



the Y Reboot Gymnastics

*Helping Gymnastics Families
as they Return to Sport*

We believe in the power of inspired young people



LET'S KEEP OUR GYMNASTICS CLUBS COVIDSAFE

The impact of COVID-19 has greatly impacted the Y gymnastics clubs in NSW - however our commitment to the safety and wellbeing of all gymnastics families has not wavered.

The Y has a responsibility to ensure the health, safety and wellbeing of participants, volunteers and employees which includes their physical and mental wellbeing.

To ensure that we are looking after all of our gymnastics families there will be changes to how gymnastics classes were operated prior to COVID-19. This document highlights all of the changes you can expect, however keep in mind each Y centre is unique and your centre will also provide additional updates to best suit your community.

We ask that all parents talk through these changes outlined below with their children prior to coming back into the gym. This will assist with the re-adjustment to these new changes and ensure all of our gymnasts are confidently assisting with the COVIDSafe process as well.



BEFORE ARRIVAL

Daily Health Screening

Please assess the health of your family members before attending your centre.

Please do not attend if you have:

- A cough
- A cold
- A sore throat
- A temperature

Rolls will be marked for every lesson to ensure contact tracing can occur as required.

Adults entering the facility (when permitted) will also be required to fill out an attendance log, via a QR code & smartphone for contact tracing purposes.

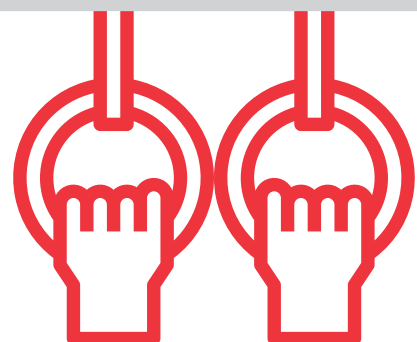
Drop, Train, Leave

We will have some new procedures in regards to dropping off and picking up gymnasts each lesson. This is to ensure we do not exceed the number of people allowed within an area in facility. We appreciate everyone's cooperation with these new procedures set out below:

- Drop off & pickup areas will be well signposted at the front of your centre. It may be in a different place to where it used to be, so please make sure you check your facility's Facebook page for this information.
- Only one parent or carer per child is in attendance when dropping the gymnast off to training.
- Please ensure physical distancing is adhered to when waiting for your child's class to be called or to pick up gymnasts.
- Recreational & Levels Gymnasts will be greeted at the front door by their coach.

- Parents are asked to not enter the facility to reduce the number of individuals within the facility.
- One Kindergym parent or carer per participant will be permitted to enter the facility and must follow all hand sanitising and distancing protocols set out in the facility. Please do not bring additional siblings to classes if possible, to reduce the number of individuals within the facility.
- Gymnasts and anyone entering the facility will be asked to sanitise their hands prior to entry of the facility and on exit.
- There will be designated entrance and exit pathways – to minimise the amount of crossover of participants.
- Gymnasts will be directed to where they may store their belongings and the place they will wait for their class to commence.
- Should an adult be required/permitted to enter the facility there will be a QR code for them to scan and enter their details prior to entering the facility for contact tracing purposes.

Remember to ensure your personal contact details with the club are up to date in the event that your club needs to contact you for any urgent matter.



BEFORE ARRIVAL *CONTINUED*

Wear clean clothes

- Please ensure all gymnasts arrive dressed in clean training attire ready to go.
- Where possible, participants should avoid wearing their school clothes to training after long durations in contact with other individuals and where possible contamination may have occurred.
- Restrictions will be in place for change rooms for hand-washing and gymnast use of toilets only.
- Please ensure children clean their feet before attending the gym.

Listen to your coach

Children are adapting to the changes within society at the same time adults are, however, there can be differing expectations within different environments which makes it challenging for children to adapt to change at the pace required.

Prior to attending class talk to your child about some of the potential changes that may have been implemented within the club. Encourage them to listen to the coach and follow instructions as directed.

Bring your own items

- Gymnasts must bring their own personal equipment, including but not limited to;
 - o **Full water bottle**, clearly labelled with your child's name – bubblers will not be in use and taps will be for hand washing only. It is ok to bring more than one water bottle if needed.
 - o **Chalk container & spray bottle** – for levels gymnasts, please bring an empty Tupperware container and small spray bottle clearly labelled with your child's name on it. This will become their own personal chalk container that they must bring to and from gym each training session.
 - o **Personal therabands/physio bands/roller, grips, wristbands, straps etc** - if this equipment is required your coach will talk with you about these items and what is required.



DURING CLASS

The class structure may be different

Social distancing, venue restrictions, cleaning procedures, and the financial impact of COVID-19 presents a multitude of challenges for our gyms which have necessitated certain decisions to maintain program delivery.

Parents should anticipate that new class structures will be implemented and may result in changes including but not limited to;

- Smaller class numbers
- Changes to class structure to allow for physical distancing and appropriate cleaning during classes
- Changes to areas of the gym classes use to minimise crossover of groups and participants
- Possible separation of friends previously participating in groups
- Changes to some class times to accommodate new ratios (this will be directly communicated to affected members if this is the case)
- Changes to coaching staff

If you have any significant concerns speak to your club directly regarding the changes.

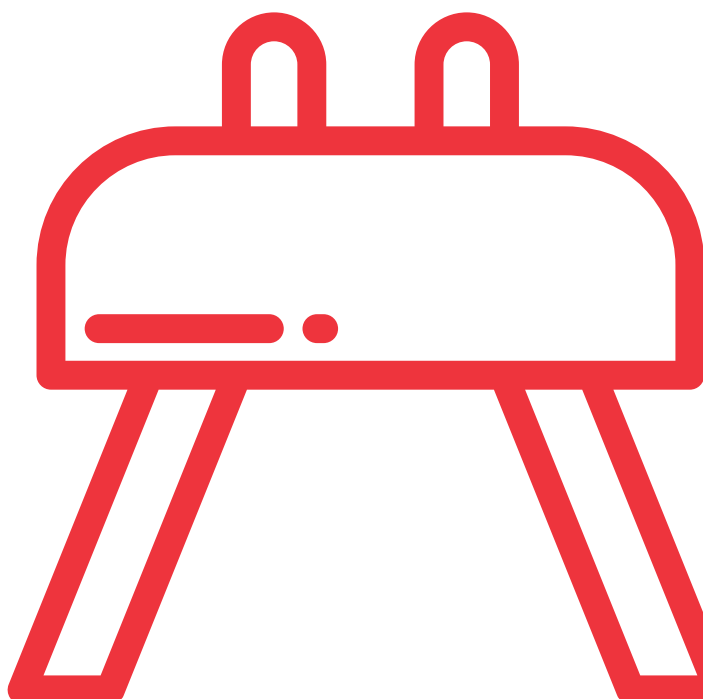
Skill training will be different and focus on the safe development of skills

Safe skill development within gymnastics requires significant physical preparation and regular use of safety apparatus to aid development.

The Y is implementing a 'Return to Training' plan to ensure gymnasts have a progressive return whilst avoiding overload and injury. This plan is underpinned by State and National resources and will be dependent on the level of the athlete.

Further, in assessing risk of transmission, some safety apparatus such as foam pits are temporarily prohibited to use to the extent previously utilised. Changes to equipment use may subsequently impact program planning including gymnast skill development.

Parents should rest assured that coaches will continue to guide gymnasts through safe skill development in a time-frame appropriate with the gymnast's condition, ability, and training environment.



DURING CLASS *CONTINUED*

Physical contact will be limited, but your coach may spot for safety

For the large proportion of gymnastics, the sport can be regarded as non-contact and therefore adheres to social distancing principles.

Your club will be limiting contact between gymnasts and/or between gymnasts and coaches wherever possible including avoiding any assisted stretching and high repetition spotting.

Your coaches will still engage in appropriate spotting as a necessary aspect for safe skill development, however, they will be developing habits of short contact periods, or, avoiding contact if unnecessary and additional sanitising where necessary.

Gymsports which engage in group activity such as Acrobatics will be utilising a staged return strategy, gradually easing partner work back into the program as per the health guidelines and sporting body recommendations. We will be ensuring where contact is necessary, it is limited, there will be additional sanitising required, it is agreed upon between the individuals and it will remain consistent between acrobatic partners.

There will be new hand washing and cleaning requirements

Like all businesses, new hygiene procedures will now be in place within your club.

- Your child will be regularly encouraged to wash their hands during participation.
- In some instances, your child may be requested to also sanitise their feet before using certain gymnastics apparatus.

Remember if your child has any underlying health conditions, including skin conditions, you should notify your club immediately.

KinderGym will look a little different

A unique aspect of gymnastics is the inclusion of parent-led activity in KinderGym.

Similar to other programs, necessary changes to class structure, equipment use, circuit activities, and screening prior to participation should be expected.

Casual classes will not be available, to reduce contact between different groups of members. Please contact your centre to ensure you have a permanent enrolment in your class.

Parents or carers who may be more vulnerable to infection should consider their continued participation within a KinderGym program with their child/grandchild.

Parents or carers should expect to follow any new instructions as directed by club coaches.

If your child starts to feel unwell or show flu like symptoms during class, they may be asked to go home early

- In the event that your child presents with flu-like symptoms they may be asked to move to an isolated area within the gym that is supervised by distance until such time you return to pick them up.
- If you are unable to attend due to illness or feeling unwell, makeup lessons may be available by request and are dependent upon availability.
- Please view the booking and terms and condition for your centre.

AFTER CLASS

Pick up may be different

- There will be a pick-up area identified outside your gym.
- Please ensure you adhere to physical distancing while waiting to pick up your child.
- Coaches will ensure children are in the care of their responsible person before releasing them from their care.

Have a shower when you get home

Despite the rigorous cleaning procedures your club would have implemented, we encourage all gymnasts to return home and shower to reduce risk of transmission that may occur as a result of the use of any common items, objects or equipment.

If your child presents with any cold or flu-like symptoms following a gymnastics class you should notify the club management immediately. Keeping your club informed of the health of your child helps them keep all children healthy.



REMEMBER...



Cough and sneeze
into your elbow



Please keep your
distance



Wash your hands
regularly with soap
and water



If you are unwell,
please stay home

CONTACT YOUR CLUB FOR MORE INFORMATION

To ensure the safety of our staff,
please contact the relevant club
via email, phone or your regular
communication platform

The Y | Bankstown City

admin.bankstown@ymcansw.org.au

The Y | Caringbah

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The Y | Penrith

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