



'CONTINUE IN GYM' MEMBER HANDBOOK

Updated 20th October 2020



There are so
many reasons
to smile :)

TABLE OF CONTENTS

| | |
|---|---|
| WE ARE A REGISTERED COVIDSAFE CLUB..... | |
| GUIDELINES HAVE EASED..... | 1 |
| PARENT & CARERS, WHEN IS IT OK TO COME INTO THE FOYER | 1 |
| BEFORE YOU ARRIVE FOR CLASS..... | 2 |
| DROP, TRAIN, LEAVE, THE NEW WAY | 2 |
| ENTERING THE FOYER | 3 |
| NUMBERS IN THE GYM & THE FOYER..... | 3 |
| TRAINING WILL BE DIFFERENT | 3 |
| FOOTWEAR | 3 |
| MAKE UP CLASSES FOR ILLNESS..... | 4 |
| FOR MORE INFORMATION | 4 |
| GYMNASTICS NSW REBOOTING GYMNASTICS | 4 |



**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



GUIDELINES HAVE EASED!

It was pleasing to hear that the NSW State Government have eased restrictions. What does this mean for us?

- It means we can welcome parents into the foyer to attend to business, such as paying an account, answering individual questions you may have.
- It means we still have to be vigilant on the 1.5metre rule as we are indoors, this means no more than 15 people in the foyer is permitted, so if you need to come in and see more than 15 people, please wait.
- It also means we can work toward having an audience for our end of year Showcase, this is something we can be excited about. Showcase will definitely look different due to the numbers we can have in the gym, however we will communicate details in due course.

We know that Gymnastics Clubs are still being randomly audited and given that we share this space with other members of the community and church, it is possible for someone to report us if they feel we are not following the guidelines. Therefore, we must always do the right thing.

Please do not become complacent, please ensure you help us do the right thing and follow the guidelines as outlined in this handbook.



PARENTS AND CARERS, WHEN IS IT OK TO COME INTO THE FOYER?

To ensure we follow the 1.5 metre guidelines, we ask that you refrain from coming inside the foyer when not necessary. Times when it is ok to come in is;

- If you are attending a KinderGym class
- If you have a child under 5 and choose to stay while their class is on. In this case, we can't remind you enough to follow the 1.5metre distancing.
- If you are bringing your child in for a Free Trial
- If your child has done their Free Trial and you are signing them up.
- If you want to pay your account by eftpos or cash.
- To speak to a KSTP Team Member
- To use the bathroom

Please remember when you do come in to use the QR Code on the door to sign in for contact tracing. Don't forget to click submit on the bottom of the form.

We have found that when a parent comes into the foyer it causes uncertainty for other parents and carers as to them wondering if it is ok to come in therefore we ask that if you don't need to come in for the reasons above you continue to use Kiss and Drop.

BEFORE YOU ARRIVE FOR CLASS

Page | 1

- Stay home if your child or someone in your family is sick!
- Students are asked to get dressed at home and come 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 to refrain from coming into the foyer unless needing to do any of the abovementioned.



DROP, TRAIN, LEAVE – THE NEW WAY

We will continue to follow the AIS (Australian Institute of Sport) recommended method of **Drop, Train, Leave**. We understand that this may be an inconvenience for some families, however we hope you appreciate continuing this method is the safest way for our students to get into class. *Parents are asked not to mingle in groups in the carpark for long periods of time.* Your cooperation will ensure we keep safe and healthy.

Drop

- Parents are asked to use the Kiss and Drop method at the new Drop Off Zone marked at front doors.
- To ensure we get as many people in the drop off zone and limit the line in the carpark, please ensure you drive right to the end of the drop off zone where you will see the Pick up and Drop Off sign, and don't leave big gaps from the car in front of you.
- Remember this is Kiss and Drop and we need to have a flow of traffic to avoid long queues. Please ask your child to be prepared and ready to hop out of the car when greeted by our staff.
- If you need to speak to the coach or staff member please park the car and come into the foyer, again to ensure we have traffic moving.
- Where possible, students should come ready and dressed for classes.

Train

- Students will need to come prepared for class, this means bring clean socks, and a full bottle of water.
- Students will be required to follow the directions of their coach to ensure they are keeping the 1.5 metre rule.
- Students who use strapping and chalk will need their own supply.
- 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

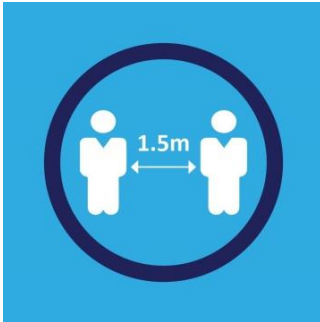
- After class, students will collect their belongings and put hand sanitiser on.
- Students will wait in the foyer with their coach, parents are asked to drive to the Kiss and Drop area and the coach will bring the student to the car.
- For safety, we will not allow children to walk through the carpark to an awaiting car, parents are required to drive to Kiss and Drop to collect their child.

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. KSTP are using a QR Code. This can be used easily by turning your phone's camera on and pointing it to the code. We will keep the information for 28 days and it will then be deleted. The information will not be used for any other reason than being needed by NSW Health if required.



NUMBERS IN THE GYM AND THE FOYER



Based on the square meterage of the gym we are permitted to have the maximum of 100 students in the gym at one time and 40 in the Corinthian Room.

The foyer space allows us to have 15 at any one time. Please refer to the above information regarding parents in the foyer.

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.

We have implemented 'zones' for each group to leave their belongings this helps with the 1.5 distancing rule. As per the guidelines from Gymnastics NSW we will be limiting the amount of spotting, and only do so when necessary, we will have less equipment being used and be wiping down equipment after each rotation.

CLEAN YOUR HANDS BEFORE,
DURING AND AFTER CLASS



FOOTWEAR

When arriving for class, student's shoes will be placed neatly in the 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 which parents can purchase on collection of the child, the cost is \$2.

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.

MAKE UP CLASSES FOR ILLNESS

Currently while we are following the Covid 19 requirements and the emphasis is keeping health and safety a priority, student 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 not always have the availability on your preferred day.

Makeup sessions will need to be done within the term and can be done as per the table below;

| | |
|---|--|
| <i>Under 5's -KinderGym, Tumble Tots, Tiny Tumblers</i> | <i>Makeup classes within their program on any other day, if due to preschool this cannot be achieved we ask families to contact us. Tiny Tumblers can also use GymFun to makeup a class.</i> |
| <i>Recreation, GymFun, GymSkills, GymSkills Advanced</i> | <i>Makeup classes are done within their program on any other day.</i> |
| <i>Stage 1 & 2 State & National Squads, Intermediate Levels</i> | <i>Makeup classes can be done within their program on any other day.</i> |
| <i>Juniors</i> | <i>Makeup classes can be done in a Stage 2 National Squad class or Intermediate Levels class.</i> |
| <i>Advanced</i> | <i>Makeup classes can be done in the Open Age program</i> |
| <i>Open Age</i> | <i>Makeup classes can be done in the Elite morning or afternoon program.</i> |

MORE INFORMATION

For more information please visit the

[Gymnastics NSW Website.](#)

