



Updated 30/12/2020

COVID19/SGA2 Rules and Regulations

- Parents/carers are not permitted to stay on-site and must only enter the grounds when dropping and collecting children, please try to adhere to one adult dropping and collecting children. (if for any reason you need to enter SJP, please wear a face covering and remain at a safe 2 meter distant from others outside your family bubble)
- Children must come dressed in sports clothing. Leggings/shorts and a t-shirt is fine. A full list of gymnastics kit can be ordered via our website. we can not permit children to get changed at SJP
- Children must come with a water bottle with a secure lid that can be carried with them throughout their lesson.

On entering SGA2 at SJP:

- Please scan the QR code each time you come to SGA2 with your NHS tracker app. The poster will be displayed on the notice board at the entrance.
- Please enter via the main church doors and adhere to a 2 meter distance from anyone outside of your bubble.
- Children will sanitise their hands.
- All gymnasts will go directly to a floor marking.

During an SGA2 lesson:

- Gymnasts will perform their warm-up and stretches via their spot and performed stationary.
- Children will be placed into bubbles of up to 5 children (bubbles will be of similar age and ability, and same schools where available) please note this may take a week or 2 to perfect.
- Children will rotate around the gym on the equipment in their bubbles.
- 4 stations will be available each week.

- The coaches are unable to physically support children on the equipment. Clear instructions will be given on each piece of equipment.
- When children move to the next station, they will be asked to sanitise their hands and the coaches will disinfect the equipment used each time we rotate.
- We are trying to reduce toilet trips, please ensure your child 'tries to go' before they come to their lesson.
- All coaches have a personal pack containing first aid, safety and disinfectant equipment. Should a child need assistance the coaches are fully equipped to deal with most and hopefully all eventualities.

Exiting an SGA2 lesson:

- Children will be called one at a time to exit SGA2 when the parent/carer is visible.
- Children will sanitise their hands when exiting and go on their jolly way.

Please note: this is a working procedure and may be tweaked to ensure the safety of all participants and viewers.

The children, coaches and families health and safety is our utmost priority, Thank you so much for your ongoing support and we can not wait to get back to creating a gymnastic club that safely and effectively gives children the confidence to learn new skills and develop their gymnastics abilities.