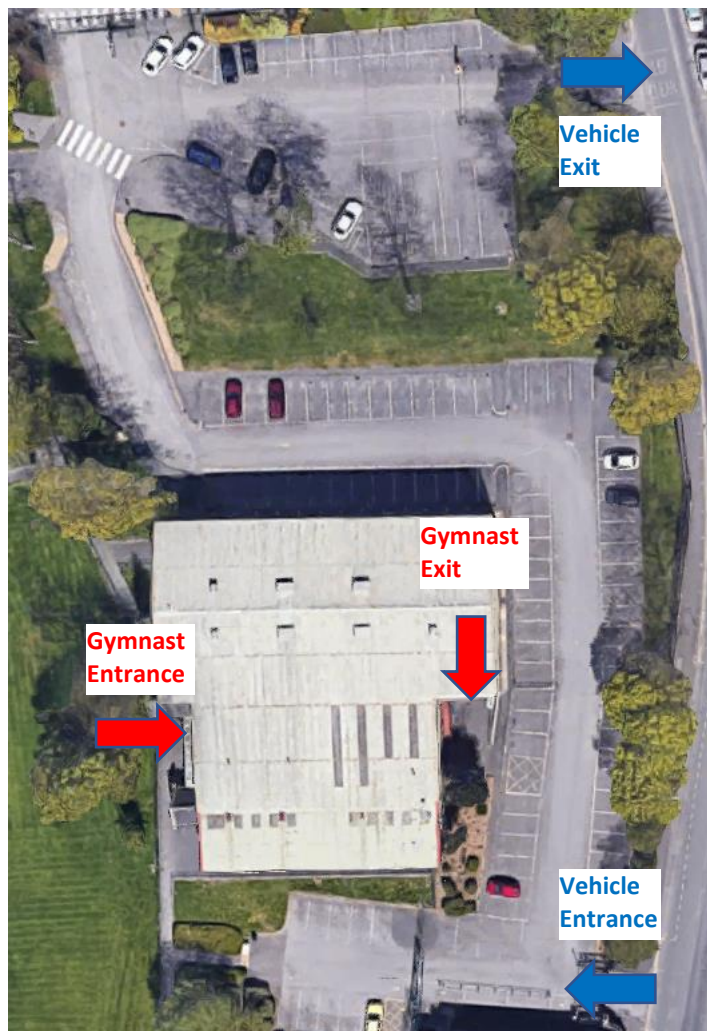


ENTRY AND EXIT PROCEDURE



Entry and exit procedure and rules for safe sessions

Entry

- Please do not try to gain entry earlier than your designated start time.
- Other than our volunteers, adults will not be able to gain entry to the sports hall.
- Parents/guardians may drop gymnasts off at the door. Due to current restrictions there will be no entry to the sports complex for parents/guardians.
- Gymnasts arriving should sanitise their hands when entering the building.
- Gymnasts over 12 years of age should wear a mask on entry.
- Gymnasts will either be directed to a waiting area or ushered directly into the hall.

During the session

- Gymnasts will leave any bags/belongings/shoes in a marked designated area.
- Gymnasts will stand on marked areas around the trampolines as instructed.
- At the coach's discretion, gymnasts may be required to sanitise their hands again during the session. Likewise, a gymnast may choose to do so unprompted – this is fine.
- It is not compulsory to wear a face mask during the session, however if a gymnast wishes to do so, they can.
- It is not recommended that a gymnast wear a face mask whilst on the trampoline.
- If a gymnast needs the toilet during the session, they must first inform their coach as well as one of the volunteers. On return to the sports hall, gymnasts should sanitise their hands.
- The changing rooms must not be used, please use one of the 2 designated toilets in the main corridor and ensure that the volunteer on duty is aware so that these can be cleaned after each use.
- Landing mats will be disinfectant mopped after each use.
- All touch points will be disinfectant mopped after each session.

Exiting the sports hall

- Gymnasts will leave the building via the fire exit at the end of the sports hall near to the trampolines.
- Parents/guardians should wait outside and please adhere to social distancing.
- Please collect your child promptly.

How you can help?

- If any gymnast is presenting Covid-19 symptoms or has been instructed to self-isolate, they must follow the government guidance and stay at home.

[Symptoms of coronavirus \(COVID-19\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)

- Please explain to your child the importance of social distancing and adhering to all instructions given by the coaches and club volunteers. This is extremely important in the current climate and will allow the sessions to run smoothly.
- Please send your child dressed appropriately for trampolining, they must wear socks, long hair tied back and absolutely NO jewellery should be worn on the trampoline.
- Please ensure your child has a drink with them, this should be water or juice.
- Please can sessions be paid for in advance by bank transfer / standing order where possible (we can accept cash on the day but trying to avoid this for now).
- Please can parents/guardians refrain from accessing the building, we are only allowed to operate with strict adherence to the current covid-19 guidelines and so until this changes we can only allow designated coaches and volunteers to access the sports complex building.