



Programmes to follow the Ministry of Health guidelines

- Priority for staff = Create an environment that is safe for the children participating in our classes, adhering to the MOH guidelines
- Priority for parents/children = Follow all MOH and YMCA guidelines to ensure the safety and wellbeing of yourself and others.

Class Ratios:

- 1:8 for School Aged Gymnastics.
- 1:4 for Preschool Gymnastics
- Limit of two groups running at one time = 16 gymnasts per session.

Class Length:

- Classes will now run for 45/50min to allow:
 - Time for parents and children to sign out & exit safely
 - For staff to wipe down equipment between classes

Upon Arrival:

- Parents and children will arrive through the front doors
- For the purpose of contact tracing, all parents must sign in by scanning the QR that will be situated on the Gymnastics Sign in Desk. All parents must type their child's first and last name in the note's section for us to track their attendance and as part of the compulsory contact tracing.
- Parents will then take their child to the stadium, sanitising before entry, and they will be directed to a spot on the warm up mat on either the right hand gym or the left hand gym. The parent will then exit the stadium out the side fire exit doors.
- Please note that at this stage we will not be stamping attendance cards or completing skills cards as to limit the contact. Parents can date the box on the attendance card at home.

Signing Out:

- Parents and children will exit through the side doors in the stadium.
- At the end of class, all children will return to the floor area to the same spot that they started on (this will be their spot each week), from here they will play a game or participate in an activity until their name is called. They will then be able to go to their parent and exit the building.
- The sign out table will be by the fire exit (by the bar), parents will need to wait by these doors to collect their child.
- If a parent is late, children will wait on a spot by the sign out desk.

Personal Hygiene:

- All parents/guardians and children are required to sanitise upon arrival.
- Hands are to be sanitised before entering the stadium.
- Hands are to be sanitised before starting each circuit.
- Hands are to be sanitised before leaving the gym.

Staff Positions for each class

- There will be one to two staff members per gym set and one staff member on sign in and sign out. We will also have one staff floating to ensure that everyone is safe.



Social Distancing in class:

- Social distancing rule apply. Keep 1 meter apart from others at all times. This means not spotting for the coaches (Our classes have been designed for the children to safely learn and do gymnastics without needing the coach to physically spot them. Rather, they will be teaching and focusing on techniques).
- **How we will manage this:**
 - There are spots on the warm up floor, upon arrival the child will be told what spot to wait on until class starts.
 - The gym has been split into two gyms and we will have one group in each gym. Each gym has three circuits (two equipment circuits and one floor circuit) this is to ensure social distancing and no mingling of the two groups.
 - Each circuit is spaced out and has 8 pieces of equipment, this is to ensure there are no queues. However, if this does occur, there will be a waiting spot for each piece of equipment.
- No handshakes, hugs or hi-fives.
- No siblings are permitted on the equipment at ANY time.
- Please note due to limits in the number of children and staff we are allowed in the stadium at one time, parent's will not be permitted to wait inside the stadium to watch the class. We encourage you rather, to wait in your car or pop next door for a coffee at the excellent Glasshouse Cafe.

Apparatus Social Distancing - Gym Rotations:

- Each group will spend 9 minutes on warm up and 12 minutes per circuit of which there will be three. There will be a 5 minute structured game/activity during the check out process to ensure the children are kept active.
- Each gym set will be made up of three circuits and one floor circuit, this is made up of a combination of all the apparatus:
 - Vault
 - Beam
 - Bar
 - Rings
 - Floor
- No high equipment will be set out to minimise the falling risk (including: big beam, double mini, uneven bars, high ladders).
- Only staff will be allowed to pack the equipment, they will do this at a 1 meter distance from each other.

NB: As much as we love having the kids and parents help us pack, until we move to Level 1/Level 0 only YMCA staff will be allowed to handle the equipment and pack at the end of the sessions.



General:

- If you or your child is unwell or have come into contact with someone who is feeling unwell, please do not come into the centre. As our Prime Minister has said several times, please stay home if you are unwell.
- Cover your nose and mouth when coughing. Please sneeze with a tissue or flexed elbow. Discard the tissue and sanitiser your hands after.
- Three people will be allowed in the bathrooms at one time.
- The drinking fountain will not be in use, please ensure you and your child bring their own named drink bottle. Reception will be selling water at the desk if needed.
- We will be doing everything to ensure your child has fun, learns and is safe. We ask you to do your part in following our policies and hygiene practices.
- Let us all be responsible and do our part.

Cleaning:

- All Equipment will be wiped down and cleaned with disinfectant after each session.
- Our two groups of gymnastics children will not mingle and will not share equipment.
- We will be limited the use of props.
- The gym will be thoroughly cleaned before and after the sessions, including the equipment, props, door handles and chairs.
- Reception will be cleaning regularly used surfaces around our centre every hour, this will be recorded each hour and will be signed off by the Operations Manager each day.