



Majestic Gymnastics Academy

COVID-19 Policy

Please take the time to read through this document to ensure that you and your child are aware of the new policies and procedures at Majestic Gymnastics.

THIS DOCUMENT MAY BE UPDATED TO COINCIDE WITH GOVERNMENT GUIDELINES (LAST UPDATED 21/07/2020)

IMPORTANT CHANGES IN THE GYM:

- The number of gymnasts, and coaches in the gym will be dramatically reduced to allow for social distancing. We will be asking all gymnasts and coaches to stay 1+m away from each other where possible.
- We have reduced the amount of equipment we use, taking hard-to-clean equipment out of use.
- We have scheduled regular cleaning into to our programme with a once a month sanitising fog booked for every month.
- We have installed 3 hand sanitiser stations as you enter the gym.
- Entry to the gym will only be via the main reception doors where you will need to follow a one way system and drop off point for gymnasts before exiting through the fire exit (this is where the viewing window used to be). Two metres cones and lines on the floor have been placed to help customers with social distancing on both the entry and exits from the gym. There are separate drop off and pick up quest marked out.
- Collection from the gym will take place at the fire exit of the small gym. A marquee will be used to allow gymnasts (4 at a time) to put their shoes on outside of the gym when being collected.
- Coaches will not be able to physically support gymnasts. Contact between gymnasts and coaches will only happen in an emergency first-aid situation.

- Please ensure that gymnasts arrive no more than 10 minutes before the start of their class and wherever possible—not be late. No gymnast can enter the gym until invited in by a coach or member of Majestic Gymnastics staff. All children must also be collected promptly after their session finishes.
- If parents/guardians wish to speak to a coach or member of staff, they should do so briefly when dropping off or collecting their gymnast. Our coaches or staff will be with you as soon as they can and will do their best to deal with your query. We encourage everyone to email first, if they can.
- Gymnasts should turn up to class ready for gymnastics. Coaches will be unable to help with hair, earring tape, or clothing. For all structured classes from September onwards, children will be given a group colour for their bubbles and MUST wear an item of clothing clearly showing their bubble colour before they enter the gym.
- There will be no seating available at the gym windows, or elsewhere in reception, if you stay and watch this will only be possible outside through the main gym window - please ensure that you stand away from others and keep to social distancing.
- Parents/Guardians need to be ready and prepared to collect their child from Majestic Gymnastics at any time should it transpire that they are unable to follow the required rules or should they start to show any symptoms of being unwell.

Whilst in the gym:

- Gymnasts should sanitise their hands on every entry and exit of the gym.
- Gymnasts water bottles are to be brought into the gym with the gymnast. It is also to be taken home at the end of every session. Any left behind items will not be kept. Please note we cannot provide water for the gymnasts during classes.
- When entering the gym gymnasts will be directed to their coloured bubble group's bottle area.

- Gymnasts will stay with their group and should refrain from interaction with gymnasts or coaches from other groups.
- Gymnasts should refrain from touching any equipment that they have not been instructed to use by their coach.
- Gymnasts should keep up their hand hygiene during the session, using the hand sanitiser stations provided—this will be prompted by coaches.

Leaving the gym:

- Gymnasts should take EVERYTHING home with them.
- Parents/guardians are responsible for sanitising their children hands on exiting the gym.
- Parents/guardians should ensure that they collect their gymnasts on time so that we can keep dispersal efficient.
- Gymnasts and parents/guardians should not loiter in groups outside the gym and make their way out of the premises as quickly as possible.

PLEASE NOTE: NO GYMNAST OR COACH SHOULD ATTEND MAJESTIC GYMNASTICS IF THEY, OR ANYONE IN THEIR HOUSEHOLD ARE DISPLAYING SYMPTOMS OF COVID-19. ANYONE WHO DEVELOPS SYMPTOMS WHILE AT MAJESTICS WILL BE SEPARATED FROM OTHERS AND SENT HOME ASAP.

Gymnasts and parents/guardians must have read, understood, and be prepared to adhere to these rules before they return to training at Majestic Gymnastics.