




Returning to Gymnastics




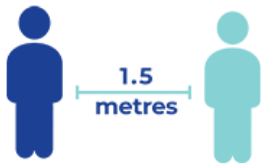



We have all missed the gym, equipment, our coaches and our gymnastics friends. To make sure you, your family and our entire gymnastics family remains safe, we have some new rules and procedures that we need you to understand and follow at all times. If you are unsure about any of these new rules and procedures, please speak with an adult.

Please do not come to Gymnastics if,

		
<p>You don't feel well. That could be in your throat, head, nose, tummy or you might have a sore leg. You have a runny nose, fever, cough or any other cold or flu like symptoms. Stay home and rest up.</p>	<p>Anyone you have had contact with in the past 2 weeks has been tested for or diagnosed with COVID 19 OR is unwell with cold or flu like symptoms, even if you are feeling well.</p>	<p>If you have returned from travelling in the past 14 days, Please stay at home.</p>

When you come to Gymnastics,

				
<p>Come dressed, ready to train. No getting changed at the gym. Bring a drink bottle of water, we cannot share.</p>	<p>Wave bye to your adult carer outside of the gym & enter by yourself. Only gymnasts will be permitted in the gym during classes unless in a Kindergym or Supernova class.</p>	<p>Sanitize your hands as you enter, when directed by your coach, after using the bathroom & when leaving the gym.</p>	<p>Stay 1.5 metres away from other people when possible. Keep your hands to yourself & away from others at all times.</p>	<p>Follow the directions of your coach at all times when doing your class and stay with your group at all times.</p>