

ENIGMA
GYMNASTICS
CLUB



Return to Sport
Club Expectations for
Gymnasts & Parents/Carers

The Club will ensure the following is in place:

- a. Gymnasts should only bring what they need to take part in their gymnastics class (i.e. face covering, hand sanitiser, gym slippers, full bottle of water, hair accessories)
- b. Gymnasts should arrive with their hair neatly tied up and jewelry removed. Our volunteers will not be able to help as they might have done before.
- c. Gymnasts should arrive ready for their class before they enter the sports hall/gymnasium. This includes making sure they have their gymnastics clothing on (underneath other clothing) as the changing rooms may not be open.
- d. Gymnasts should bring a kit bag or reusable bag to fit all clothing they do not require to have on when taking part in the class. This bag will be left on a numbered spot at the edges of the sports hall/gymnasium.
- e. It is important for gymnasts to regularly wash/sanitise their hands before, during, and after your gymnastics session to keep them clean.
- f. There will no longer be a valuable box. All valuables should be left at home. If valuables need to be brought, they are the responsibility of the gymnast and should be placed in their kit bag.
- g. Gymnasts should wear layers of clothing when taking part in their class. All windows and internal doors will be open to create appropriate ventilation. It is likely to be cool, particularly in the winter months.
- h. Gymnasts will be expected to wear gym slippers and on all types of apparatus. Gymnasts will be unable to participate without them.
- i. On arrival gymnasts will enter through the foyer and proceed to the hall they are assigned to. The hall doors will have a colour on the door indicating which hall they should meet their volunteers in and will be advised to put their kit on a number spot at the side of the room.
- j. Gymnasts have been assigned to class bubbles (groups) and have been created taking into consideration ability and / or age. Gymnasts will work in these groups each week and will not move from group to group.
- k. Groups are by colour (yellow, red, green, or orange) which corresponds to volunteers who have also been assigned groups. Each volunteer will wear a coloured band making it easy to identify who is working with which group. The same volunteers will work with the same group of gymnasts which week and on all apparatus pieces.

- l. Gymnasts and volunteers are expected to sanitise before and after each apparatus rotation.
- m. It should be noted that supporting/spotting a gymnast is in the first instance to be avoided. This guidance has been given to the Club by our Governing Body. Volunteers will make use of equipment build ups so support should not be required. If necessary due to potential injury, the volunteer is to use supporting techniques that do not bring them close to the respiratory zone of the gymnast. Good occupational hygiene is to be followed.
- n. When departing, gymnasts will be lead back to their numbered spot and asked to collect all belongings and proceed to the Return to Sport Officer who will sign out the gymnasts at the door in the Sports Hall once their parent is seen.