

## **Brighton Rec Gymnastics**

### **COVID-19 Frequently Asked Questions**

#### **Can parents come into the Centre/gym?**

Parents will not be permitted in the Centre or the Gym. This is to reduce risks to all gymnasts and staff. If parents need to access reception, we ask that you call. If you are unable to resolve the matter over the phone, parents can come to Reception 10 minutes after the scheduled session start time.

#### **What will happen when we arrive at the Centre?**

We will only allow 1 person to enter at a time. Each person entering the Centre will be screened before being permitted to enter. For this reason, we ask that parents wait until their child has entered before leaving. Hand sanitiser will be provided to each person. Gymnasts will be asked to follow the markers up to the gym.

At the end of class, the coach will escort the gymnast to the front of the Centre. Please prepare your gymnast and yourself for the winter weather as we cannot permit people waiting inside.

#### **How many people will be in the gym?**

There is currently a limit of 20 gymnasts per 200sqm space. Our gym is 400sqm so we can have a maximum of 40 gymnasts at a time in the gym. Coaches are in addition to this.

#### **Will any other areas of the Centre be used during Gymnastics classes?**

Classes may utilise other rooms in the Centre, but strict number limits to these areas will apply. Additionally, the Centre will ensure that appropriate cleaning occurs to all rooms before and after use.

#### **My child doesn't have to social distance at school, do they have to at gymnastics?**

There is no requirement for those 18 years and under to social distance just the same as school. We will still encourage social distancing where possible and we will minimise contact between the gymnasts. The coaches who are over 18 years old still need to social distance with each other and the gymnasts where possible.

#### **Will coaches be 'spotting' gymnasts?**

Coaches will only spot where it is absolutely necessary to ensure the safety of the gymnast. As we return to classes after such a long break, gymnasts will be focusing on the basics so it is unlikely spotting will be necessary as much as usual.

#### **How are coaches being prepared for restricted training?**

All coaches will be required to complete COVID Safe Sport Coaches and Officials Certificate before taking any classes. Additionally, they will be instructed on Centre procedures and proper cleaning techniques.

### **What does my child need to bring to gym?**

Full named water bottles will stay in their bags or by their shoes and will not be put in a shared tub. Drink bottles need to be full before arrival as filling of drink bottles in the Centre is not permitted. Easy to slip on and off shoes (Please see notes below).

All ALP squad gymnasts will need to bring their own white cotton gloves to use on metal bar. There will be no sharing of gloves and straps will be wiped down between use. Those with grips, will need to bring a container to put their allocated chalk in and their own water spray bottle. Others who require the use of mag/chalk will also need to bring their own container.

### **Will their groups change between each session?**

Where possible we will try to keep the gymnasts in the same groups with as little change between each sessions as possible.

### **How will bathroom breaks be managed?**

We will be limiting the number of people going to the bathroom at any one time. Additionally, we will be asking the gymnasts to wear shoes in the bathroom so we recommend your child wears easily removed shoes (eg. Thongs, ugg boots). Coaches will encourage gymnasts to follow proper personal hygiene practices.

### **When can I return to gym after feeling unwell?**

We ask that if any member is experiencing any cold or flu symptoms they do not attend the Centre. Members will be permitted to return when they have been well and had no symptoms for 72 hours. If a member suspects that they themselves, or a household member, has COVID-19, we ask that you do not attend until cleared. We encourage testing for the virus if unsure.

### **What happens if my child appears unwell?**

If a child appears to be unwell, they will immediately be removed from the gym and taken to a separate isolation zone. Parents will be called and asked to come collect the child. We ask that medical advice is sought and that unwell persons do not return to the Centre until they have been well and without symptoms for 72 hours.

### **How will equipment be cleaned?**

We will be following cleaning guidelines from Gymnastics Australia. We will conduct mechanical cleaning of high touch surfaces such as mats, boxes, wedges, hoops and strength equipment between groups. The whole gym will be completely cleaned daily, including vacuuming of all carpeted surfaces, mopping of all vinyl mats and mechanical cleaning of metal uprights on bars, beam and vault.

Some specialised gymnastics equipment cannot easily be cleaned without damaging the equipment. We have been advised by Kathy Yu, the Gymnastics Australia Chief Medical Officer, that such equipment poses a very low risk if proper hand hygiene is observed by all.