

Reboot Gymnastics Family Handbook

Helping Gymnastics NSW Families as they
Return to Sport



Gymnastics
New South Wales



Let's keep our gymnastics clubs COVIDSafe

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

Gymnastics clubs have 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 operated prior to COVID-19.

This document highlights some general changes you can expect, however keep in mind each club is unique and your club will also provide additional updates to best suit your community.



Before Arrival

Daily Health Screening

Your club **may** ask you to complete a Daily Health Screening questionnaire for your child prior to arrival of the scheduled class.

This screening questionnaire may be accompanied by the completion of an Attendance Register to ensure contact tracing can occur as required.

Drop, Train, Leave

Your club **may** request only one parent or carer per child is in attendance when dropping the gymnast off to training.

All gymnastics facilities are different, you may/may not be permitted to enter the facility to reduce the number of individuals within the facility.

Your club should inform you of new drop-off/pick-up procedures, that these areas are well sign-posted, and will ensure the safety of your child whilst within their care.

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.

Wear clean clothes

We encourage you to make sure your child arrives at their participating club in clean and appropriate attire ready for training. 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.

Some restrictions are in place regarding shared amenities. Where amenities remain open, access may be provided and restricted to certain users of the facility.

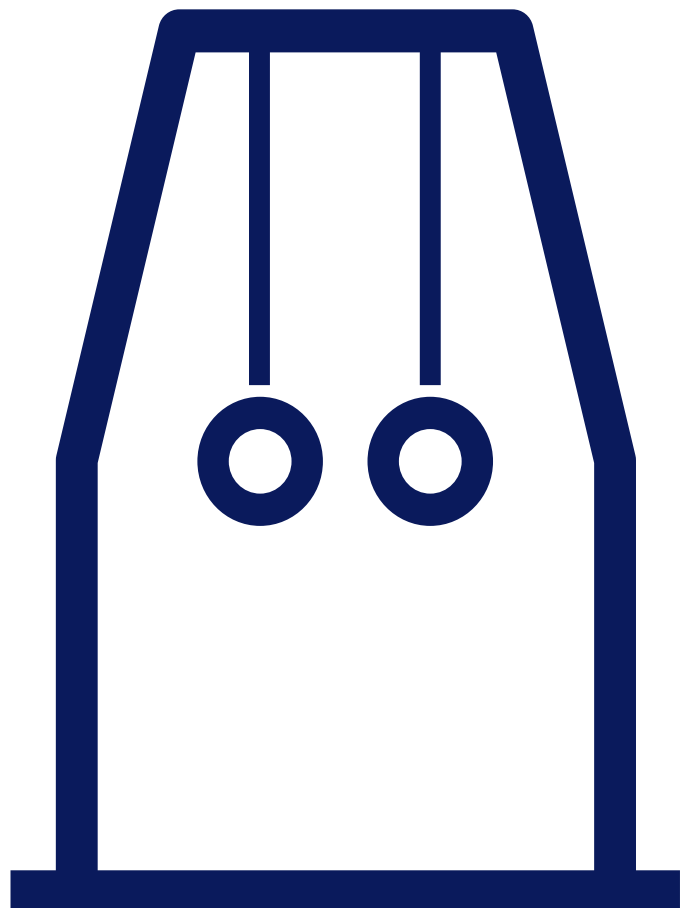
Listen to your coach

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.

You may be asked to bring your own smaller items

Your club **may** request that athletes provide their own personal equipment, including but not limited to; bringing their own chalk in a clearly marked container, clearly marked full water bottle etc.



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 gymnastics operators 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; small class numbers, separation of friends previously participating in groups, and changes to coaching staff.

Your club should communicate any significant change to the program your child was previously participating in. 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.

Your club should be implementing a 'Return to Training' plan to ensure athletes have a progressive return whilst avoiding overload and injury. This plan is likely to be 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 athlete skill development.

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

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 should be limiting contact between athletes and/or between athletes and coaches wherever possible including avoiding any assisted stretching or massage. Your coaches are still likely to engage in appropriate spotting as a necessary aspect for safe skill development, however, should be developing habits of short contact periods, or, avoiding contact if unnecessary.

Gymsports which engage in group activity such as Acrobatics may become limited following health advice, however, small group work is not prohibited at this point in time.

During Class

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. Your club should have a Safety Data Sheet on-site which documents and provides critical information about any hazardous chemicals that may be in use.

KinderGym will look 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, or, flexible attendance may no longer be available to reduce contact between different groups of members.

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.

Where an athlete is removed from a class due to illness you may not be entitled to a refund or a make-up class. Parents should refer to the clubs Fees and/or Refund Policy for further information.



After Class

Pick up may be different

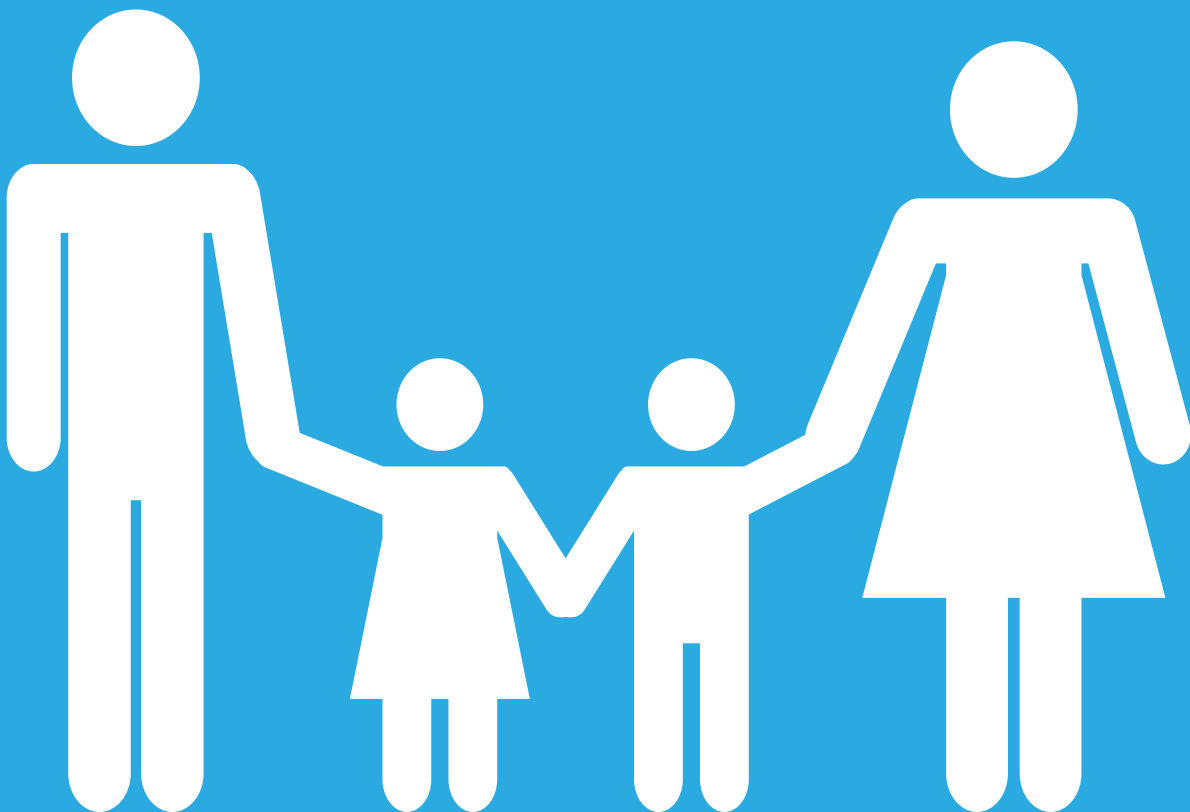
Your club should inform you of new pick-up procedures, that these areas are well sign-posted, and that your child is in your care prior to discharging them from the clubs duty of care.

Have a shower when you get home

Despite the rigorous cleaning procedures your club would have implemented, we encourage all athletes 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 any member of your family feel sick - call us and let us know

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

- ✓ Cover your mouth if you cough or sneeze.
- ✓ Keep 1.5m distance.
- ✓ Regularly wash your hands.
- ✓ Stay home if you feel unwell.

Speak with your club for more information

Or contact Gymnastics NSW at info@gymnsw.org.au or visit gymnsw.org.au/covid19