

Parent/ Guardian and Gymnast rules for returning to Gymnastics : Covid-19



ALL PARENT'S/ GUARDIAN'S MUST:

-Abide by the [“Drop off, Train, Go home”](#) Policy.

You will meet a staff member at the gate before and after your child's class and maintain 1.5m physical distance from other families. All payments must be done via paper form, via email, direct deposit or over the phone as our foyer/ office will be closed to the public & parent/ guardians at this time.

- Educate and inform your child of proper hygiene measures while at gymnastics. (see list below)
- Sign onto the visitor list with full, correct details if entering the gym (Kindy Gym parents and other visitors) each time you enter.
- Download the Covid-safe app.

ALL RECREATIONAL GYMNASTS MUST:

- Wash hands before class, after each apparatus and after class before going home.
- Use hand sanitiser provided around the gym.
- Ensure they bring their own, labelled water bottle
- Maintain physical distancing requirements of 1.5m before, during and after class.
- Covering mouth with elbow or tissue when coughing or sneezing, then wash hands immediately.
- Avoid touching their face.
- Not share handheld equipment and be responsible for cleaning it after use with wipes provided by Shire Gymnastics.
- Not attend classes if they or a family member is sick , notify us and go to the doctor for testing.

ALL DEVELOPMENT & COMPETITIVE GYMNASTS MUST:

- Wash hands with soap and water before training, after each apparatus, before and after eating, after using a tissue/coughing/ sneezing as well as after training before heading home.
- Come to training with clean feet too!
- Use the provided hand sanitiser often
- Avoid touching their face.
- Covering mouth with elbow or tissue when coughing or sneezing, then wash hands immediately.
- Maintain social distancing of 1.5m where possible.
- Not share handheld equipment and be responsible for cleaning it after use with wipes provided by Shire Gymnastics.
- Have their own labelled water bottle- No cups will be available for use.
- Have their own metal bar gloves (white boxing glove inner- from pharmacy)
- Have their own Chalk (per family if more than one gymnast) this can be purchased from the gym for \$5 a block, The gymnast will need a labelled container for this also and should live in their gym bag until further notice. Cash is fine.
- Not attend training if they or a family member is sick , notify us and go to the doctor for testing.