

# PARENT/GYMNAST PACK

COVID 19 UPDATE – APRIL 2021

HEALTH & SAFETY

A SAFE RETURN TO GYM JUNIORS EDINBURGH



## / HEALTH & SAFETY

- As we have now been given a reopening date from the Government of Monday 26<sup>th</sup> April, we are working hard and are currently busy following all guidelines that will set Gym Juniors up to be a Covid-19 secure business. Also, we have followed guidelines in the Step Forward Plan prepared by Scottish Gymnastics ([www.scottishgymnastics.org](http://www.scottishgymnastics.org))
- When we reopen, it will be a little different to usual, as I'm sure you've come to expect by now. As with other types of businesses that have already reopened, there will be floor markers etc. In this pack we've detailed how we will limit capacity, follow social distancing guidelines and keep Gym Juniors Covid-19 secure.

# / BOOKING AND SUPERVISION

- Pre-booking is required for all customers (members included) for our classes and Open Gym sessions, to help limit your contact with staff on checking in and also, as we have reduced our capacity.
- All customers aged 16 and under must be accompanied by a responsible adult (over 18). The adult doesn't need to be taking part and must 'drop off/pick up'.
- A parent can now stay in the building in the designated seating/café areas to have a coffee or some refreshments from our vending machine.
- Pre-school children must be accompanied by at least one parent, who will remain in the building to supervise during sessions.
- Contactless card payments are as before on bookings, food and coffee.

## /PREPARING AT HOME

- Please can the children arrive at the gym wearing their t-shirts and kit.
- At this time, we are not opening changing areas, so we suggest arriving in easy to remove footwear such as sliders or flip-flops.
- All footwear to be placed in a bag and kept safely.
- Children aged 5 years upwards must wear a face covering on entering/leaving the premises. During the class or session, the face covering must be removed and safely stored.
- We have hand sanitisers throughout the gym, as well as washing facilities, but are happy if children bring their own personal bottle.

# /ARRIVAL & PICK-UP ZONE

- PRE-SCHOOL

Please arrive promptly on time for your session, commencing on the hour.

- RECREATIONAL/FREESTYLE/OPEN GYM

Please arrive 10-15 minutes before your session starts.

- PICK UP ZONE

All parents will be asked to wait in the pick-up zone in the building, to collect their child.

## / CAPACITY

- To ensure social distancing is simple for our guests, we have reviewed our capacity, meaning only 40 guests will be able to be on the gym floor at any one time.
- We will operate classes for over 5s in groups of 10 people ('bubbles') which will also include our coaches.
- We also require a maximum of only 1xparent per child can attend our sessions, so no more than 100 guests would be in the overall gym at any one time.
- We calculated our capacity by using recent guidelines issued by Scottish Gymnastics and this is subject to change going forward.

## / TEMPERATURE CHECKS

- For a safe entry, employees and guests are asked to participate in a temperature check using a non-touch thermometer. This will be done upon check-in to Gym Juniors.
- Anyone who is displaying a temperature above 38 degrees celsius will unfortunately not be allowed to enter the gym.
- Our staff members will also talk through any specific health queries at this time.

# / SOCIAL DISTANCING & SANITISATION

- All adult guests who are not part of the same household will need to remain 2 metres apart and there are adequate floor markings and queue barriers to help keep this in place.
- In our seating/café areas, restrictions are in line with hospitality guidelines (ie 1m distancing and no face coverings, whilst being seated).
- We have put hand sanitiser stations at a number of key areas around the gym, including check in, toilets, seating area and the entrance to the gym.
- Our cleaning & hygiene measures are already of a high standard and we have allocated more resource to this, ensuring extra cleaning and disinfecting of all high traffic areas, repeatedly through the day.



## / FACE COVERINGS

- Since the government has made face coverings mandatory in a number of indoor environments, and to continue doing what we believe is best for all our guests, for the moment, Gym Juniors is asking all non-participating guests to wear a face covering.
- Please wear a face covering when queuing or moving around the gym (guests under 5 do not need to wear one if they don't want to).
- Face coverings are only **not** required when taking part in a session or eating & drinking.

## TEST AND TRACE

- As a business, we already collect the names and contact details of all customers on booking, meaning we are in a good place already .
- ‘Close Contact’ is within 1m for a period of 15 minutes, so at no stage is any child, coach or parent in ‘Close Contact’ at Gym Juniors.
- For full information about the test and trace system visit [gov.uk/guidance](https://www.gov.uk/guidance)

## CONTACT US

If you would like to get in touch with the team, please use the email below.

[Edinburgh@gymjuniors.co.uk](mailto:Edinburgh@gymjuniors.co.uk)

