

On Saturday 25th July we will open our Gym doors after our lengthy shutdown, we know the gym will be a very different environment to the one the children left in March. To help introduce you and your child to some of the changes, we have put together a short video. This video is really aimed at Recreational children but will give gymnasts an idea. Children will be in small groups called 'bubbles' (maximum of 5/6) within their session group as far as possible these groups will be based on known friendships. Each group will be based in an allocated bubble within the gym. The idea is similar to that in schools where we create small, protective bubbles which minimize contact and mixing.

A few reminders:

- Children must not attend Gym if they have coronavirus symptoms, or if someone in their household does. To access testing, parents will be able to use the 111 online coronavirus service if their child is 5 or over. Parents will be able to call 111 if their Child is aged under 5.
- Children will access the gym using the main front door on the left. All belongings will be left with the adult dropping them off except for their bag with lunch/snacks/drinks & items on list below. A lot of our conditioning equipment that the gymnasts normally share will now be out of action as cleaning is too lengthy.
- Unfortunately, parents/carers will not be allowed in the gym.
- Your child will have their temperature checked on arrival and be instructed to clean their hands with hand sanitizer before entering the main gym.
- All children should bring their own water bottle which is taken home to be washed at the end of the session. Please note your child will not be allowed to take part in their class if they arrive without one – our coaches will not be able to supply drinks. If you have forgotten your bottle, bottled water is available to buy 50p.
- Parents/Carers must drop-off and pick-up from the correct door to ensure social distancing.
- Please only arrive at the designated time to avoid congestion and delays to other classes. It is important our coaches have time to sanitize the equipment between classes.
- **PLEASE NOTE-OUR CAR PARK WILL NOT BE AVAILABLE FOR CUSTOMER PARKING. PLEASE USE ADDITIONAL ON-SITE PARKING NEXT TO THE POST OFFICE.** This is to maintain safety when classes enter & exit.
- Only one adult should bring/collect the child and adults must maintain social distancing at all times. We ask that siblings not attending the same session remain with parents/cares at all times or, where possible, remain at home.

As social distancing in the office area of the gym is challenging, please communicate with us via the libertygymnasticsclub@hotmail.com email and by telephone [07825768711](tel:07825768711). Office staff can pass messages to coaches to avoid congestion at entry and exit points.

Your child 1st session.

We are aware that this unwelcome break in training has been difficult for the children, so we aim to try and alleviate any fears and worries they may have. Lots of them have had wobbles about coming back to gym, worried that they will have lost moves/fitness/stamina etc.

We will start their 1st session back with a chat in their group about their lockdown experiences, who has been to school, share this with those who haven't, what it has been like. Assure them all that it's going to take time to regain their pre-lockdown gymnastics and fitness, and that we have no expectations of what they will still be able to achieve. There are /no competitions this year so no pressure.

We want to get them back to a near normal part of their life as quickly as possible. No promises though!!