

AXMINSTER GYMNASTICS CLUB NEW NORMAL OPERATING PROCEDURES FOR MEMBERS/PARTICIPANTS

PRE ARRIVAL / ARRIVAL

1. You must travel to training individually, in household groups or you may car share with someone from your training group following government guidelines. Adhere to government guidelines if using public transport. Participants can park in the car park as normal.
2. Arrive dressed for work or training. Hair must be tied up and ready and all jewellery removed as coaches cannot help with any of these self-care needs once in the centre. Children are not required to wear masks but are welcome to if they wish in entry/waiting areas and when doing suitable calmer activities.
3. Bring the minimal personal items you require into the centre. Participants will have a personal bucket that will stay with them for the duration of the session to put their belongings in. The bucket will be colour coded to your class group colour. Each class group has a max of 11 children in and the same children booked into that group for the whole term. There will be 3 x groups in the gym at one time. This as a total is much less than before. Children cannot change groups or attend more than one group at the club. Recreational and intermediate children will have the same coach every session. Squad children may have the same multiple coaches over the week of their sessions.
4. Recreational + Intermediate Children require their own water bottle only. Advanced Intermediate + Squad Children require the following:
 - Water bottle
 - Chalk bag, bag + spray bottle (see video for how this will work)
 - Gloves + loops + foam roller as required by the group you are in.
 - Your own set of sliders, core conditioning discs + a theraband elastic
5. You will be required to wait in the car or outside, socially distancing along by the gym club window. 5-10minutes before your class your coach will call you in and take your temperature. If your temperature is 'Green' 37.3 or under then you will be invited in. If it is 37.8 or above and/or shows 'Red' you will be asked to return home. If you miss this entry window you will not be able to join in as you will have missed the required entry procedure and gymnasts from another class may even be preparing to leave. If there is an unexpected reason please call us and if you are attending a longer session we may be able to organise a 'clear' time free from departing gymnasts to admit you to your session. For recreational gymnasts that is not possible. All the sessions are staggered so we have no overlap of arrival and departure and time between sessions and everyone entering must go through our arrival procedure and must participate in the warm up.
6. On your way in use the no touch sanitiser and then make your way up the stairs following the lines/crosses. From here please find a chair (fill up from the back) with a bucket on and then remove your shoes, place these and other personal belongings in your bucket and be ready to enter the main gym.
7. On entry you will be asked to go to a place for your warm up which may be marked with a cross or a spot/hoop etc. Make your way to this area with the help of your coach and be ready to begin :)
8. Adults and viewing. We do take our safeguarding and safe coaching practices seriously, but unfortunately at this time we must operate a 'drop off' only policy

for all classes school age 4-6yrs and upwards. We can only have around 30 people in at once including staff and to allow one 'group' of 8 grown ups would remove an entire group from the gym and mean we could not operate at all. We hope this will change in the not too distant future.

DURING THE SESSION

9. The whole group session will take place in half of the gym (if recreational) or in all areas (if intermediate or squad) and include the use of at least 2 x pieces every session. The area will change each week on a 2 x week rotation (Bar/Vault/Floor + Beam/Floor/Vault) Social distancing of 2m will be adhered to at all times by staff and children in all recreation + intermediate groups, this is a requirement for us to operate and includes children of all ages.
10. Drinks + breaks - the children have their own water bottle and their bucket stays with them so there should be no need to move for drinks/breaks
11. Hand hygiene + cleaning - When using the area as a circuit there are hand sanitising stations as stations within the circuit. Equipment stations immediately after a sanitising station and no touch, i.e. just a jumping station, will not be cleaned between participants within the same group, however other stations will. We will be using a Toucan Eco111 system for our between user and between group cleaning as it is safe, effective and eco friendly. We have taken extra precautions and the beams now have a vinyl cover + we have toppers for the vault tables so they will be able to be cleaned safely.
12. Toilet facilities - If going out to the toilet the child must wash their hands following the guidance in the toilet.
13. Behaviour management and disciplinary procedures will be followed for any members not following the rules.
14. Safe systems for first aid will be followed.

END OF CLASS

1. 5 minutes before the end of the session the children will cool down and be asked to collect their buckets and line up to leave the room. On leaving the room they will make their way out onto the crosses in the reception area. Here they will take their personal belongings out of their bucket and put on shoes etc. On departing they will leave their bucket in the designated area and will sanitise their hands before leaving. The coach will lead them downstairs to be collected by a grown up outside.
2. All our lesson times are much more staggered than before so there is no overlap of members arriving/leaving. Please arrive 5 minutes before your child is due to finish so that we can ensure everyone leaves on time. If you know you are going to be late for an unexpected reason, please call us and we can arrange a safe place for your child to wait. Picking up children on time is part of the club code of conduct and rules. The time between classes is needed for important cleaning and to be ready for the next class. As you can appreciate we are a small venue and cannot place many children somewhere safe whilst waiting.
3. When you go home you need to change out of your gym clothes and have a shower or bath. You will need clean and different training clothes for each session.

COMMUNICATION + FEES

1. The majority of communication will occur by emails, social media and phone. Between sessions our time will be tight to clean and get everything ready for the next group. If you need to speak to a coach in person then we can book a meeting and arrange for you to come in at a suitable time.
2. For class payments we encourage you to set up a monthly standing order or pay by BACS or by card over the phone for your child's fees (at no extra cost) during office hours. You can also pay online via C4K (with an extra platform fee). Your child's place will now only be secured with payment for the session in advance by one of these methods. Clothing can still be ordered and we can send out an online form for you to fill in, and then again pay by one of the above methods. The information is now as follows:
Structured 2-3yrs - 40mins - £4 (with grown ups)
Structured 3-4yrs - 45mins - £4.50 (with grown ups) (£18/month)
Recreation 4-6yrs 45mins - £4.50 (£18/month) or 60 mins - £6 (£24/month)
Recreation 7-9yrs + some 10-12yrs- 60 mins - £6 (£24/month)
Recreation 10-13 + 14-17yrs - 60 mins - £6 (£24/month) or 75 mins - £7.50 (£30/month)
3. Annual insurance. After 2x trial sessions everyone in 4-6yrs classes and above will require British Gymnastics Membership + Insurance which runs from November - November.
4. Club Membership. Our club membership is equivalent to £1/month and is £12 renewable on 1st June 2021. If you join before we do run this on a sliding scale so there may be a few pounds to pay for a couple of months and then renew in June along with everyone else.

We hope this gives you a good idea of everything we have in place and how a session will run. Below are both timetables of recreational gymnastics and competitive gymnastics including coaches for each day...



RECREATIONAL TIMETABLE FOR APRIL 2021 ONWARDS

DAY/TIME

CLASS

MONDAY

10-11.30am	Free Play Tots (Start date tbc - 17th May earliest)	
4.15-5.00pm	Recreation age 4-6yrs	Coach Rachel + YL Keira
4.25-5.25pm	Recreation age 4-6yrs	Coach Emma James + YL Kelci
4.35-5.35pm	Recreation age 7-9yrs	Coach Katie
5.25-6.25pm	Recreation age 7-9yrs	Coach Emma James
6.35-7.50pm	Recreation age 10-14yrs	Coach Emma James + Rachel

TUESDAY

4.15-5pm	Recreation age 4-6yrs	Coach Beth
4.25-5.25pm	Recreation age 7-9yrs	Coach Becky + YL Emily

WEDNESDAY

4.10-4.55pm	Recreation age 4-6yrs	Coach Tori + Zoe
4.20-5.20pm	Recreation age 7-9yrs	Coach Rachel
5.05-6.05pm	Recreation age 7-9yrs	Coach Tori + Zoe
6.40-7.55pm	Recreational age 10-14yrs	Coach Tori

THURSDAY

9.30-10.15am	Pre School 3-4yrs	Coach Becky + Tori
10.30-11.10am	Structured 2-3yrs	Coach Becky + Tori
11.30am-12.30pm	Home Education	Coach Becky + Tori
4.00-4.45pm	Recreation age 4-6yrs	Coach Tori
4.15-5.15pm	Recreation age 4-6yrs	Coach Florrie + Zoe
5.15-6.15pm	Recreation age 7-9yrs	Coach Florrie + YL Jas
6.30-7.30pm	Recreation age 7-9yrs + 10-12yrs	Coach Rachel
7-8.15pm	Recreation age 10-13yrs + 14-17yrs	Coach Tori + Rachel

FRIDAY

9.30-10.15am	Pre School 3-4yrs	Coach Becky + Tori
10.30-11.10am	Structured 2-3yrs	Coach Becky + Tori
4.15-5pm	Recreation age 4-6yrs	Coach Tori
4.20-5.20pm	Recreation age 7-9 + 10-12yrs	Coach Becky + Rachel

SATURDAY

9.10-10.10am	Recreation age 4-6yrs	Coach Izzy + Fern
10.20-11.20am	Recreation age 7-9yrs	Coach Izzy + Fern
11.45am-12.45pm	Recreation age 7-9yrs +10-12yrs	Coach Izzy + Becky
2.40-3.40pm	Recreation 10-13 + 14-17	Coach Tori

**COMPETITIVE TIMETABLE FOR APRIL 2021****DAY/TIME****CLASS****MONDAY**

5-8pm	Women's Artistic 1 + 1 Prep	Coach Emma Rowe + Rachel
5.45-7.45pm	Intermediate	Coach Katie

TUESDAY

4.35-6.05pm + 7.35pm	Women's Artistic 2 + 2 Prep	Coach Tori + Carly
5-8pm	Women's Mixed 2 + Tumble	Coach Beth +Becky + YL Bella
5.25-7.55pm	Men's Rebound Squad	Coach Emma James, Becky + Jan
6.05-8.05pm	Women's Artistic 1	Coach Carly + Beth

WEDNESDAY

4.30-6pm or 6.30pm	Intermediate	Coach Emma Rowe + YL Izzie
5.20-8.20pm	Women's Mixed 1 + Tumble	Coach Becky + Emma Rowe
6.05-.8.05pm	Intermediate/Display	Coach Rachel + Becky

THURSDAY

4.30-6pm	Beginner Intermediate	Coach Rachel + Freya
4.45-6.45pm or 7.15pm	Women's Artistic 1 + 2 Prep	Coach Emma Rowe + Tori

6.00-8pm

Advanced Intermediate

Coach Becky

FRIDAY

4.35-6.05pm

Women's Artistic 1 Prep

Coach Emma Rowe

5-8pm

Women's Artistic 1

Coach Emma Rowe + Freya

5.20-8.20pm

Women's Mixed 1 + Tumble

Coach Becky + Rachel

6.05-8.05pm

Women's Mixed 2 + Tumble

Coach Becky + Tori

SATURDAY

9am-12pm

Women's Artistic 2

Coach Tori + Florrie

9.05-11.35am

Women's Mixed 2

Coach Vicky

11.20am-1.20pm

Intermediate

Coach Emma Rowe + Tori

12 - 4.30pm

Women's Artistic 1 + 1 Prep

Coach Emma Rowe + Florrie

12.45-4.15pm

Tumble Squad

Coach Becky