



Dear Gymnasts, Parents and Carers,

**Exciting News, Birmingham Gymnastics Academy is re-opening on Tuesday 28<sup>th</sup> July 2020!**

This is a really exciting time for everyone at Birmingham Gymnastics Academy and we are looking forward to welcoming you back to the gym. Everyone's safety is our number one priority and things may look slightly different when you return to gymnastics next week.

We have been working hard to implement a number of new procedures highlighted by the government to enable a 'Safe Return to Gymnastics' and with the National Governing Body who have been extremely helpful providing resources, advice and support.

We would like to ask for your support to explain the new procedures to your child to ensure they are aware of requirements in order to safely return to the gym.

The new processes are highlighted below to help to prepare your child to start enjoying their gymnastics as soon as possible.

1. The time table has been adapted to both limit contact between groups and allow for the required cleaning (time table attached).
2. If you or any member of your household experiences any of the Covid-19 symptoms, you should not come to the gym. It would be appreciated if you could call the gym to explain any absence, especially for health reasons.
3. Parents and coaches are reminded that anyone at home who is deemed vulnerable (new and expectant mothers, elderly) should not attend any sessions until further notice.
4. Preparing to come to gymnastics classes - gymnasts should arrive changed and ready to participate, with a bottle of water.
5. Please ensure your child has used the toilet before arriving at the gym. Gymnasts will be able to use the toilet inside the gym if necessary.
6. Only arrive at the gym a few minutes before your class starts. There will not be anywhere within the gym for parents to wait. Parents should drop off their child as only gymnasts are allowed into the building. Please take care to observe social distancing rules. Gymnasts will be taken into the gym by staff and should be collected via the fire exit at the side of the gymnasium, after the coaches have signed them out.
7. **Structured and supervised toddler sessions** are covered by the risk assessment provided all participants have the capability to adhere to current Covid-19 guidance. It is recommended that participation in these sessions should be controlled by allowing one adult to one child only for direct supervision.
8. **Drop in classes - including pay and play sessions for pre-school children and adult drop in sessions** will not be running in the initial phase of our return to gymnastics. The situation will be monitored closely and updated as soon as it is safe to do so. In order to move forwards a social bubble would need to be created for the adult class. This would mean attendees would need to commit to a termly membership (£80.) If you are interested in this, please send an email to [birminghamgymnasticsacademy@gmail.com](mailto:birminghamgymnasticsacademy@gmail.com) to make us aware. When we receive enough interest for this class we will aim to start it again as soon as possible.

9. In the gymnastics centre, gymnasts will be asked to sanitise using hand gel provided by us on arrival, when changing apparatus and before exiting the gym.
10. The gym has been organised to allow training to take place with appropriate social distancing. Posters are in place to guide and advise gymnasts. There will also be a one way system to minimize social contact.
11. Where possible participants will work with specified coaches each session, who have been trained in special arrangements for coaching in the current circumstances to minimize contact. If any child exhibits symptoms during the sessions you will be contacted immediately to collect them from the exit at the back of the gymnastics centre.
12. At the end of each session the equipment in the gym will be cleaned by staff. When gymnasts have completed their sessions they can be collected from the fire exit at the side of the gym. Children who are not collected on time will need to be isolated so as not to cross contaminate the next group. This will also take a coach out of the gym so please make every effort to collect your child on time.

Once again please take care with social distancing. If you have any questions please speak to a member of the Birmingham Gymnastics Academy staff on 0121 455 0239 or 07736 731474

We would like to let you know that we have appointed a Covid-19 officer, Lesley Browne to monitor the welfare of all attendees to the premises, staff and members alike. Lesley will oversee our Covid-19 risk assessment and mitigation plan, ensuring all staff are inducted and trained to keep the gym as safe as possible for our children and their families.

We look forward to welcoming you back into the gym on Tuesday 28<sup>th</sup> July and ask you to check the class times as most times have changed to enable cleaning to take place between each class. If guidelines change in the near future we will post details via social media.

In the meantime, stay safe and take care.

Yours sincerely

Lesley, Michael, Jessica, Natasha, Catherine and Sam.