

COVID-19 POLICY / PROCEDURES



PHASE TWO (FROM 1ST NOVEMBER 2020)

We're continually reviewing what we do; making sure we're working within government guidelines to give your little ones a safe and happy experience at gymnastics. With this in mind, we're ready to move to the next phase of our opening:

- We believe the time is right to gradually introduce more classes, including our Jolly Tots Stage 1 classes which were previously on hold.
- As our little ones are now settling in and understanding what is required of them, we're also ready to run our Jolly Gym and Jolly Tots Stage 3 without assistance from parents.

This policy sets out the steps we'll have in place to ensure we move forward safely.

WHEN YOU BOOK...

- Those classified as clinically extremely vulnerable should follow government guidance for shielding and ensure that they have medical clearance to take part in activity before booking.
- You should ensure that the contact details you provide when you book are accurate and full, as these will be used to contact you in case of a confirmed case within our classes. Please ensure to inform us by [email](#) of any changes to your details.
- We also ask you to keep us informed about disabilities and additional needs which may affect ability to maintain social distance, work independently or understand instructions - we'd like to work with you to ensure that we offer any additional support we can.

BEFORE YOU SET OFF...

- You must not attend our classes if you, someone you live with or someone within your support bubble is showing symptoms of Coronavirus, has tested positive for Coronavirus or if you have been told to self-isolate by NHS Test and Trace. Please follow NHS and government guidance and if required, get yourself tested. If you receive a positive test, you must inform us by [email](#).
- So that you're ready to go, we ask that your little one arrives in sports kit ready to train. They should wear comfortable clothes with no zips or buckles, with long hair tucked back and bare feet.
- If you can, we ask you to consider slip-on shoes or those which can be taken on and off quickly, to help speed up the flow of people in and out of the building.
- Please bring with you as few belongings as possible. In class, you'll only be able to bring a water bottle, valuables and any medication needed.

WHEN YOU GET HERE...

- When you arrive at the Studios, we ask you to stay in your car. Five minutes before your session start time, please queue outside of the building on the entrance ramp, 2m apart from other families (markers will be provided). A coach will greet you and your little one at the door.
- There will be hand sanitizer available for you at the entrance to Avian Dance Studios and at the entrance to Studio 2, where our classes take place. We ask everyone to sanitise their hands as they enter the building, as they enter Studio 2 and again as they leave. If for any reason you or your little one cannot use sanitizer, please notify a coach who will direct you to hand washing facilities instead.
- At all times within the Studios 2m social distancing will be in place.

- We're asking adults to wear a face covering inside the Studios unless you have an exemption or are taking part in exercise with your child (e.g. the warm up) in which case you are welcome to remove your mask but should put it back on at the earliest opportunity.
- Only one household at a time may use the changing room so you may need to wait to leave your shoes and coats there, before heading into Studio 2.

IN CLASS...

- In our **Jolly Tots Stage 1 and 2** classes, one parent or adult from the same household/bubble will need to stay with each child at all times throughout their class. They will be responsible for ensuring their child maintains effective social distancing and regular hand washing.
- For **Jolly Tots Stage 3 classes**, one parent per child will be required to stay inside Studio 2 during class, seated at the side to be on hand should their little one need any help with toileting, if they get upset etc. The classes will be delivered as if the child was independent; i.e. following coach instructions without assistance from parents, and we therefore ask parents to adhere to our [Viewing Policy](#).
- School-aged **Jolly Gym** classes will also be delivered independently. One parent per class will be required to stay within Studio 2 for Safeguarding purposes, as per our [usual operating policies](#). All other parents are encouraged to drop their child at the door at the start of class and return at the end of class, unless they need to stay (e.g. if the child is new to class) in which case it should be agreed with the coach in advance and they will be required to keep 2m distance from others and adhere to our [Viewing Policy](#).
- For **all classes**, no more than one parent/carer per child will be permitted into Avian Dance Studios and unfortunately at this time no non-participating siblings will be allowed. The seating area in Reception will remain closed to enable clear pathways in and out of the building.

WHEN IT'S TIME TO GO HOME...

- At the end class, you'll be invited to collect your belongings from the changing room one household at a time and asked to sanitise your hands before leaving via the one-way system and steps.
- Parents of Jolly Gymnasts who have dropped their child with us should wait 2m apart on the ramp outside the Studios for a coach to complete a safe handover of children one at a time. We ask that you're prompt to collect your little ones.

WHAT WE'RE DOING TO KEEP YOU SAFE

- We've completed a full risk assessment of our activities which we will continue to review. You can access this at any time on our [website](#).
- We'll ensure there's no more than one class arriving/leaving through Reception at the same time.
- QR Codes for the NHS App are displayed within the dance studio for you to 'check in'.
- We will keep accurate registers of everyone who attends our sessions including which grown ups attend class so that we can comply with NHS Test and Trace.
- We will disinfect our equipment and the main touch points around the Studios, before and after each class. We've put out of action any equipment which cannot be effectively or safely cleaned.
- We'll clean within a session if it's needed (e.g. if a gymnast coughs or sneezes on equipment) and we're providing gloves and disinfectant spray or wipes so parents can wipe any equipment they feel is needed before their child comes into contact with it.
- Whenever we use small hand apparatus, each child will have their own set to use and we'll ensure it is put out of use afterwards for at least 72 hours or until we've cleaned it.
- We're adopting a coach 'no touch' policy. Because we'll be keeping 2m distance, we won't be able to support little ones on the equipment at all. Instead, we'll ensure to teach skills that they can try on their own and we'll provide sufficient matting just in case.

- We won't be doing any pair work (e.g. throwing and catching a ball with a partner), unless it's within a household, and will be celebrating with an 'air high five' when your little ones do something super.
- In order to manage group sizes and ensure there is space to socially distance, we will still have limited spaces available in each class.
- We understand that these changes will mean that not everyone is able to join us for classes straight away and we hope you'll understand. Please keep in touch with us and we'll keep in touch with you – join our [waiting list](#) to hear as more spaces open up.

WE'RE ALL IN THIS TOGETHER...

Please be assured that the welfare of little ones attending our classes is the most important to us which is why our existing Safeguarding Policies and Procedures are still in place. These, and of Codes of Conduct, can be found on our [website](#). As ever, if you have any concerns about the wellbeing of anyone at Jolly Gymnastics, you can refer to our [Complaints Procedure](#) or [contact Gemma Page](#), our Welfare Officer for support.

In order to make our safe reopening a success, we're relying on everyone to play their part. By booking and attending a class with Jolly Gymnastics, you agree to our Covid-19 Policy and will be refused entry if continually unable to adhere to the steps we've put in place.

If you have any questions about our Covid Policy, please [contact Erin Madden](#); Jolly Gymnastics' designated Covid Officer.

LAST UPDATED: 8/10/20