



Burnley Gymnastics Club Phase 1

We're working hard with our National Governing Body to ensure our club is safe for our gymnasts by:



- Cleaning our gym regularly
- Adapting our operations to keep our members safe
- Following Government guidelines
- Planning our sessions to allow for social distancing
- Constantly monitoring and reviewing our safety measures
- Upskilling our coaches on our new ways of working
- Applying additional hygiene procedures

Working together for a
safe return to gymnastics



How we are keeping you safe?

- One Way System in operation
- Hand Sanitizers on arrival and throughout the gym
- Social distancing markers around the gym
- Equipment has been rearranged and thoroughly cleaned
- Heightened cleaning regime in place
- Individual cubby holes to store belongings – all gymnasts MUST bring their own water bottle
- No food in the gymnasium, bring minimal belongings.
- Clear Marked out zones for each class and colour coded walk-way systems
- Staggered class times to allow thorough cleaning.
- One person in the toilet at any one time.



Phased Approach

We have adopted a phase approach to ensure we can welcome all our gymnasts back safely. The phased approach will include three phases. The time frame is subject to change dependent on government guidance:

PHASE 1: Saturday 25th July 2020

- We welcome back all our advanced gymnasts and any children who do 2-6 hours per week

PHASE 2: Saturday 15th August 2020 or sooner

- We welcome back alongside our phase 1 gymnasts all the children who participate in 1.5 hours per week

PHASE 3: Saturday 5th September 2020

- We welcome back all our beginner gymnasts, pre-school and adult gymnastics on a booking system

Zone Areas

PIT AREA
ZONE 6

TRAMPOLINE AREA
ZONE 5

P Bars
Zone 2

KARATE
Zone 1

Main Floor
Zone 4

Main Floor
Zone 3

EXIT

ENTR
ANCE

DAY	TIME/ZONE	COACH
Monday	4-6pm/ Zone 1 4:15-6:15pm/ Zone 4 5-8pm/Zone 3 6:15-8:15pm/Zone 1 6:30-8:30pm/Zone 4	Emily Emma Kim Emily Emma
Tuesday	5-8pm/Zone 3 5-8pm/Zone 4 6-8pm/ Zone 1 6:15-8:15pm/Zone 6	Kim Hayley Emma Rhiannon
Wednesday	5-8pm/Zone 4 5:15-7:15pm/Zone 1 6-8pm/ Zone 3 6:15-8:15pm/ Zone 6	Kim Hayley Emily Rhiannon
Thursday	4:15-6:15pm/ Zone 3 6-8pm/ Zone 4 6:15-8:15pm/ Zone 1 6:30-8:30pm/ Zone 3	Hayley Emily Emma Hayley
Friday	4:15-6:15pm/Zone 4 4:30-6:30pm/ Zone 3	Emily Kim
Saturday	8:45-11:45am/Zone 3 8:45-11:45am/Zone 4 9-11am/ Zone 1 11:15-1:15pm/Zone 1	Kim Hayley Emily Emily

Class and Coach Timetable – Phase 1

Phase 2&3 will
follow

Cleaning Checklist

Areas for cleaning	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Zone 1, - Hoover floor area - Clean/disinfect any equipment used							
Zone 2 - Sweep and mop floor area - Clean/disinfect any equipment used							
Zone 3 - Hoover floor area - Clean/disinfect any equipment used							
Zone 4 - Hoover floor area - Clean/disinfect any equipment used							
Zone 5 - Sweep and moped floor area - Clean/disinfect any equipment used							
Zone 6 - Hoover floor area - Clean/wiped down any equipment used							
Toilets - Toilets disinfected - Hand basins cleaned and wiped down - Floor moped - Door handles cleaned - Light switches wiped down							

- **Who will be doing the cleaning?**
- Each Coach will be responsible for maintaining and cleaning their area/zone they are working on that day and plus any equipment that their class/classes have used. Date and Initial the checklist upon completion
- **When does cleaning need to take place?**
- Before session(s) commences.
- During session when needed.
- After each session and at the end of the day.

New Procedures

Step by step guide for participants:

- Enter the building through the main entrance
- Use hand sanitizer as you enter the building
- Follow the 2m floor spot into the gym
- Once in the gym follow the red mats/walkways and put your drinks/belongings into the cubby holes provided
- Follow the red mats to your classes designated zone area
- Maintain a social distance throughout your session
- When your session has finished, collect your belongings from the cubby holes and follow the route to exit the building, which will be through the fire escape in the gym
- Parents to collect their child from the car park, maintaining a social distance from others at all times



Thing you can do to keep people safe

There are lots of things you can do to help keep everyone safe. These include:-

1. Wash your hands before, during and after sessions
2. Always follow instructions from your coaches
3. Maintain a safe distance
4. Don't share food and drinks & use cubby holes in gym.
5. Only touch the apparatus you are using in the session
6. Arrive ready to take part so you don't need to get changed.
7. Know and stick to the routes in the gym
8. Please don't come to your lesson if you feel poorly or if you have any symptoms of COVID-19.

Help to keep everyone safe during gymnastics!



Here are 10 ways you can help:



1. Wash hands with soap and water for 20 seconds before, during and after your session



2. Keep your distance from others



3. Listen to your coaches and follow their instructions



4. Please don't attend if you feel unwell or display any symptoms



5. Only touch equipment that's part of your session



6. Don't share food or drinks



7. Arrive ready to take part so you don't need to get changed in the gym



8. Celebrate your achievements with a smile not a high five



9. Know your routes around the gym



10. And remember to have fun!

Working together for a safe return to gymnastics

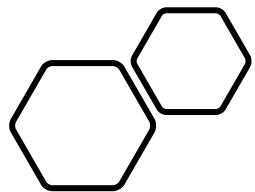
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Contact Us...

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