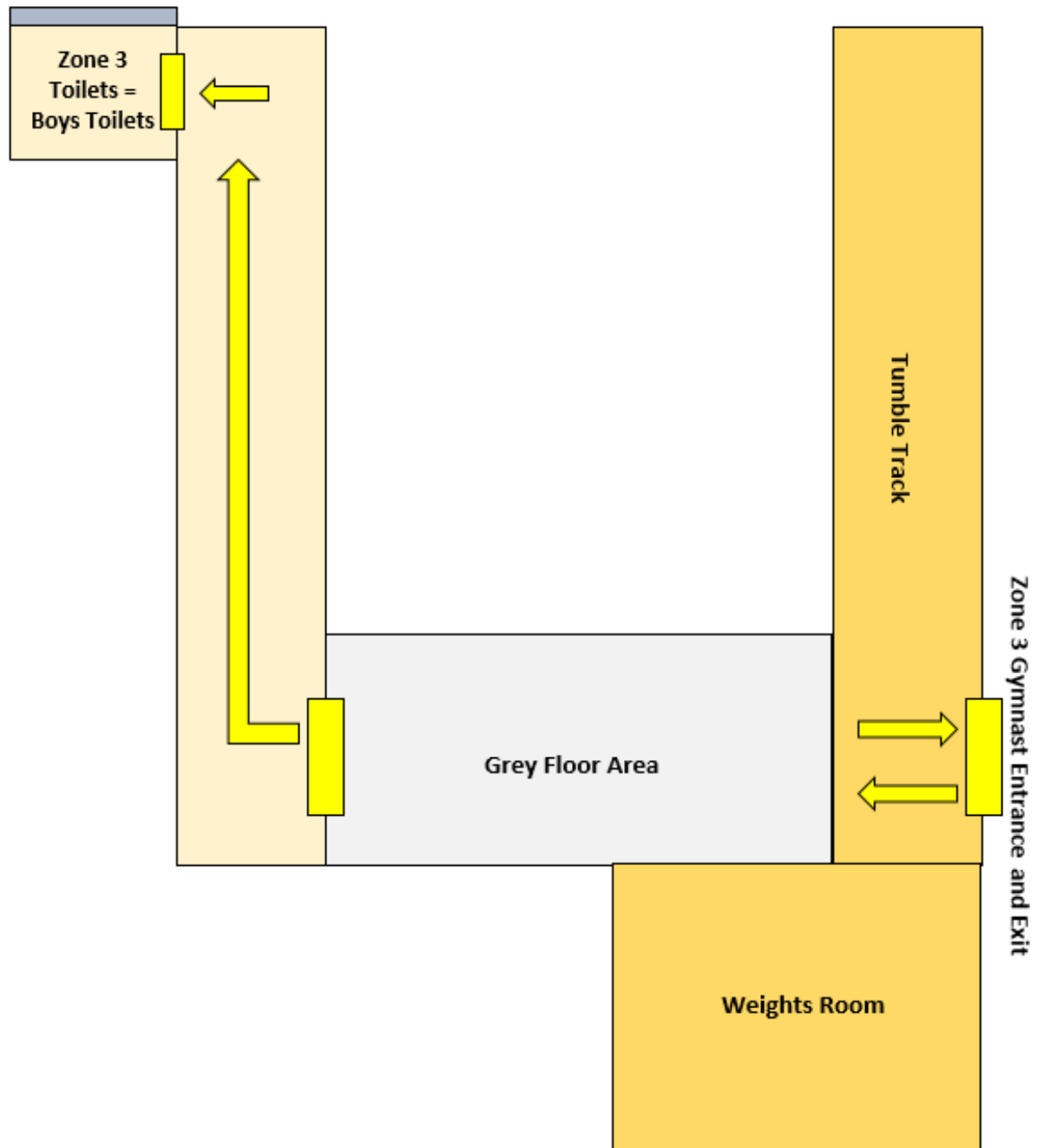
Zone 2 Floor Plan – Main Floor and Trampoline

Entrance/Exit via Main Front Door



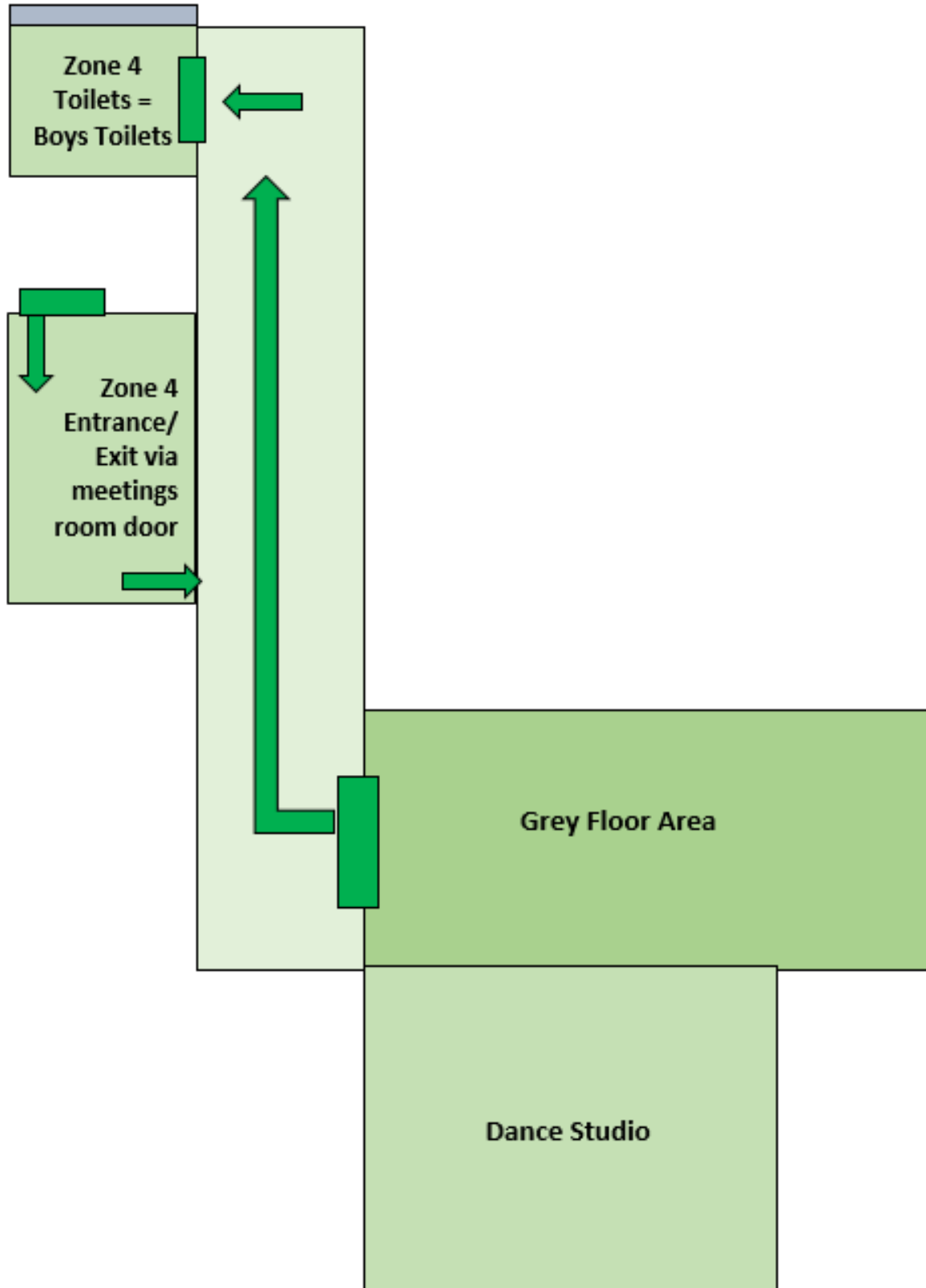
Zone 3 Floor Plan – Tumble Track, Fast Track and Weights Room

Entrance/Exit via Fire Exit next to Tumble Track



Zone 4 Floor Plan – Grey Floor Area and Dance Studio

Entrance/Exit via Meetings Room Fire Exit



Arriving and Collection

Zone 1 (Blue)

Gymnast entrance/exit is via the small gym fire exit door towards the back of the gym.

Zone 2 (Red)

Gymnast entrance/exit is via the main entrance door.

Zone 3 (Yellow)

Gymnast entrance/exit is via the fire door at the back of the gym that leads to the tumble track.

Zone 4 (Green)

Gymnast entrance/exit is via the fire exit door at the front of the gym that leads to the meetings room.

- We must ask that only one parent/guardian comes to the zone entry point to drop their child off/pick their child up.
- We kindly ask that you arrive on time to sessions and to pick your child up from sessions. And if possible, we ask that you remain in your car until the previous class has been dismissed to minimise any cross over.
- Please observe the car park speed limit and ensure you take extra care when driving into the car park and moving to/from the zone entrances/exits.
- Gymnasts will have space within their zone to store belongings. We ask that gymnasts only bring what is required for their session (keep belongings to a minimum). Please note anything brought into the gym will be stored at the users own risk.
- Any clothing left at the end of the day will be discarded.
- If your child has medications, this can be stored in their zone too, we suggest keeping it in a clearly labelled container with gymnasts name clearly visible.
- Coaches will perform temperature checked upon arrival. If a gymnast's temperature is above 37.8 the gymnast will be asked to go home and follow NHS guidance. We ask that parents/guardians wait with the gymnast until their temperature has been taken to be there to take them home should they have a temperature.
- You will not be allowed inside the facility to drop off/collect your child – this will reduce the chance of the virus being transmitted to high contact surfaces such as door handles

Training Sessions

- Our coaches will be adapting the classes so that there is no contact/supporting. Supporting is an essential part of keeping gymnasts safe and avoid injury so coaches will only step in and support if required for safety reasons.
- Our class numbers will be reduced to allow for social distancing (1M + rule). If your class is full, we will hold your name on the waiting list until the 1M+ rule is lifted and we can allow class numbers to grow again.
- All preschool classes require 1 responsible adult to attend the class.
- Gymnasts will be allocated a work space and queuing space which allows for social distancing.
- Training intensity will be a lower level to start with and gradually increase to their pre-lockdown levels.

Toilets

- Please ensure your child has been to the toilet before coming to the gym in order to reduce the need to go to the toilet during sessions.
- Toilets will be unisex (the urinal will be out use).
- Gymnasts will go to the toilet one at a time.
- We have a toilet monitor to ensure gymnasts go to the correct toilet for their zone. The toilet monitor will also clean the facilities after each user. They will also remind the gymnasts about hand washing after using the facilities.

Cleaning and Hand Sanitising

- Prior to Southampton Gymnastics Club reopening, we had a whole facility deep clean.
- All equipment is cleaned after each class or after each user as required.
- All floor areas within the gym are chemically sprayed at the end of each day.
- We ask that all gymnasts wash their hands prior to coming to the gym, to ensure they have taken the time to clean their hands thoroughly.
- Hand sanitisation is required upon entrance to the gym and is provided at each zone entrance.
- Gymnasts will also have regular opportunities to use the hand sanitisers throughout their sessions.

If you have any queries, we kindly ask that you email or call us, rather than coming into the facility to talk directly to staff? This enables us to reduce the amount of contact our admin team have.

Keep safe,
Southampton Gymnastics Club