



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:



Adapt our operations to keep our members safe



Plan our sessions to allow for social distancing



Adapt to new ways of coaching as appropriate



Constantly monitor and review our safety measures



Apply additional hygiene measures



Keep parents updated and informed

INFORMATION SHEET 2 page 1

**Attending your gym lesson will now involve some new and different procedures.
This sheet deals with procedures involving arrival, class activities and leaving the gym.**

Arrival at the club

- If you have arrived by car please stay in the car until 10 minutes before the lesson start time
- Please maintain social distancing near the centre entry and when in the Atrium. Mask use is at your discretion. We will not be checking the children's temperature on arrival
- Enter through the same main glass entry doors to the Atrium that we normally use, facing the car park. These are now ENTRY ONLY to the Centre
- Once this new system settles down, we would ask that older children come into the building by themselves
- The glass gates inside will be marked 'entry' (left gates) and 'exit' (right gates). We will meet the children at these entry gates and take them to the gym. There will be a barrier down the middle of the Atrium. Going into the Atrium we must all keep to the left of this barrier and also when leaving
- Children will go into the gym through the doors that are usually used to let the children out (where you have met them). These will now be the GYM ENTRY doors. There is **no access** to the gym via the sports centre and their corridors
- The GYM ENTRY doors will be permanently open so no one has to touch them. Once inside and in their groups children will be asked to sanitize their hands, as will the coaches
- There will be a coach at the glass gates to register the children. Please take away all outdoor clothing and any items not needed in the gym. If you have come by car, **please return to your car.** Seating will be very limited and this is only for people arriving by public transport or on foot
- Children will put their bags in clearly marked spaces in the gym. Bags must not be moved from there
- On arrival, children will be asked to stand by their bags until told where to go for warm up

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British
Gymnastics

ENGLISH
GYMNASTICS

GYMNASTICS
NORTHERN
IRELAND

Scottish
Gymnastics

Welsh
Gymnastics
Gymnasteg
Cymru

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Arrival at the club

- Children will work in small assigned groups, similar to school 'bubbles', with a regular coach and assistant
- For the warm up the children will be spread out in the gym in their groups. Warm ups will be shorter and there will be no cool down. See also **Before You Leave Home**, on www.genesisgymnastics.co.uk
- Neither coaches nor the gymnasts will wear masks
- Apparatus will be cleaned as appropriate before each class starts
- Gymnasts and coaches will hand sanitize when moving from one apparatus to the next and anti-bacterial wipes will be freely available. These rotations will be co-ordinated so that groups do not mix
- Social distancing markers and pathways will be in place. Gymnasts must stay in their groups
- Coaches are not allowed to support / catch gymnasts (except to react to prevent possible injury). We have to adapt our teaching of skills so that 'traditional' supporting is not required. Children will be working solo and coaching will be by voice / demonstration. In each group the coach and their assistant coach will help with this, and skills will be adapted to make solo working targets achievable
- As a result, some traditional apparatus will not be available (e.g. Uneven Bars) and some will be modified (e.g. the beam will be set low with an easy-clean cover). No badges will be awarded this term
- We will be using the whole sports hall with apparatus more spaced out, so enhancing social distancing
- At the end of the class, coaches will ask the gymnasts to hand sanitize once more, collect their bags, then escort their groups out through the GYM EXIT DOOR (on the right in the Atrium)

Leaving the gym

- Parents who have been waiting in their cars should go to the sliding glass CENTRE EXIT doors, at the side of the building facing the road, and wait outside—observing social distancing
- To leave the Atrium the children will walk past the school toilets to the left of the barrier and exit through the CENTRE EXIT doors, as above
- PLEASE DO NOT COME IN—we will bring the children to that point, socially distanced, and let them out once they have seen you (as happens in most schools)
- Only those parents who have come by public transport or walked, and have been waiting, should be inside the Atrium. Please can we ask all parents to respect this
- These parents can obviously collect their children from the coaching groups whilst in the Atrium, but **must not approach** the groups. The coach will release the children once they have seen their parents
- Check that the children have got all their belongings. We will hold anything left behind for 1 week