

PROTOCOLS FOR THE RE-OPENING OF THE RGA

We have at long last been given the green light to re-open the gym after the 25th July. We are intending to open up once again on Monday 27th with holiday classes and the following protocols implemented until we receive clear guidelines from either the government or British Gymnastics.

THE DIRECTORS OF TRAINING

PRIOR TO LEAVING HOME:

- a) All gymnasts to use the toilet to eliminate as much as possible the need to visit when getting to the gym.
- b) All gymnasts to wash their hands in soap and water prior to leaving home in an effort to stop any transmission to the facility.
- c) No large bags will be allowed into the gym. All small personal items such as handguards and chalk to be contained in a small handguard bag.

ON ARRIVAL AT THE GYM:

- a) There will be no parking along the side of the car park facing the gym. This side of the car park will be reserved for drop off only.
- b) The steps will have a taped line down the middle and the ground will be clearly marked for social distancing. In the case of rain, cars to pull up one at a time and the gymnast to come down the right hand side one at a time.
- c) The next car does not unload until the previous gymnast is safely inside the gym during bad weather.
- d) On entering the gym the gymnast will have their temperature taken by a volunteer with an infra-red temperature gun. Forehead activated.
- e) At the entrance to the facility, we have purchased automated gel dispensers and sanitiser. This will of course be compulsory.
- f) There will be no use of the changing rooms. There will be chairs placed over 2m apart around the walls of the café and bar where gymnasts may leave their bags and bottles.
- g) There will be further hand sanitisers placed around the gym at strategic places. It will be compulsory for these to be used prior to changing apparatus.
- h) The toilets (hopefully not required) will be one at a time and cleaned regularly.
- i) Gymnasts must wash hands thoroughly with soap and water for the appropriate amount of time after using the toilets.
- j) Warm ups. The floor area will be clearly marked with 2m distance between each gymnast.

- k) Training is less of a problem. With our magnificent facility, we have plenty of room for each gymnast to have their own piece of apparatus and there will be markings on the floor for any gymnasts waiting.
- l) Wiping down of apparatus after use. We will be wiping down the apparatus after each rotation.
- m) All coaches will be issued with full face shield to cover the whole face and a face mask. There will be no spotting to start with.

LEAVING THE FACILITY:

- a) All gymnasts will exit from the garage where there will be another automatic sanitiser which must be used. This will have to be monitored.
- b) Gymnasts will leave the garage one at a time as their parents cars arrive, turn left and take the walkway and go up the right hand side of the steps.
- c) Classes will be re-scheduled so that there is a ten minute overlap between those arriving and those leaving so that there is no build- up of traffic.
- d) Any parents who have volunteered to help, which would be a maximum of four per class will park alongside of the brown fence.
- e) There will be no access for parents during this initial period and until things become clear and permission is given.

SUMMARY:

For the above plan to work it is going to require the discipline of the parents to drop off and pick up on time. It will also require a tremendous amount of discipline from the gymnasts who by nature will want to get together with their friends who they may have not seen for months.

There will also have to be a huge amount of planning and effort from the coaching staff, to re-schedule safe and effective coaching strategies. We hope that once implemented successfully, we will be able to roll this out over the whole club, so all may benefit.

We hope that by reading this document, you are able to see how much thought and effort have gone into returning your child to the sport that they love in a safe and controlled environment. THIS IS ONLY POSSIBLE WITH ALL OF US WORKING TOGETHER TO ENSURE THAT IT HAPPENS!

Best regards to you all, (we miss you)

Colin, Bernie & Claire

Directors RGA