

# Traffic light system - Red guidelines for gymnasts & parents

Please see below guidelines for attendance at training sessions.



## **Stay home if you are unwell**

- If you're sick in any way (even if it is a mild sore throat, cough, or temperature), stay home. Please let your coach know that you will not be coming to training.
- If a gymnast comes to training and their coach does not believe they are well enough to be there, their caregiver will be contacted and they will be sent home.
- If you have symptoms of a cold or flu call your doctor or the Healthline and get tested.
- If you have been told to self-isolate you must do so immediately.
- Please inform your coach if you or anyone in your family has been in contact with someone who has COVID. We need to know immediately, as we will need to follow the closure and contact tracing protocol.

## **Supplies to bring**

- If you have your own equipment please bring this to minimise sharing of equipment where possible.

## **Snack breaks**

- There will be no scheduled food break for classes 1hr or less (gymnasts will be allowed to step aside and eat a quickly consumable snack if they are hungry though).
- Water breaks will happen as usual.
- At anytime when a gymnast is eating social distancing will occur and they will be required to sanitise before and after eating.

### **Arriving / leaving, Contact Tracing and Spectating**

- There will be a QR code and manual contact tracing at the side door. Please sign in and enter via this door to avoid crossover with other groups using the facility.
- Please use the hand sanitiser at the door as you arrive and at any point of the session you feel you need to.
- Please avoid spectating in the gym (this is to reduce the amount of close contacts in the gym). If your gymnast is quite young, new to the gym or needs you there for another reason you are of course welcome to be in the gym.
- If spectating please ensure you wear a mask.

### **General hygiene and safety**

- Cough or sneeze into your elbow.
- Do not touch your face.
- Sanitise hands often.
- Maintain physical distancing – whilst arriving and leaving, whilst training, or having a break. We need to do our best to keep at least 2 metres apart at all times.
- Wash hands or use hand sanitiser before eating snacks.
- Please listen to your coaches – your safety is their priority.
- Don't share food, drink, clothing or equipment.
- Over 12's should wear a mask when entering the building but do not need to wear a mask when exercising.

### **Vaccines**

Due to the venue we train in enforcing the use of vaccine certificates we need to comply with this to remain open. This means anyone aged 12 years and over must have a vaccine certificate to enter the gym.

See our club's vaccination policy for further information (linked below).

<https://docs.google.com/document/d/1XIoNXYLFE5TWw3kKphhcOhI8QUQGMW2Jgt7TyWXB9xU/edit?usp=sharing>