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## **Modified Programme – What to expect – Gymnasts and Families** **As at 27<sup>th</sup> May 2020**

It has been fantastic to have gymnasts back in the gym smiling and doing the sport they love! Since Monday 18<sup>th</sup> May we have seen groups of 10 come in with strict distancing and hygiene measures between groups. The announcement on Monday outlining that from Friday the “gathering” can now be as large as 100 is great news!

It means we can bring in more gymnasts at a time (and even a few spectators with prior approval). Please read below all the information you need to know about our Modified Programme with gatherings of 100. Please note a gathering includes all athletes, staff and spectators.

This document will continue to be updated as new government information is released.

### **What are the measures?**

- **Physical Distancing** is still encouraged, and sports are asked to think about modifications that can be made to minimise the amount of contact between people. Participants should try to maintain physical distancing before and after the session, and in changing rooms.
- **Gatherings** restricted to 100 people in the facility.
- Facility, Equipment and Personal **Hygiene** measures are in place including regularly disinfecting high touch surfaces and regular hand washing and sanitising. Also no one who is sick in any way can enter the facility.
- **Contact Tracing** of all people who enter the facility.

### **What are we doing to meet these measures?**

A typical class will continue to look quite different. Outlined below is what to expect from the beginning to the end of a class under our Modified Alert Level 2 Programme with the above measures in place.

#### ***Arriving at Hamilton City Gymnastics***

- 1) The doors will open for your gymnast(s) class 20 minutes before the session starts. This is to ensure only those who are participating in the next class are in the building. This is needed to ensure Gathering measures are met.
- 2) You will be asked to drop your gymnast(s) off at the front door, but only spectators with prior approval from the Centre Manager will be allowed to stay. This is to ensure our Gathering measures are met. See page 3 for information on the processes to be a spectator.
- 3) If you are waiting in line to drop your gymnast(s) off, please line up around the edge of the building within the walkway space standing on a yellow dot leaving 2 meters between you and the person in front of you. This is to ensure Physical Distancing measures are met.

#### ***Preparing for class***

- 1) Gymnasts must bring a bag to take with them throughout the session which will hold all their training requirements including their clothes and shoes, drink bottle, snacks, strapping tape, grips, guards and a packet of plasters. The drinking fountain and water bottle cooler is not in use during Alert Level 2 restrictions, so a full drink bottle is essential for training. This is to meet Hygiene measures to reduce the number of high touch areas including the water fountain, cooler and first

aid kits. Also, to meet Physical Distancing measures the cubby holes will not be used, to stop congregation of people in a small area.

- 2) As the gymnast walks in the front door, they will be signed in by the Facility Duty Manager.
- 3) Spectators are not allowed in the building as gathering numbers are still heavily restricted. However, if due to an extenuating circumstance a person is given permission to enter the facility by the Facility Duty Manager or Centre Manager, they will be signed in on the visitor contact tracing sheet. This information will be kept secure as per standard Privacy Regulations and Laws. They will be asked for their name, phone number, email address and their date and time in the facility will be noted. This is to ensure Contact Tracing measures are met.
- 4) The gymnast will then be asked to take their outside shoes off which are to be placed in their bag and to go and wash and dry their hands in the bathroom and then hand sanitise. This is to ensure Hygiene measures are met.
- 5) The spectator will then be asked to go and wash and dry or sanitise their hands and make their way up onto the mezzanine via the stairs on the left side of the building.
- 6) The gymnast will then be instructed to make their way onto the mezzanine up the stairs to the right of the building where they will wait for their class to start. Then the coach will come and get them and take them to their allocated warm up area.

### ***During the Class***

- 1) The facility will be broken into several areas where each area will have identified spaces for each participant to do their activity within, ensuring the maximum gap possible between them and the next participant. The coaches will direct the athletes to which area to go to and where to stand before giving their next instructions. This is to ensure Physical Distancing measures are met.
- 2) All groups will rotate to their next apparatus together via identified walkways. The rotation to the next apparatus will be identified either via announcement over the microphone/voice or by music playing. This is to ensure Physical Distancing measures are met.
- 3) The class will be designed with limited to no spotting or physical correction by the coaches involved. The coaches will be coaching without physical contact unless it is required for health and/or safety of the gymnast i.e in the case of an accident occurring. This is to ensure Physical Distancing measures are met.
- 4) If First Aid is required, the gymnast where possible will be asked to administer it themselves i.e Ice or a plaster. Where a coach or Facility Duty Manager needs to assist, they will wear gloves and will have the option of a face mask if they are required to be within 1 meter of the gymnast. Once finished, the coach or Facility Duty Manager will then immediately dispose of the gloves and face mask in the bin and go and wash and sanitise their hands. This is to ensure Hygiene measures are met.
- 5) During the class the front doors will always be monitored by the Facility Duty Manager to ensure only those approved are within the facility. If the Facility Duty Manager needs to leave the desk at the door, they will lock the door but take the club phone with them. If someone needs to pick up their gymnast during a class and the door is locked, they are to call the phone number on the door and the Facility Duty Manager will come and unlock it. Please note the door even when locked can be opened from the inside any time someone needs to exit. This is to ensure Gatherings and Contact Tracing measures are met.

### ***After Class***

- 1) The gymnast will be brought onto the sprung floor and/or vault strip to wait for their person to pick them up. This is to ensure physical distancing measures are met.
- 2) The person who is picking them up is to go to the side roller door of the facility, NOT the front door. Please line up against the building within the walkway outlined and keep 2 meters distance from the person in front of you. This is to ensure Physical Distancing measure are met.
- 3) Once the gymnast has seen the person who is picking them up standing at the roller door, they are to go to the roller door, sanitise their hands and can leave. This is to ensure Hygiene measures are met.
- 4) The spectator is to make their way down the stairs on the left side of the building, out the front door, around the building and pick their gymnast up from the side roller door. This is to ensure Physical Distancing and Hygiene measures are met.

- 5) If after five minutes the gymnast hasn't been picked up, they will be allocated a space in the Vault, Tumble Track or Pommel area to wait for their person. This is to enable the facility to be sanitised before the next session starts. This is to ensure Physical Distancing and Hygiene measures are met.
- 6) All gymnasts MUST be picked up after each session. Gymnasts will not be allowed to remain in the facility after their class has finished. This is to ensure our Gathering measures are met.

## **What else are we doing?**

Additional measures we are putting in place are below:

- 1) We will not be taking any payments at the office. We will only accept online bank transfer payments. This is to reduce high touch areas and to ensure our Hygiene measures are met.
- 2) The facility and high touch equipment surface's before opening will be disinfected with a hospital grade anti-viral disinfectant that kills viruses and bacteria for up to 90 days. This product will be used once a month during a deep clean of the facility while the facility is required to meet Alert Level 2 measures.
- 3) As per advice any equipment touched within a session that can be cleaned regularly will be sprayed and/or wiped down with an appropriate anti-viral disinfectant before the next session begins. Any equipment that can't be cleaned regularly will be sprayed with a hospital grade up to 90 day anti-viral disinfectant monthly.
- 4) The facility each week will have a deep clean with disinfectant spray and wipe of any surfaces that need additional attention above the daily cleaning schedule.
- 5) It is vital that no one enters the facility if they are sick in any way. We will continue to inform gymnasts, families, staff and volunteers via posters and written communication that if you are sick or have been asked to self-isolate, that you remain at home and do not enter the facility.

## **Spectator Information**

To ensure we are not exceeding 100 people in the facility at any one time, we must ask that there are no spectators for classes during our Modified Programme. However, we do understand that in some extenuating circumstances a gymnast may need someone to stay for health or safety reasons, or due to their geographical location between the facility and residence (greater than 15km one way) it does not make it practical to go home while a session is on. In this instance we ask the person who would like to spectate to follow the below process:

- 1) The spectator must email the Centre Manager at EricaT@hamcitygymsports.co.nz with the name(s) of the gymnast they are requesting to stay for and the reason they need to stay and the names of anyone else that will be spectating with them.
- 2) The Centre Manager will consider the request and inform if permission is granted for them to stay.
- 3) If permission is granted, their name will be added to a list that the Facility Duty Manager will have at the front door when they arrive with their gymnast.
- 4) If permission is not granted, the person will not be allowed to stay within the facility during the session.
- 5) If the person is not happy with the decision made, they are to follow the complaints procedure found on the Hamilton City Gymnastics website at [www.hamcitygym.com](http://www.hamcitygym.com)
- 6) When the spectator enters the facility, they will be asked some questions from the Facility Duty Manager who will sign them in as outlined above on page 1. They will then be asked to go and wash, dry and/or sanitise their hands and make their way up onto the mezzanine via the stairs on the left side of the building to sit and watch for the duration of the class. Please remain 1 metre away from anyone else on the mezzanine.
- 7) When their gymnast's class finishes, the spectator is to make their way down the stairs on the left side of the building, out the front door, around the building and meet their gymnast at the side roller door to pick them up.

Please note that the spectator area is now very small as we are using the mezzanine to deliver sessions to help with our physical distancing measures. Due to this it is recommended children do not spectate as there is no where for them to move around and they will be required to remain seated for the duration of

the session. If they do not do this, we will have to ask you to leave the facility. Please also note the kitchen is closed to anyone other than staff at this stage.

## **We're nearly there!**

I know everything is still feeling very regimented, but hopefully it won't be for too much longer! If New Zealand continues its positive path, we will hopefully only be in this stage for another month as per the potential indication from government.

But for now, we are happy to be able to get more athletes doing more gymnastics under the new gathering guidelines!

We thank you for your understanding and look forward to this next stage in the Covid-19 recovery process!

Kind regards,

Erica Third and the Team at Hamilton City Gymnastics