



Genesis
gymnastics club

**Working together for a
safe return to gymnastics**

GENESIS COVID-19 GUIDELINES, PROCEDURES AND RULES

**We're working hard to ensure our club is safe for our gymnasts,
taking advice from our National Governing Body and following
Government guidelines**

British
Gymnastics



Genesis undertakes to:

- | | | | |
|-------------------------------------|--|-------------------------------------|---|
| <input checked="" type="checkbox"/> | Adapt our operations to keep our members safe | <input checked="" type="checkbox"/> | Constantly monitor and review our safety measures |
| <input checked="" type="checkbox"/> | Plan our sessions to allow for social distancing | <input checked="" type="checkbox"/> | Apply additional hygiene measures |
| <input checked="" type="checkbox"/> | Adapt to new ways of coaching as appropriate | <input checked="" type="checkbox"/> | Keep parents updated and informed |

INFORMATION SHEET 1

**Attending your gym lesson will now involve some new and different procedures.
This sheet deals with preparing to attend and general arrangements.
Details of procedures dealing with arrival, class activities and leaving the gym will follow.**

Before you leave home:

- NO ONE CAN ATTEND GENESIS GYM CLUB IF THEY OR ANYONE IN THEIR HOUSEHOLD ARE DISPLAYING SYMPTOMS OF COVID-19, OR IF YOU SUSPECT THEY HAVE BEEN IN CONTACT WITH SOMEONE WHO COULD BE INFECTED, OR IF THEY APPEAR UNWELL IN ANY WAY
- Children must go to the toilet just before they leave home. The school toilets will be available but we need to minimize their use
- Dress ready for the lesson to start immediately. In cold weather this may include T-shirts, sweat tops and leggings. Get hair done and remove jewellery. If ear studs must be worn put plaster tape on before you leave—we will not be able to help with any of this
- Parents must take **all** outdoor clothing away at drop off
- Have a named bag ready for any personal belongings, including a named water bottle
- You will still need socks for Trampoline work
- Plan to leave home so that you arrive no earlier than 10 minutes before the start of your lesson

General Information

- The class teaching time will be about 10 minutes shorter to allow for getting the groups together at the end to sanitize, collect bags and be taken to parents, and for cleaning the apparatus ready for the next class. Expect the children to be with you 5 minutes before the normal finish time
- The Atrium toilets can be used but children must wash hands afterwards and sanitize on return
- The viewing bay windows will **not** be available and for the time being there will be **no** other viewing opportunities
- The cafeteria is closed, as is our leotard stand
- If any child becomes ill for any reason they will be moved and attended to in the school medical centre behind school reception. We will call you if that happens
- Track & Trace regulations will be observed. We will use class registers for this purpose. You **must advise us** of any changes to your contact details
- Please pay any fees by online banking. We will not be able to take cash