



### **GETTING READY FOR SESSIONS**

Gymnasts must arrive at the venue ready for their session & in their gymnastics gear – no changing facilities are available for indoor use currently.

Leotards are preferred for training clothing; t-shirts, shorts, leggings, and other fitted sportswear is all also acceptable for sessions. Please avoid loose-fitting & non-stretch clothing as well as clothing with zippers, buckles, belts, toggles, etc. Crop tops & belly tops (any top that does not provide coverage when gymnasts go upside down) are also not suitable.

Please only bring what is essential for your session in a single bag:

- Remember a **mask/face covering for your gymnast** to wear
- A **sealable water bottle** (labelled with your name preferably)
- Any clothing or **kit items required** for your session (gym shorts, gloves & loops, etc.)
- Please bring **sliders/flip-flops** (preferable) **or trainers** for moving on non-matted floors
- If you wish to use your own hand sanitiser, this should be included
- All outerwear must be able to be **stored neatly** along with your gymnastics bag

Lift sharing is strongly discouraged in the present climate, and we ask all member **households to arrive separately** to help support the suppression of COVID-19 and minimise close contacts.

### **CAR PARKING**

There is shared car parking available for all users of the venue. Please be extremely careful & considerate of all users when entering & exiting the car park in your vehicle.

At peak times, the car park may be full and you may need to find an alternative place to park; please **do not block the routes in & out** of the car park when waiting at drop off or pickup.

### **OTHER VENUE USERS**

The Pitches is a multi-sports facility with a variety of different clubs & activities taking place each day of the week. Please be respectful of all other users and help us to build good relationships with everybody we share the venue with.

During classes the venue may have music playing or noise from other activities; gymnasts will need to ensure they are paying close attention to their coaches' instructions for safety throughout their training sessions.

We will ensure that during their session, our participants are screened from view and able to participate in confidence & privacy.



## **ENTRANCE**

The full venue address is **The Pitches, 137 Shawbridge Street, Glasgow, G43 1QQ.**

Access will be via the main entrance (glass doorway) at the left hand side of the car parking area.

## **ON ARRIVAL**

You should arrive no earlier than 10 minutes prior to your session start time; this will help to avoid large groups forming around the entrance.

At around 5mins prior to your class start time, a club official will come to the door to line gymnasts up for entry. Please wait with your gymnast(s) beside the entrance – 2m physically distanced for 12+ year olds & all adults – or wait together in your car until then.

When we are ready to bring gymnasts in, our coaches & COVID Officers will gather them together in groups at the entrance, run through our entrance protocols and guide them into the Gymnastics Hall.

Unless in an emergency, no additional adults will be allowed into the venue during our sessions – should you need to come in, please wear a face covering, sanitise your hands for a minimum of 20 seconds & maintain physical distancing of 2m.

## **BEGINNING YOUR SESSION**

Gymnasts will have to sanitise their hands for at least 20 seconds upon entry – we will provide this, but you are welcome to bring your own sanitiser if you wish.

They will then be shown where to place their belongings within the Gymnastics Hall; each group will have their own designated space and will remain within their own group ‘bubble’ for the duration of the session.

Coaches & club officials will explain the layout of the session & manage the route mapping around the gymnastics equipment & space to ensure that participants are safe in their activities. Signage & markers will also be in place to guide participants.

## **DURING SESSIONS**

Coaches will lead gymnasts through their sessions and instruct them on all their activities as usual. No physical supporting will be permitted at present, but equipment will be set up to ensure the gymnasts are able to safely train their skills and have fun as normal. Coaches will all be required to wear face coverings throughout their sessions.

At the end of each groups’ time on an equipment zone, the area will be cleaned with Bio-tab antibacterial spray and all gymnasts & coaches must re-sanitise their hands before beginning their next activity.

## **DEPARTING FROM SESSIONS**

5 minutes before the end of their session time, each group will be brought back to collect their belongings & pack up, sanitise their hands again for another 20 seconds, and line up to be escorted for collection from the main entrance.

Parents / carers must **wait outside the building** and a club official will then sign gymnasts out directly to their responsible adults.

Please take special care to be aware of vehicles if you are waiting in the car park to collect your gymnast, and ensure that they do the same when entering/exiting the venue.

### **TOILET ARRANGEMENTS**

There are toilets available for use during sessions at the rear of the venue. Sliders/shoes must be worn there & back and masks/face covering must also be worn.

For participants aged under 12, a club official will escort gymnasts to/from our Gymnastics Hall for safeguarding purposes. Those aged 12+ will be permitted to leave & return unaccompanied.

All participants must wash their hands thoroughly at the toilet and re-sanitise their hands when re-entering the Gymnastics Hall.

Please reinforce the need to minimise toilet trips with your gymnast to reduce the need to stop activities to send coaches & volunteers to the toilet, and cut down on the need to re-sanitise.

### **CLEANING SAFETY MEASURES**

The Gymnastics Hall will be cleaned prior to each use with Bio-tab antibacterial spray & approved COVID-safe products. The hall will also be deep cleaned on a weekly basis outside of operating hours.

PVC, vinyl & metal surfaces will be sanitised between each group 'bubble' using it. Our carpeted floor mats & suedette beams will be sanitised before & after each day's sessions.

Coaches & gymnasts will all sanitise their hands before, during & after their sessions to minimise the risk of transmission.

### **THANK YOU!**

Please help us to ensure our club can continue operating safely during these unusual times by following all our guidance in addition to the relevant Scottish Government guidance for your local area.

We aim to keep our new gym open and a safe & happy place for everyone to enjoy and appreciate all your support to do this.