



# HEALTH & SAFETY NOTICE

## CHANGES IN PROCEDURES FROM 6TH JUNE 2022

**ARRIVAL/DROP-OFF:** To minimise queueing, please arrive no more than 5 mins before the class. Please wait by the double doors just behind Reception. The coach will open the doors at the start of the class to welcome you in. For school-age classes, parents should stay with their child until they enter the gym.

**CHANGING ROOMS:** These will be back in use from 6th June 2022 for clothes and bags and toilets. Children should arrive ready dressed for gym with just shoes and a named bottle of water. Clothing and items can be left in the cubby holes provided in the Boys & Girls changing rooms. We urge you to make sure all items are named. Please do not leave any valuables (watches, tablets etc in the changing rooms) Water bottles are taken into the gym. Pre-school parents may bring necessary valuables into the gym or a small bag with spare nappy items etc.

**PICK-UP:** Gymnasts in school-age classes will now be dismissed to a parent/guardian at the FRONT of the gym through the single door into the Reception area. Please make sure you are on time for collecting to help coaches transition from one class to another promptly. If you are late to collect, gymnasts will be kept in the gymnasium until someone arrives.

\*This is a return to the procedure that we had in place for many years pre-covid. For our newer members, we ask you to bear with this new procedure. It will feel much busier in the Reception area and we anticipate a period of adjustment for all.\*

**CLEANING:** Regular cleaning is carried out throughout the premises. Antibacterial spray stations and hand sanitiser remains available throughout the building.

**MEDICAL / FIRST AID** Items such as inhalers must be brought in a clean, sealed, named pot and coaches will ask the gymnast to leave it in a safe place during the session.

### ALL CLASSES – WHAT TO EXPECT:

**SCHOOL AGE CLASSES:** Children will enter the gym through the double doors and will be shown where to put their named water bottle and sit on the white line on the floor while the class register is taken. (Please encourage children not to go on any equipment as they enter the gym).

At the end of the class, children will be asked to assemble on the white line on the floor. They will be led to the single front door of the gym, collect their water bottle and be dismissed by the Lead coach to their parent/guardian in the Reception area. We remind you to be prompt for pick-up. If there is no-one to collect, the gymnast will be kept in the gymnasium until your arrival.

**PRE-SCHOOL CLASSES:** Please use the changing rooms provided for shoes and coats and have children changed ready for the start of the class. Wait by the double doors to the gym, behind the Reception area. A small changing bag and valuables can be taken into the gym. We encourage one adult per child, but extra adults will be able to watch from the viewing gallery, or wait at the back of the gym during the group warm-up time and join in the fun for the remainder of the class. Young babies may attend in a car seat or sling. For older siblings on the move, we recommend one of our Mixed pre-school classes where both children can be booked into the class. For Pre-school 2 and Independent classes, please bring a clean pair of socks for your child for use on the trampoline. (We have spares if you forget!).

Stickers are handed out at the end of class and then you are free to leave the gym with your child and collect their belongings from the changing rooms.