

# 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

- **Start and finish times** – These are now staggered, for most classes but NOT Parent & Toddler, and it is important that you keep to your times where possible. Please allow extra time for traffic around Tooting!!
- **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](http://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 – There will be additional hand sanitisers in the sports hall which can be used throughout the session by the Workforce and Parent & Toddler. Please ensure that you hand sanitize **OFF THE MATS AND APPARATUS**
- **Toilets** – The Sports hall toilets will be available to use. **WASHING HANDS IS A MUST!**
- **Sport Hall changing rooms** – The changing rooms will be open but the LOCKER WILL NOT BE IN USE.
- **Access to other parts of the leisure centre** – restrictions are in place, therefore you will not be able to wonder through the centre.
- **Arrive "Gym ready"** where possible.
- **Prams and buggies** – you will need to leave these on Court 5, where you come in.
- Only bring essential personal belongings for your child e.g. water bottle, shoes, and clothes.
- One adult to accompany children to their lesson where possible.
- **Face covering** – Adults taking part in the session are requested to wear a face covering. If you forget, do not worry we have spares at a cost of £1.00 per mask and £3.00 per face shield. If you are exempt from wearing one, you **MUST** let us know.
- **Car park** - No need to register your car for the car park
- **Registration of children** - this will be done at the Admin Desk adjacent to the "entry and hand sanitizer" table. **Please note: nonparticipating older siblings are not allowed, however if you are unable to find suitable care for them, let us know and we will accommodate them.**
- **Registration of adults:** This will only be required if the adult bringing the child is not the parent of the child and does not live with them e.g. a live out nanny.

- **Equipment layout is different** – this is to help with social distancing. There are 6 areas. Between 4 – 6 areas will be used weekly and each area will focus on a different set of skills; weightbearing, rolling, flight, rebound, swinging, and balance.
- **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. However, there will be enough to keep your children physically active.
- **Hand apparatus** e.g. balls, animal puffs, quoits, 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 or another set ready for the next session.
- **Gymnastics Activities** – We will continue to teach all the different skills however, as recommended by our Governing Body, British Gymnastics, Coaches are **not permitted to support** or have any physical contact with the children or the parents. Where physical support is required, the coach will either demonstrate on a doll or describe the support required. We will also continue to use the picture cards which also show supports required.
- **Social distancing during the session** – We ask kindly, **that you always stay with your child**. We will be splitting the class into smaller groups to work on the apparatus and then each small group will rotate to the next piece of apparatus. Your child must stay on the apparatus area for each rotation. We appreciate that this may be tricky, but we are confident that we will manage this together.
- **Extra cleaning of equipment** – this will be done after each class, and where possible we may ask you to help. There are gloves available to wear and the cleaning products are all child friendly.
- For **Cleaning products** please visit our website [www.tootinggymclub.co.uk](http://www.tootinggymclub.co.uk) → “Members only” → “COVID SAFE”.

### Admin desk

- Card payments remain at a minimum of £10 per transaction. If cash payments are made please ensure you have sanitised your hands beforehand handing over your cash.
- Noticeboards will be kept to a minimum, therefore please use the website for updates.
- **Lost property** – any lost property will be bagged up and kept for 2 weeks. If the item is not returned to the rightful owner after 2 weeks, it will be thrown away.
- **Cancellation of classes** – if for any reason we are forced to cancel the classes due to COVID-19, where possible, and not at a loss to the club, course fees will be carried over for the next term. However, unfortunately we are not able to carry over fees if you must self-isolate for 7 - 14 days.
- **Data protection** – your personal details may need to be shared for “track & trace” purposes. We will NOT be requesting further authorisation from you and if required we will provide the details we have on file for you and your child/children.

**Covid-19 Officer** – Our Covid-19 Officer is **Henry Thompson** (one of the Friday coaches) his number is **07717 330825**. Please contact Henry if you have any worries or concerns which have not been addressed by the Admin Team or Head Coach, regarding COVID-19.

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](mailto:info@tootinggymclub.co.uk) (General Enquiries) or [members@tootinggymclub.co.uk](mailto:members@tootinggymclub.co.uk) (Members only) [admin@tootinggymclub.co.uk](mailto:admin@tootinggymclub.co.uk) (workforce correspondence)