



‘RETURN TO GYM’ MEMBER HANDBOOK Phase 1



There are so
many reasons
to smile :)



**We are a registered
COVIDSafe Club.**

We are following and abiding by the
Gymnastics NSW Return to Sport Plan

View the GNSW Return to Sport Plan
www.gymnsw.org.au/reboot



Gymnastics
New South Wales

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RETURN TO GYM: SATURDAY 13TH JUNE 2020



PRE-BOOKING YOUR CLASS IS ESSENTIAL



You MUST pre-book your class.

Students will not be permitted to join a class if they have not pre-booked on Trybooking, this is to ensure classes are paid upfront and to manage numbers.

The maximum per class is 10 students to one coach as per the NSW State Government policy, if your child's usual class is full, please text us on 0435 155 834 and we will provide you with alternatives.

We have set up a link that will keep all our families up to date with links and information. [Click here](#)

BOOKING LINKS

Bookings will be open each Thursday for the following week. Links are below (but will also be sent by text). For squads and competitive programs, you MUST choose each day you are coming before clicking the weekly button, otherwise it doesn't log what days you are attending.

[WEEK 1 Classes from 13th to 18th June](#)

[WEEK 2 Classes from 20th to 25th June](#)

[WEEK 3 Classes from 27th June to 2nd July](#)

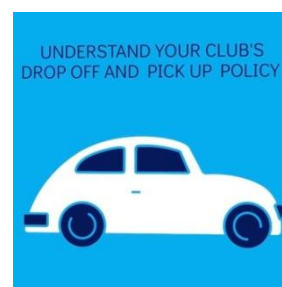
We envisage that this will be the new normal for the next three weeks and once we get to term 3 we will go back to invoicing.

BEFORE YOU ARRIVE FOR CLASS

- Stay home if your child or someone in your family is sick!
- Students to get dressed ready for your tumbling class.
- Wash hands and feet.
- Bring clean socks and full drink bottle with you.
- Stay in the car, until you see your coach and drive to the drop off spot to meet your coach.
- Parents are asked NOT to come into the foyer, for any questions please email the front office.

DROP, TRAIN, LEAVE – THE NEW WAY

Due to restrictions, we are following AIS suggested **Drop, Train, Leave** method. We understand that this may be an inconvenience for some families, however we hope you appreciate that we are under strict restrictions by the State Government. As restrictions change daily, we envisage these changes are short term. Your cooperation will ensure we keep safe and healthy.



Drop

- Students are dropped off at the time of their class.
- We will be adopting the Kiss and Drop method, please park in a parking space, when you see your child's coach in the turning circle, drive up and let your child out of the car.
- Parents and siblings are not permitted inside the foyer for social distancing (excluding Kindergym and Tumble Tots). The office is closed, for any questions, please email us at info@kstp.com.au

Train

- Students will need to come prepared for class, this means come dressed, bring clean socks, and a full bottle of water.
- Students will follow the directions of their coach to ensure they are keeping the 1.5 metre rule.
- Students in competitive classes will need to bring their own personal equipment including chalk, rollers and straps.
- To ensure hygiene is at the forefront, students will put hand sanitiser on when entering the foyer, and between every apparatus.
- Students will be required to wear shoes when going to the toilet, wash hands and put hand sanitiser on before entering the gym.

Leave

- Students will collect their belongings and put hand sanitiser on.
- Parents are asked to place a sign with their child's surname on their dashboard.
- Students will wait in the foyer with their coach, parents are asked to drive to the Kiss and Drop area and the coach will bring the student to the car.

FOOTWEAR

When arriving for class, student's shoes will be placed neatly in the new racks adjacent to the front door.

Clean socks *must* always be worn inside the gym. We will no longer have a sock bucket; therefore students who don't have socks will be given a new pair and parents will need to purchase them on collection. As we are cash free, the eftpos machine will be taken to the car for a tap. The socks should be only a few dollars (we are looking into this at the time of writing).

Shoes must be worn when going to the toilet; it may be easy for children to wear slip on shoes rather than joggers should they need to use the bathroom mid class.

NUMBERS IN THE GYM



Based on the square meterage of the gym we are permitted to have the maximum of 100 students in the gym at one time.

However, to ensure a smooth transition and to allow plenty of space for our students we plan on having 50 students at one time.

TRAINING WILL BE DIFFERENT

With social distancing requirements, training in all classes will look a little different. We will be sanitising before, during and after classes, we will be cleaning the equipment more often and our classes will be social distanced.

With twelve weeks off, we know each student has their own scenario. Some will have kept up with our Google Classroom program, or attended our bootcamps, some may have done their own fitness program with their families, while others have taken a break and that's ok.

Following the guidelines by Gymnastics Australia and to ensure students ease their way back to physical fitness we won't be rushing back to where we left off. The transition will look different for each student and our coaches will manage this at an individual level, but in the main it will be take things slowly and get our bodies stretching and strengthened.

Other changes will be have zones for each group, we will be limiting the amount of spotting, and only do so when absolutely necessary, we will have less equipment being used and be wiping down equipment after each rotation.



MAKE UP CLASSES FOR ILLNESS

At this time when we are keeping health and safety a priority. Students **MUST** stay home if they or a family member is not well. If a child arrives with flu like symptoms they will be sent home.

At this time, makeup classes will still be offered to all programs, however due to the current restrictions the process will be different.

To be eligible for a makeup class, families must advise prior to their child's class that they are not coming in by texting 0435 155 834.

All makeup classes must be booked through the office by texting 0435 155 834, availability for makeup classes is at the discretion of management.

Due to restrictions on class numbers we may have limited days/timeslots that we can book you in for a makeup class based on our timetable. We are unable to guarantee the makeup will be available in your current program or similar time.

Once the restrictions have eased, we plan to go back to our usual policy as found in our KSTP Club Handbook which can be found on our website.



MAKE UP CLASSES FOR LAST THREE WEEKS OF TERM 1

As you will understand, we were forced to shut down the last three weeks of term 1. Due to the financial impact on our business we were unable to refund or provide a credit for these missed classes. All parents were notified on closure.

The following will be offered to our students;

Under 5's, we understand that families in this age group have limited times to do makeup classes due to preschool, therefore this group will get a credit towards term 3.

Recreation (GymFun, GymSkills, GymSkills Advanced), we are offering families to do their three make up classes during term 3. In addition to this student in these programs can book into the free school holiday sessions, see below for more details on these sessions.

Squads and Competitive classes (excluding High Performance), classes will continue through the school holidays for these programs at no cost to families to 'make up' for classes missed in the last three weeks of term 1, in addition students can book into a free school holiday session, see below for more details.

School Holiday Workshops During the first week of the school holiday we will be holding FREE workshops to assist with making up classes missed in term 1 due to Covid closures. The sessions will be held every day from 9am to 12pm. Bookings will be essential to manage numbers. A link for Trybooking will be sent to all families. This is open to all students in recreation, squads and competitive programs who need to makeup their classes.

KINDERGYM, TUMBLE TOTS, TINY TUMBLERS



Due to the nature of these classes and the limitations of availability due to preschool etc, students in these classes only will receive a credit on their term 3 invoice for three weeks. We ask parents to use Trybooking booking as above for any classes you wish to attend between now and when Term 3 starts on 20th July.

To limit the amount of people in the foyer, we ask that you follow the guidelines of arriving in time for your class only and leaving as soon as class is over.

With the age of Tumble Tots we are happy for parents to stay in the foyer for the hour class, but following social distancing.

All KinderGym and Tumble Tots parents will be required to register their attendance using the app, this is a requirement to trace who is at KSTP. Students will not need to do this as we have a class roll.

CLASS TIMETABLE

The schedule below is in place for week 3, Saturday 27th June to Thursday 2nd July, however is subject to change.

PROGRAM	Recommended	SATURDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Under 5's						
KinderGym	1 hour (1 day)		10.00 - 11.00am			10.00 - 11.00am
Tiny Tumbler	1.5 hours (1 day)		11.15 - 12.45pm	11.15 - 12.45pm		11.15 - 12.45pm
Tumble Tots	1 hour (1 day)		11.15 - 12.15pm	11.15 - 12.15pm		11.15 - 12.15pm
Recreation						
GymFun only		8.45 - 10.15am				
GymSkills only		8.45 - 10.15am				
GymFun & GymSkills Combined	1.5 hours (1 day)		4.30 - 6.00pm	4.30 - 6.00pm	4.00 - 5.30pm	5.00 - 6.30pm
Competition Classes - Levels Stream						
Stage 1 & Stage 2 State Squad	4 hours (2 days)	8.00 - 10.00am	4.00 - 6.00pm		4.00 - 6.00pm	
Open Intermediate Levels	5 hours (2 days)	10.30 - 1.00pm	5.30 - 8.00pm		5.30 - 8.00pm	4.30 - 7.00pm
Open Advanced Levels	9 hours (3 days)	11.30 - 2.30pm		5.00 - 8.00pm		4.00 - 7.00pm
Junior Development Squads - National Stream						
Stage 1 National Age Squad	4 hours (2 days)	10.15 - 12.15pm		4.15 - 6.15pm		4.15 - 6.15pm
Stage 2 National Age Squad	5 hours (2 days)	8.30 - 11.00am		4.00 - 6.30pm		4.00 - 6.30pm
Junior National Age Squad	10.5 hours (3 days)	11.00 - 2.30pm	4.00 - 7.30pm	4.00 - 7.30pm		
Open Age Development Squad	14 hours (4 days)	8.00 - 12.00pm	4.15 - 7.45pm		4.15 - 7.45pm	4.00 - 7.00pm
Elite Squads - International Stream						
KSTP/Gym NSW HP Tumbling Squad	23 hours (5 days)	9.00 - 1.00pm	6.30 - 8.30am 3.30 - 6.30pm	6.30 - 8.30am 3.30 - 6.30pm	3.30 - 6.30pm	6.30 - 8.30am 3.30 - 6.30pm

ENTERING THE FOYER

Following guidelines, KSTP staff, parents or visitors who enters KSTP and stays for longer than five minutes will need to register their attendance. Regarding parents, it really should only be KinderGym and Tumble Tots parents. For ease and to avoid sharing of pens, there is a scanning point that will be used. This can be used easily by turning your phone camera on, holding it to the barcode, this will bring a Jot form on your phone to complete. We appreciate your assistance.




MORE INFORMATION











For more information please visit the [Gymnastics NSW Website](https://www.gymnasticsnsw.com.au/).

Gymnastics NSW

Rebooting Gymnastics

COVID-19 Recovery



 <div style="background-color: white; color: black; padding: 5px; margin: 5px;"> Keep your drinks to yourself. Write your name on your water bottle and do not share drinks. </div>	<div style="background-color: white; color: black; padding: 5px; margin: 5px;"> We still need to remember our social distancing. Make sure to still keep 1.5m from others at training. </div> 
 <div style="background-color: white; color: black; padding: 5px; margin: 5px;"> We will use our words to instruct and encourage our athletes - but physical contact will be limited where possible. </div>	<div style="background-color: white; color: black; padding: 5px; margin: 5px;"> High touch areas such as door handles, benches and counters will be regularly disinfected. </div> 
 <div style="background-color: white; color: black; padding: 5px; margin: 5px;"> Our feet need cleaning too! Before, during and after gym we will make sure our feet are washed or sanitized. </div>	<div style="background-color: white; color: black; padding: 5px; margin: 5px;"> All equipment will be cleaned as per manufacturers guidelines and will be cleaned regularly before and during and after use. </div> 
 <div style="background-color: white; color: black; padding: 5px; margin: 5px;"> If you or someone in your family is feeling sick, do not come to gymnastics. And remember to always cover your mouth cough or sneeze </div>	<div style="background-color: white; color: black; padding: 5px; margin: 5px;"> All members will be expected to wash their hands or use hand sanitizer upon arrival into the gym. Repeat on exiting. </div> 
 <div style="background-color: white; color: black; padding: 5px; margin: 5px;"> Gymnastics will be a "in and out" environment. Please limit contact with other families in the gym, including during KinderGym. </div>	<div style="background-color: white; color: black; padding: 5px; margin: 5px;"> We won't be sharing equipment or chalk at the gym, and will remember to keep things clean between turns. </div> 

This fact sheet is based from advice from
AIS Guidelines for Return to Sport and
NSW Sport and Recreation Guidelines