

**Swing-a-Lings Re-opening Policies and Guidance.**

**Before you arrive:**

In line with government & British Gymnastics guidance please ensure you have watched our safety videos and read our reopening policy prior to your arrival. Please familiarise yourselves with our new procedures to ensure the safety of our coaches, gymnasts and parents. Please ensure your child/children are dressed appropriately for the session in comfy sports clothes. Ventilation is essential so the gym hall will be a bit chilly in the winter months please bear this in mind.

**Upon your Arrival:**

****As you approach the building you will see that our carpark directly outside the gym will be closed for public parking and marked out with cones. This will allow social distancing measures when entering and exiting the gym. Please arrive promptly for your session and follow the green markers to our entrance where a coach will greet you to take your temperature. You and your child/dren will need to immediately sanitise your hands at our new sanitising station and follow the markers on the floor through reception, along the corridor to the black door by the toilets where you will enter the gym hall. Coaches will greet you upon entering the hall and allocate you an area to put your belongings and get your child ready for the session.

**NHS QR CODE:**

Our unique QR code is displayed in the window of our front door and inside our reception area. We kindly ask that all parents entering the gym scan and sign themselves in using the NHS Covid App. We will continue to keep a class register of our gymnasts. You will be required to enter two emergency contact numbers upon booking your child’s sessions to adhere to track and trace regulations.

**Buggies and Prams:**

Please can all buggies and prams be left in the main reception area and parked neatly on the right hand side of the room. They will not be permitted in the gym hall. Detachable car seats or carry cots are allowed in the gym. Please note once everyone has arrived, the main front doors will be locked for health and safety reasons.

**Wellies and outdoor shoes:**

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We know some of you walk to the gym in all weathers. If you or your child have particularly muddy or wet shoes please can these be removed prior to entering the gym hall.

**Toilets & Baby Change facilities:**

Our toilets and baby change facilities are open and cleaned thoroughly and regularly. All our toilets can be used by both male and females. Please maintain social distancing when using our toilet facilities. If you are using our baby changing facilities please ensure you dispose of all your nappies and wipes in our allocated bins. Please also use the antibacterial products provided to wipe the baby change mat before and after each use.

**Entering the gym:**

Additional wall mounted hand sanitising stations are on the right hand side of the main doors within the gym hall. A coach will advise you where you can get changed for the session. The gym will look slightly different to what you are use to. We have divided the gym into coloured zones (green, purple and orange) and have tried to make this as obvious and as visual as we can so our children that attend independently in our evening classes are very aware of their boundaries. The zones will not apply during our pre-school sessions.

**Class Structure: Parent led Under 3’s class:**

Once you are changed for the session you are free to play with your child in the gym. Due to government restrictions we have limited the use of our free play equipment. We can only use equipment that can be cleaned appropriately. Some areas within the gym will be out of bounds but these will be clearly marked with barriers.

After free play you will then be asked to come and sit with your child/dren for circle time on our allocated mats. Circle time will consist of our Hello song, action songs a themed based warm up and a sticker challenge. Our coaches can no longer give children stickers but these will be made available to parents.

Once circle time is complete, you will have sometime to either free play or work on your pre-school badges. Your badge sheet will be ready for you on the badge table at the front of the gym, please collect these if you wish. Once badge time has finished we kindly ask you place you badge sheet in the tray provided. We can no longer give your child a reward stamp, however we will of course continue to check their skills and once they have achieved that skill stamps will be made available for parents to use.

After badge work we kindly ask you to come back to your mats for our hand held apparatus activities. All hand held apparatus will be put in individual baskets and placed on your mat. Please do not share hand held equipment and please ensure they are placed back in your baskets after use, placed on the table provided so they can be cleaned.

Once the session has finished all parents and children will be asked to return to their changing area ready for home time.

**Class Structure: Parent led Over 3’s class: - All parents must attend this session with their child/ren.**

Once you are changed for the session you will be asked to come and sit on a mat with your child for circle time. This will consist of our Hello song, action songs a themed based warm up and a sticker challenge. Our coaches can no longer give children stickers but these will be made available to parents.

Once circle time is complete, structured circuits will be set up around the gym for you and your child to follow, focusing on fundamental gymnastics skills and development. Coaches will be on hand to assist you and your child at all times.

You will have the opportunity to work on your child’s pre-school badges. Your badge sheet will be ready for you on the badge table at the front of the gym, please collect this if you wish. Once badge time has finished we kindly ask you to place your badge sheet in the tray provided.

We can no longer give your child a reward stamp, however we will of course continue to check their skills and once they have achieved that skill stamps will be made available for parents to use.

After badge work we will gather back on our mats for our hand held apparatus activities. All hand held apparatus will be put in individual baskets and placed on your mat. Please do not share hand held equipment. Please ensure they are placed back in your baskets after use, placed on the table provided so they can be cleaned.

Once the session has finished all parents and children will be asked to return to their changing area ready for home time.

**Social Distancing:**

Social distancing must be practiced **AT ALL TIMES** by both the coaches, gymnasts and parents. Markers and mats will be used to assist with social distancing measures. **As stated by British Gymnastics** **coaches must remain at least a 1.5 metres away from gymnasts at all times**. Spotting or supporting of pre-school gymnasts is not permitted by a coach. This will of course impact on the structure of our classes. As the safety of our coaches, gymnasts and parents is paramount, we have taken this into consideration when planning your sessions. In accordance with British Gymnastics guidelines pre-school groups will consist of a maximum of 12 gymnasts per session. Each gymnast will only be allowed 1 attending adult. So 12 adults & 12 children plus 2 coaches will be in the gym at any one time. Due to current restrictions we cannot allow any additional adults or siblings to sit and watch during this time.

**The rule of six**

As confirmed by British Gymnastics and Sport England the ‘rule of six’ **does not** apply to our pre-school gymnastics classes as adults are not participating in the physical sport but merely assisting their child.

**PPE:**

In light of the increase in Covid cases in our area we are asking **ALL our pre-school parents to wear masks** unless they are medically exempt. Our coaches will wear face shields. Social distancing measures will be adhered to at all times.

**Cleaning stations:**

We have placed cleaning stations throughout the gym and at all entry and exit points for all coaches & parents. This includes gloves, antibacterial wipes, spray, tissues and hand gel. The gym and any used equipment will be cleaned thoroughly after each session and throughout where necessary. Automatic hand sanitisers so please feel free to use them. You may bring your sanitiser if you wish. The entire gym will be fogged with anti-bacterial spray at the end of the day to ensure a thorough clean.

**Accidents/First Aid:**

In the event of an accident, coaches are permitted to assist the gymnast/parents as long as appropriate PPE is used/worn. This has been made available and easily accessible for all our coaches. As the government states “coaches do not have to stay appropriately distanced if it would be unsafe”.

**If your child is unwell:**

**If you or your child has any signs of being unwell please DO NOT attend your session. If you or your child has been in contact within anyone that is unwell or showing symptoms of Covid 19 DO NOT attend your session. If your child’s sibling is isolating due to a bubble or year group at school isolating please DO NOT attend your session. If you or your child becomes unwell during your training session, we kindly ask you to move to your isolation room (waiting room). Your belongings will be bought to you. We kindly ask that you change and leave the premises as promptly as possible. Please keep us up to date of you or your child’s symptoms so we can act accordingly.**

Anybody displaying symptoms or anybody who has been in contact with an infected person, should be advised not to return to the gym until they have been tested and followed the guidance set out by the NHS. Our club has a responsibility to maintain a register of coaches and members who are attending each session. If a gymnast or coach tests positive for Covid-19, the NHS test and trace may ask the infected person or their carer to provide details of anyone they have been in contact with. These registers will assist in this process. We may have to provide personal details (names and 2 types of contact numbers) of members to the NHS test and trace if they request it. With this in mind please ensure we have up to date contact numbers for your child/ren.

**Ventilation:**

To improve the air flow within the gym we will keep all doors and the shutter doors open at all times. This will be monitored in according with temperatures and weather conditions.

**Jewellery:**

All jewellery must be taped up regardless of the age of the child. We will not provide tape nor are we allowed to replace tape within the session. Please ensure that they have their earrings taped up securely. If their earrings are exposed they will not be permitted to train.

**Exiting the gym:**

Once the session has finished, we will ask all parents to go back to their changing area and collect all their belongings. Please exit the gym via the shutter doors. If you need to retrieve your buggy, pram or wellies please leave via the black door at the top of the hall, collect from the reception area and leave via the main double doors. Please sanitise your hands on you way out. Please continue to adhere to social distancing rules upon exiting.

**Tuck Shop & Vending facilities**

As our waiting area is no longer open to our members, as it is being used as our isolation room, we are no longer providing a tuck shop or hot drinks until further notice. Our toy vending machines are also out of use and not to be used or played with.

**Uniform and T-shirts**

We are continuing to sell our own Swing-a-Lings T-shirt. Please speak to one of our coaches if you wish to purchase one (£6)

For further guidance and advice please read the links below;

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>

<https://www.british-gymnastics.org/step-forward-faqs>