



Returning back to training

What to expect:

- Staff cleaning of apparatus, on a regular basis
- Entrance & exits to be at different locations to avoid any unnecessary contact
- Social distance training
- Limited apparatus contact
- Contactless coach training, until we are told otherwise
- No changing room access
- Sanitising station
- Staff have taken Mental Health courses to be prepared for any gymnast experiencing anxiety upon our return

What you can do to help us:

- Supply each gymnast (your child/Children) with a bottle hand sanitiser (Labelled with your child's name)
- Water bottles MUST be labelled, and NOT shared
- Verbal reminders from parent/carer before sessions about keeping a safe distance, not touching faces, & washing hands
- Leotards should be on before arrival, due to changing rooms currently being out of action
- If you, or your child show any signs of having COVID-19, please self-isolate

Team Angels