



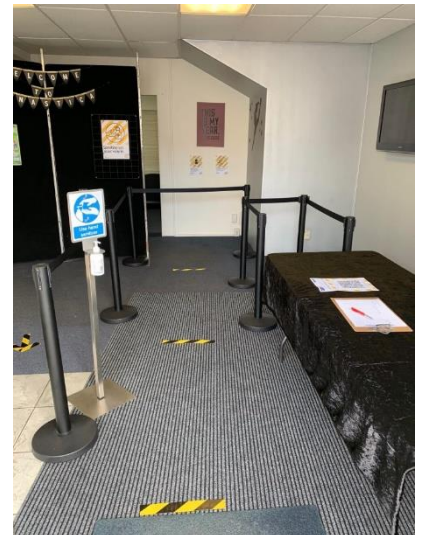
Measures for Alert Level 2 (February)

Dear families,

At Alert Level 2 we can remain open however we have strict protocols that must be followed. Our gymnasts need to adhere to a 1 metre distance from others, which once they are on the gym floor will be the marked dots we already have in place. The program we follow will be modified to ensure we are able to maintain our physical distancing while ensuring our gymnasts safety. We have detailed below the protocols we are implementing and ask for your family's full support. Please do not hesitate to contact the club office if you have any further questions.

Entry & Exit

- We respectfully request that parents/guardians drop off their children and do not enter the building to avoid congestion at the entry/exit points. Please do not drop them off early, we do not have the availability to supervise.
- Gymnasts enter the gym through the main door, use the hand sanitiser and find a cone to stand beside. If there are no available cones, parents please stay with your gymnasts outside until you can see an available space.
- Parents if you enter the gym you **MUST** use the NZ Government contact tracing QR code or complete a manual sign in. Please note we have removed seating to ensure we can maintain our physical distancing requirements.
- Leaving the gym will be via our backdoor (beside the white fence at the end of the driveway) to relieve congestion in the foyer. Parents when you see your child at the head of the line, please step forward so our supervisor and your gymnast can see you. Your gymnast will have hand sanitised as they leave the building.



Please do not be late, we do not have the volunteer resources to look after additional children while maintain physical distancing requirements.

Bags

- We would like gymnasts to come to gym – ‘gym ready’. This may mean changing at school or in the car. The changing room and bathroom are not available before class start. Please ensure your gymnast brings a warm jacket or sweatshirt to put on after class. Footwear needs to be removed on entry to the gym and we would suggest jandal’s or slides.
- We recommend a small washable bag (swim bag) to hold shoes, drink bottle and warm clothing. This will be taken on the gym floor with them and placed in marked areas (our coaches will supervise this).
- Please ensure ALL personal belongings are named, we will not be holding lost property during this time.

Food & Water Bottles

- Please ensure gymnasts have had their snack prior to training. There is to be no food at all in the gym.
- Please ensure gymnasts have their own named and full water bottle. These are to be kept in your gym bag with you.
- The kitchen is shut, and no water refills will be available.

Spotting

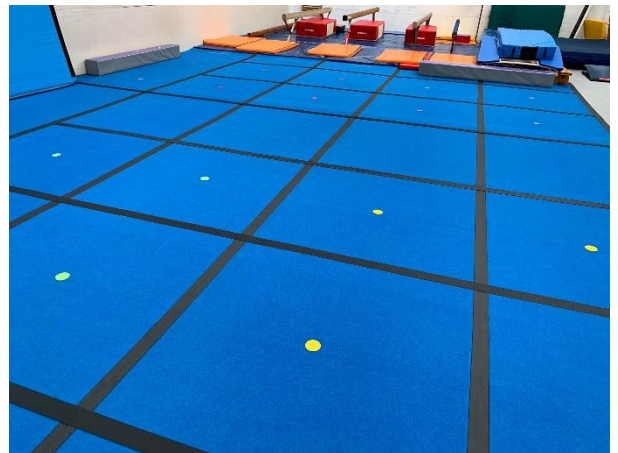
- Coaches will not be actively spotting new skills; however, for safety reasons if a coach needs to step in to catch a gymnast they will.
- Equipment has been adjusted to allow for different levels of ability

Bathroom

- Gymnasts will ask to leave the gym floor to go to the bathroom.
- Coaches will send one gymnast at a time.
- Upon returning gymnasts will use hand sanitiser prior to recommencing training.

General Information

- Anyone feeling unwell is asked to please stay home – any gymnast or coach who displays symptoms of being unwell **WILL** be sent home.
- Please follow Ministry of Health information as it is provided.
- We have increased our cleaning regime, with one full clean each day and then between each group in key high touch areas.



We appreciate your continued support.

Regards
Gymnastica Gym Club