



NGA

REOPENING POLICIES

June 2020

We have **FINALLY** been approved to **REOPEN** our doors and we cannot wait to see you all again!

Term 2 will begin from Monday 15th June.
This will be a 3 week Term (Weeks 8-10)

Our priority is the safety and wellbeing of our members and staff. To ensure that we can reopen our doors and continue to run our high-quality classes, we have developed specific and strict policies and procedures that will be implemented to ensure that we are meeting health and safety standards and specific COVID measures.

GENERAL

- We will be doing everything we can to make our gym as safe as possible for our members. However, **it is YOUR CHOICE whether you send your child or not.**
- If your child or anyone in your family has underlying health conditions or is immuno-compromised, we would advise you to think carefully before sending them to gymnastics classes.
- If you don't feel comfortable during these times or wish to keep your child at home, we understand. Please contact us via email if this is the case.
- Ensure the personal contact details you gave at the beginning of the year are still up to date in case we need to contact you.

FEES

- If you paid your Term 1 fees in FULL, you will be in credit for 3 weeks of classes. This will mean that Weeks 8-10 of Term 2 will be free of charge for these families.
- **Please Note** - if you hadn't paid your fees by the time our classes stopped in Term 1, you would have been billed for Weeks 1-7 ONLY or however many weeks your child attended.
- In this case, you WILL NOT be in CREDIT for these 3 weeks of classes. You will be billed via email when your child returns to classes.
- If you are in credit and you cannot make it to classes in Term 2, or choose to keep your child at home you will be entitled to use this credit when you return. Please email to discuss.

TIMETABLE

- We can have up to 60 people in our premises at one time. Please note - this number includes coaches and parents.
- Classes will not exceed 10 gymnasts and 1 coach.
- We have divided our gym into 6 spaces. There will only be 1 group in each space at 1 time. Groups will not cross into other spaces. We have allocated this through our timetabling and rotations.
- We have staggered start and finish times each day so that members are not all arriving and leaving at the same time.
- In most cases there are no more than 2 classes arriving and warming up at the same time. However, sometimes this number is 3 classes where no other appropriate arrangement could be made.
- In these circumstances, we ask for our members' cooperation in regards to this. We will have coaches monitoring the doors ensuring that our gymnasts are keeping their distance as much as possible.
- **In order to cater to appropriate social distancing, we have had to make some slight changes to our timetable.** In most cases this is just a 30 minute time change but in some cases it is a day change. We apologise for any inconvenience this will cause. However, we ask that you understand these decisions have not been made lightly and are necessary to keep everyone safe.
- For our competition squads, foodbreak times will be staggered and there will be no more than 1 group on foodbreak at a time.
- This timetable is for Term 2 - Weeks 8-10 ONLY. **Please be aware - It is SUBJECT TO CHANGE in Term 3 BASED ON NUMBERS** and as rules from governing bodies may change.

BEFORE CLASS

- **If your child or someone in your family is experiencing a cough, fever or any cold or flu symptoms, please do not send your child to gymnastics classes.**
- If your child is not attending school as they are unwell, then they should not be attending gymnastics classes either.
- We ask that parents check their child's temperature at home before sending them to gymnastics.
- Your child must arrive at the gym in appropriate attire ready for training. They should not be getting changed in our amenities.
- Where possible, we ask that gymnasts avoid wearing their school clothes to training after long durations in contact with other individuals and where possible contamination may have occurred.
- We understand we have a small number of gymnasts who either walk, ride or catch the train after school. For these members, our amenities will remain open. We encourage parents to avoid this option unless necessary.
- Prior to your child's return to gymnastics, please talk to them about some of the changes they should expect and what this will look like and mean for them.

DROP OFF & PICK UP

- At this time, we would like to ask for your understanding that **NO PARENTS OR CARERS will be PERMITTED in the gym.**
- Gymnastics is adopting the “**drop off, train, go home**” policy to help prevent the spread.
- If parents are in the gym, this would mean we either have to accept less gymnasts into our classes or minimise the number of coaches we have each day. It is important that this is not compromised by spectators.
- Due to no parents being allowed in the gym, we ask that any payments be made via your MYOB link in your email or direct deposit. These details will be provided on request via email.
- If you have questions or need to speak with our staff please email or message these requests.
- As usual **NO PARKING** within the gates. Please park on the street and walk into our gates to collect your child from the front of NGA.
- At the end of classes, gymnasts will be walked outside by their coach at which point they will be handed over to their parents in the carpark.
- We ask that all our gymnasts arrive at gymnastics on time and leave promptly after classes.
- Before entering the premises your child will undertake a daily health screening questionnaire as part of our attendance record (parents can assist with this at the door).
- They will need to wait outside the gym, keeping their distance from others. We will have 1.5m markings that show where to line up.

ON ARRIVAL

- Members will be asked to wait outside the premises before entering.
- As you walk through the door attendance will be taken and you will be asked:
In the previous 14 days, have you:
 - Had any COVID-19 symptoms?
 - Been in contact with any confirmed/suspected COVID-19 case?
 - Travelled Internationally?
- While waiting for your screening, please stay 1.5m apart. Our coaches will be monitoring this.
- We will ask you to sanitise your hands.
- You will be asked to remove your shoes and only walk on the mats with socks. If you do not have socks you will also be asked to sanitise your feet also.
- Gymnasts will be asked to place all belongings within 1 cube and not on the floor. We also ask that members minimise the belongings that they bring. **Essentials ONLY.**
- Gymnasts must bring their own water bottle that is clearly labelled with their name on it.

DURING CLASS

- We will, where possible, maintain a safe distance between all people in the gym.
- There will be no contact during classes - no high-5's, fist bumps, holding hands or partner work.
- Spotting will be limited, however there will be cases that coaches will spot gymnasts for safety reasons. *Please Note - small spotting for this purpose has been approved by Gym NSW Chief Medical Officer.*
- Coaches will implement lesson plans that cater for distancing and allow athletes to remain separate.
- **Gymnasts will be asked to wear socks when training** during this period of time and until further notice (except for on the beam for safety reasons).
- If they have 'grip socks' like those used at trampoline parks these would be of preference, but if not any socks are fine.
- If your child does not wear socks, they will be asked to wash and sanitise their feet as they would with their hands.
- We will regularly encourage stops for gymnasts to wash or sanitise their hands between rotations or within if necessary. This helps to keep our athletes and equipment as hygienic as possible.
- Speak with your child at home about the importance of following all procedures and protocols that they are asked to during classes.
- If your child starts to feel unwell or show flu-like symptoms during class, parents will be called and the child will need to be taken home.

AFTER CLASS

- Before leaving the premises, all gymnasts will be asked to wash or sanitise their hands.
- We will be asking gymnasts to leave class ON TIME as we have nightly cleaning routines that need to take place and that will take a considerable amount of time.
- There will be no classes finishing past 7.30pm to cater for this.
- Gymnasts will be asked to take all of their belongings with them when they leave. Coaches will be monitoring that nothing is left behind.
- Despite the rigorous cleaning procedures we are implementing, we highly encourage all athletes to return home and shower to reduce risk of transmission that may occur as a result of the use of any common items, objects or equipment.
- **If your child presents with any cold or flu-like symptoms following a gymnastics class, please notify us immediately.**

CLEANING

- All surfaces and equipment will undergo a deep clean BEFORE class commences EACH DAY.
- Each apparatus will be cleaned in between rotations and in between each turn where possible.
- All small and hand-held equipment used will be cleaned in between and after usage.
- Coaches will regularly wipe down areas of common usage such as door knobs.
- The gym will undergo another deep clean AFTER classes each night including the floor being sprayed with disinfectant.
- We have purchased and will be using hand sanitiser and antiviral & antibacterial disinfectant that contains benzalkonium chloride which has been stated by the Government to kill COVID-19.

RECREATIONAL CLASSES

- Due to timetabling changes and classes being capped we NEED to know exactly how many students will be attending each class.
- **You will be required to BOOK IN to your child's class via email prior turning up.**
- If your child cannot make any of the class times provided please contact us via email.
- We usually offer free trial classes for new members which do not require bookings. This will no longer be the case. To come for a free trial you must email and book in to ensure that we do not exceed our maximum numbers in classes.
- Parents or carers who may be more vulnerable to infection should consider their participation within our 18 months - 4 years program with their child/grandchild.
- There will be significant changes to class structure, equipment use and circuit activities to best try to minimise the spread.
- Communal chalk buckets are not permitted to be used at this time and until further notice.
- Recreational and Foundations Levels gymnasts do not require additional chalk. It will not be used during this time.
- Some more advanced recreational classes may have changes to their program to ensure their safety when not using extra chalk. For example - they may not be permitted to swing on the high bar at this time.
- An exception to this will be the 'Senior Gym Skills' class. If they wish to continue with their normal bars programs they will be asked to purchase their own chalk (see details under competition classes).

COMPETITIVE CLASSES

- Communal chalk buckets are not permitted to be used at this time and until further notice.
- ALL Level 3+ gymnasts will be required to purchase chalk. NGA will be selling this for \$3.50.
- Please send the correct coins with your child to gymnastics on their first day.
- They will also be required to bring their OWN container (clearly labelled) to store their chalk in.
- If your daughter uses a spray bottle (water on her grips) she will also be required to have her own clearly labelled spray bottle for use at this time and until further notice.
- Each gymnast will be responsible for their own grips, gloves, chalk and spray bottles.
- For our competitive gymnasts the return will be tough. Physically, mentally and emotionally. Our higher level gymnasts have never had this much time off gymnastics training before.
- Rest assured will ease back into our training gradually. All competition classes will be going 'back to basics' to ensure that we build up strength and flexibility that was lost during the break.
- Our coaches will continue to guide gymnasts through safe skill development in a time-frame appropriate with the athlete's condition, ability, and training environment.
- Coaches will not expect their gymnasts to return at the same level that they left at. It will take time, work and patience to get back to where they were. And it may take longer than desired.
- We will not allow our gymnasts to compete again until we are confident that they are completely ready. Even if this means not until next year.
- At home, please encourage your child to persist when things get tough, remain positive and reassure them that in time, things will be back to normal.

Please take the time to read this document carefully and discuss with your child prior to them attending their first class. There are some significant changes to the way things were, so we would appreciate everyone's understanding and patience while we all adjust to the 'new normal'.

Thank you in advance.

Head Coach,

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Northern Gymnastics Academy

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