

PHASE 1 OF RETURN TO GYM

KSTP QUICK FACT SHEET

As with all industries during this time, we are getting ever changing information and we expect that as we move forward restrictions will change or lift. However, for the initial comeback there are significant rules that we must follow. We appreciate all our families for helping us to keep within the guidelines.

- **Drop, Train, Leave** - this is the fundamental rule as outlined by the State Government and Gymnastics NSW and Gymnastics Australia. This means;
 - *No lingering before or after class*
 - *No coming early*
 - *No parents in foyer* (excluding KinderGym and Tumble Tots families, where we ask 1 parent per child).
- Students should arrive dressed ready to train and come with a full drink bottle of water, no sharing of drinks.
- As we are not permitted to have parents in the foyer, the office is closed. Parents are asked to email us with any questions info@kstp.com.au
- Kiss and Drop is being implemented. Students are to be dropped off in the turning circle, a KSTP employee will be there to greet your child and direct them to their allocated area to keep their belongings for the duration of their class. This area will be marked to adhere to physical distancing. (see below for under 5s)
- Pick up procedure will be the same as drop off in that you will drive around the turning circle to collect your child. A KSTP employee will walk your child to the car. We ask that you place a clearly visible sign on your dashboard with your child's surname. (see below for under 5s)
- Maximum of ten athletes per class/coach.
- Athletes will need to follow the 1.5 metre rule, markings will be on the floor in the gym and the rest areas and must be followed by all students.
- Students will be asked to sanitise their hands on arrival and encouraged to sanitise throughout their session.
- There will be a separate entry and exit points to the gym, students must listen to their coach.
- Clean socks are to be bought to gym every session, we will NOT have a sock bucket, for those without socks, they will be required to purchase a pair from the office.
- Athletes must wear shoes when going to the bathroom.
- Under 5's classes, we ask parents of Tiny Tumblers to walk their children to the door to drop and go.
- KinderGym and Tumble Tots parents will need to register when they arrive.

Updated: 10th June 2020