



Programmes will follow MOH guidelines for operating

- 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.

Arrival

- Please arrive 10 minutes early to allow enough time to complete check-in before entering the centre
- Parents will need to sign in using the Government COVID tracer app or manual sign in if you cannot use the app
- Children will be ticked off a roll to record their attendance.
- Parent will then take their child to the stadium/room, sanitising before entry and they will be directed to a spot for warm up. Parents may then go to a designated viewing area or may exit the area out the side or back doors.

Class Ratios

Ratios will be determined by the ability to maintain safe social distancing within the class.

Class Length

Classes will now run for 50 mins to allow time for parents and children to sign out & exit safely and for staff to wipe down equipment between classes

Class Layout

- The layout of the classes and equipment will be organised to minimise the sharing of equipment where possible and to ensure appropriate distancing where feasible. For Gymnastics there will be a waiting spots in the circuits for children to wait by if another child is using a piece equipment.

Staff

- 1 staff member will lead the warm- up/ cool down for all groups while another staff will assist in signing in and checking out children and parents. There will be 1 staff member directing children into the class.
- Each group will have their own teacher that will teach and stay with them for the duration of their class.

End of class - pick up & signing out

- We ask where possible for only one parent/caregiver to attend or drop off/pickup, without additional siblings. This is to minimise the number of people in common spaces.
- When class is finished, staff will direct children to waiting spots for parents to arrive. In the case that there is a class straight after, parents will be directed to collect their children from a separate entrance to ensure safe distancing between groups is managed. Your child will be asked to sanitise their hands before departing the class.



Contract Tracing:

- Parents will need to sign in using the Government COVID tracer app. We will provide a manual sign in for those who do not have the capability to sign in on their phones.

Social Distancing:

- Social distancing rules apply. Please keep at least 1 metre apart from others where possible. With contact sports, games may be played at the discretion of the coaches and lesson plans, however, balls will be sanitised after use and hygiene practices will be in place
- Our classes have been designed for the children to safely learn and do their class limiting our coaches need to physically spot them. Rather, they will be teaching and focusing on technique. In the case of safety, the staff will step in and assist.
- No handshakes, hugs or hi-fives will take place, and siblings are not permitted on the equipment at any time We have limited seating available for parents (please only sit in the allocated seating area)
- If there is no viewing room left, we will ask parents to wait in their cars until the class finishes.

Cleaning:

- All equipment will be wiped down and cleaned with disinfectant after each class.
- Reception will be cleaning regularly used surfaces around our centre frequently.

Personal Hygiene / General:

- All parents/guardians and children are asked to sanitise/or wash their hands upon arrival.
- Hands are to be sanitised/or wash before entering and exiting the stadium/room.
- 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.
- Cover your nose and mouth when coughing. Please sneeze into a tissue or flexed elbow.
- The drinking fountain will not be in use, please ensure you and your child bring their own named drink bottle.
- If you feel more comfortable, you are welcome to wear a mask in shared spaces in the centre.