

KETTERING GYMNASTICS CLUB & GYM TOTS

Dear Parents / Guardians,

COVID-19 UPDATE - 12th July 2020

We have been carefully reviewing how to best re-open Kettering Gymnastics Club and Gym Tots taking guidance both from The Government and British Gymnastics, to ensure that we are 'Covid secure'.

Following changes to the Government restrictions we will now be able to re-start the club from the 25th July.

We plan to re-open in five phases allowing us to test and ensure our arrangements work effectively for all users;

PHASE 1 will begin with our *squad, development and pre-development groups* restarting their programme from the **25th July**.

PHASE 2 will begin one week later, the **1st August**, with our first selection *Recreational* programme restarting.

PHASE 3 will begin on the 8th August for the remainder of the *Recreational* programme

PHASE 4 will be our 3+ Gym Tots

PHASE 5 will be our Gym Tots parent and toddler sessions

In order to ensure the health and safety of all at KGC and to maintain a Covid secure status, the following changes are being implemented by the clubsome of these changes are now a requirement of club attendance and as such to protect everyone, there can be no exceptions made;

- KGC has been carefully deep cleaned and sanitised with a continuous cleaning schedule in place. This may result in longer gaps between sessions to allow equipment cleaning where required. This will be done by the coaches and any approved volunteers
- All unnecessary equipment /facilities have been removed from use.
- Increased hygiene regime - Everyone will be required to wash their hands on arrival and use hand sanitiser regularly during training/ prior to departure.
- On Arrival - Parents will be asked to confirm that neither the gymnast or the parent/guardian have any Covid symptoms or been in contact with anyone with symptoms within the last 14 days.
- Parents will be required to confirm that any overseas holidays taken have been done so to countries as approved by the Government. Children returning from countries not on the approved list must not return to the gym for 14 days following return from holiday
- All gymnasts to arrive with their own face masks/coverings, coaches may use shields throughout the duration of the sessions.
- We will apply appropriate social distancing which will remain in place and carefully observed, where required 2m or 1m+ markings will be placed as a reminder.
- Temperature testing of gymnasts will be taken on arrival.
- The club will maintain an accurate register of attendees....Please note if we are approached by PHE test and trace teams we are obliged to provide them with your contact information...we will only do so once we have verified the identity of the caller with Public Health England
- Entry will be through the front door and exit only through a separate fire exit.
- Parents/guardians will not be allowed into the facility/waiting area, you will need to ensure you stay with your child until entrance to the gym has been approved.
- We are continuing to monitor the official advise given by Public Health England and are ready to implement any potential further changes to procedures and medical guidance.
- There is to be no sharing of personal equipment/personal possessions e.g. handguards/ sanitiser etc
- All payments for fees etc to be paid directly to the Clubs account in the first week of the month.



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RECREATIONAL CLASSES

- We aim to keep the class days and times similar to those in use prior to Lockdown for the summer holidays. This may be subject to change in September.
- However due to increased cleaning between sessions - there will be small changes made to some start times.
- You may notice we operate with fewer numbers per class group...group sizes will not exceed Government guidance and ensure we meet social distance rules.

SQUAD, DEVELOPMENT AND PRE-DEVELOPMENT CLASSES

- There will be a 6 week phased return for all gymnasts to get back to the full hours.
- Initially Weekly timetables will be issued until we are confident that we have timings correct to allow all activity to be performed for Covid secure status to be maintained.
- Training schedules will initially focus on strength, flexibility and basic skills work - no high complex skills will be undertaken so as to protect the coaches and gymnasts from injury risk and maintaining social distance rules.

GYM TOTS

- Thank you to those that have returned your September forms - if you haven't done so already, you have until July 31st.
- Once we have all forms we will allocate times to sessions and send confirmation through to you.
- Subject to start in September once we have received Government clarification.

We are looking forward to seeing you all very soon!
Kettering Gymnastics Club and Gym Tots Management