

IMPORTANT SAFETY INFORMATION

Please read the following important information. Failure to comply may result in your child not being able to take part in the class. To ensure we run the classes safely for you, your children, and our Workforce we have made the following changes. These safety measures have been put in place in accordance with the government guidelines, British Gymnastics and Tooting Leisure Centre and are for the safety of EVERYONE!

Please DO NOT attend a class if you, your child/children, or a family member is showing any COVID 19 symptoms:

- Temperature over 38 degrees
- Flu like symptoms
- New continuous cough
- Loss or change to my sense of smell or taste

- Staggered **start and finish** times – It is important that you keep to your times where possible.
- **Self-Declaration Notice** displayed before entering the Sports Hall – please acknowledge it, read it and action it. To view a copy, please visit our website www.tootinggymclub.co.uk →”Members Only” →COVID SAFE
- New “**Entry**” and “**Exit**” points – these are now at the side of the Sports hall, and **NOT through the main reception** – please look out for and follow the signs.
- **Hand sanitiser** station on “Entry” for ALL to use - Each apparatus station will also have hand sanitisers which can be used throughout the session by the Workforce and the gymnasts.
- **Toilets** – The Sports hall toilets will be available to use **BUT NOT THE CHANGING ROOMS.**
WASHING HANDS IS A MUST!
 - *Please note that access to other parts of the leisure centre will be restricted.*
- Arrive “**Gym ready**” where possible. *Please note: The leisure centre lockers **WILL NOT BE IN USE.***
 - **Tots** – parent/carer to look after the gymnast’s clothes.
 - **Rec 1** – Gymnasts to keep hold of their clothes, ready to place them in a designated area in the sports hall.
 - **Rec 2** – Gymnasts to keep hold of their clothes, ready to place them in a designated area in the sports hall. *Please note: No laundry baskets will be used.*
 - **Rec 3** - Gymnasts to keep hold of their clothes ready to place them in a designated area in the sports hall. **DO NOT LEAVE YOUR CLOTHES AROUND THE SPORTS HALL.**
- Only bring essential personal belongings for the children e.g. water bottle, shoes, and clothes.
- One adult to accompany children to their lesson, please avoid bringing siblings who are not taking part in the class. If you must bring siblings with you, then you will have to leave the sports hall and come back at pick up time.
- Parent/carers must wear a face covering if coming into the sports hall.
- No need to register your car for the car park.
- **Registration of Gymnasts** - this will be done with their coach and **NOT at the Admin Desk.** Once with their Coach each gymnast will be given a designated “spot” for their drinks/clothes.
- **Drop off and collection**
 - Tots – NO WRIST BANDS will be given out; their coach will be waiting for them. Parent/carers can stay in the sports hall, however if you would like to wait outside in the car park, you must inform the admin team. Please note you will be expected to “**Socially Distance**” if waiting in the sports hall. **Please check the finish time for your child and ensure you are on ready to collect them.**

- Rec 1 – Drop off and Pick up ONLY. You will be permitted to enter the sports hall for purposes of dropping off and collecting your child at the allocated time slot.
- Rec 2 – Drop off and Pick up ONLY. You will be permitted to enter the sports hall for purposes of dropping off and collecting your child at the allocated time slot. **Please note: For safeguarding purposes Gymnasts will no longer be able to meet their parent/carer in the Car Park.** However, if you think your child is sensible enough to enter the Sports Hall alone, that is done at your discretion.
- Rec 3 – Drop off and Pick up ONLY. You will be permitted to enter the sports hall for purposes of dropping off and collecting your child at the allocated time slot. **Please note: For safeguarding purposes you MUST inform the Admin Team if your child will be making their own way to AND from the Leisure Centre. If no confirmation is received, we will assume an adult will be collecting them.**
- **Extra cleaning of equipment** – this will be done after each class, hence the time difference for the classes to allow for this. For **Cleaning products please visit our website www.tootinggymclub.co.uk → “Members only” → “COVID SAFE”.**
- **Limited equipment** – we will not be able to use some equipment for the foreseeable future due to the inability to clean it safely and thoroughly owing to the material it is made of.
- **Limited Skills** – as recommended by our Governing Body, British Gymnastics, Coaches are not permitted to support or have any physical contact with the gymnasts, therefore some skills may take longer to learn as more progressions using equipment will be needed, whereas physical support would have been used in the past.
- **Equipment layout is different** – this is to minimise movement around the gym therefore gymnasts will work in one area each week. This area will consist of hand apparatus, floor space and large apparatus e.g. bars, beam, vault or trampette.
- **Hand apparatus** e.g. balls, skipping ropes hoop etc – will be **“one person to use only”**. We are extremely fortunate to have so much equipment to enable us to be able to ensure it is only used by one person before being cleaned for the next session.
- **Gymnastics Activities** – The children have been out of training for six months therefore the coaches are planning a phased return to their skills. The coaches are also aware of the different experiences the children may have had during lockdown and appreciate that there will be varying levels of coping, fitness, and motivation amongst them. Through “Positive Coaching” the coaches will help the children manage their expectations especially as some may not be able to do some of the skills they used to do.
- **Admin desk**
 - The admin team will now be mobile. All uniform should be ordered and paid for in advance and collected from one of the admin team at the end of the session . If you don’t know the size leotard/shorts you need for your child, email us and let us know that you would like to purchase one, we will recommend the size for your child and you can collect it the follow week, having paid for it preferably via bank transfer, over the phone or if those options don’t work for you we will accept contactless when you arrive at the club. Please note that new leotards or t-shirts will not be able to be tried on before buying.
 - Card payments remain at a minimum of £10 per transaction. If cash payments are made for badges for under £10.00 please ensure you have sanitised your hands beforehand handing over your cash.
 - Sorry - NO Tuck shop or “Borrow a book”
 - Spare uniform will be available for any gymnast that may have forgotten to bring theirs. **Please note these are clean at the start of the session and will be bagged at the end of the session and washed ready for the next time.**
 - Noticeboards will be kept to a minimum, therefore please use the website for updates.

Thank you for taking the time to read the above information and we hope it all makes sense. If you have any worries or concerns, then please email us ASAP and we will do our best to help you.

Mary L. Wright BEM

Head Coach and Club Manager

Mobile: 07703 599 558; Club Mobile: 07719 965 406 (limited hours)

Please note our new email addresses are: info@tootinggymclub.co.uk (General Enquiries) or members@tootinggymclub.co.uk (Members only) admin@tootinggymclub.co.uk (workforce correspondence)