

Bounce Back to Gymnastics

Parents Guide

This guide will outline what you can expect when your child returns to their gymnastics sessions.



Over the last few months, we have been working to ensure that the **enjoy**Gymnastics programme can resume with effective and safe policies and procedures in place that will allow our customers, coaches and staff to enjoy classes once again.

To ensure a safe return to gymnastics, **enjoyleisure** are required to meet Scottish Gymnastics Guidance for leisure providers, which includes:

- Completing a Covid-19 risk assessment and appointing a Covid-19 officer, who is responsible for ensuring the appropriate risk assessments are carried out and the control measures are in place and being followed.
- Demonstrate increased hygiene measures including frequent cleaning of equipment and the venue as well as handwashing or sanitising procedures throughout the venue and sessions.
- Meet guidance for capacity within sessions and comply with current social distancing regulations whilst ensuring gymnast to coach ratios and safeguarding policies are followed at all times.
- Work with and regularly update coaches and staff on adapted operating procedures and risk assessments that reduce the risks of transmission.

Following implementation of this guidance, we are pleased to announce the return of classes via our **Bounce Back to Gymnastics** programme. Starting from Monday 28th September, gymnasts can expect 8 weeks of classes which will aim to bring them back up to speed with their learning.

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What's Involved?

To comply with Scottish Gymnastics regulations, we have made some changes to our original Gymnastics programme.

- All classes will be booked as an 8 week block. This is to allow us to manage any changes to guidelines effectively.
- Class durations will now be shorter to provide adequate time for additional cleaning between classes.
- Class sizes will be reduced to allow for physical distancing and to aid cleaning, while ensuring the standard of classes is not compromised.
- Children will take part in their class within an Activity Zone, and children will not mix between zones to limit the risks of virus transfer.
- Customers who were part of the programme prior to the centres closure, will be given priority for booking.

Classes will be working on basic skills throughout the 8 weeks of classes, to allow gymnasts to safely return to gymnastics. It is important that coaches take the time to reinstate knowledge and understanding within the gymnasts as well as build confidence in the new class environment.

Unfortunately our Baby Gym and Trampolining classes are not resuming at this moment in time. However we are hoping to get these classes back again soon.

What's Different?

- Currently, as per Scottish Gymnastics guidance, coaches must keep physically distanced from gymnasts and are therefore not allowed physically support the gymnasts with skills. As such, in some classes adults will be required to participate in the class to ensure gymnast safety, and in older classes, gymnasts will focus on their fundamental skills.
- All visitors to the centre over the age of 12 must wear a face covering expect when participating in activities.
- For the moment and to allow everyone to “Bounce Back”, we will be combining our **Tumble Bugs and Gym Monkeys** classes into one class, where parents of children aged 18 months – 5 years attend the same class. This will allow adults to help their child within the class while coaches comply with physical distancing measures.
- Gymnasts will take part in classes within Activity Zones, which will ensure that all equipment is clean prior to use.

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What does that look like in practice?

Activity Zones

- Each class will be split into 1, 2 or 3 Activity Zones (depending on the class level and hall size) and gymnasts will remain within one zone for the duration of the class.
- This means that gymnasts may not get the opportunity to do all activities set up within the hall, however will attend a different zone during the following class.
- This will allow for equipment to be cleaned between classes as opposed to between groups, meaning that we can optimise the amount of time gymnasts are on apparatus.

Early Years

- Early Years classes will temporarily replace Tumble Bugs and Gym Monkeys classes.
- Each child will require to have an adult participate with them in the class who will be responsible for physically supporting the gymnast where required.
- Classes will take place in 1 Activity Zone.
- This allows us to run classes whilst ensuring that all gymnasts are safe whilst physical distancing measures are in place.

Class size	Class duration
Maximum of 8 gymnasts per class	30 minutes

Gymnastics (Levels 1 – 4)

- Gymnastics classes will be split into 2 or 3 groups, and each group will have their own Activity Zone.
- At the point of booking, customers will have the ability to chose which group their child is booked into.
- To aid with Test and Protect, gymnasts will be required to stay within their group for the duration of the block.
- Each week gymnasts will visit a different zone with their group

Class size	Class duration
Maximum of 8 gymnasts per group	40 minutes

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Cleaning

- A number of additional cleaning processes have been implemented to ensure that children and coaches remain safe during classes.
- Staffing rotas have been adjusted within centres to allow for additional cleaning in all areas of the centre.
- Coaches have been given enhanced training on cleaning, and will be cleaning equipment regularly, based on guidance from British Gymnastics.
- Centre staff will be deep cleaning equipment at the start and end of each day.

Spectating

- Although we are usually happy for parents and guardians to spectate classes, customers will find there are guidelines that we have put in place to assist us with physical distancing measures and ensure that all customers and staff are safe while in centres.
- Specific spectating information for each centre will be available at the time of booking.
- Additionally, to aid these measures, we encourage parents of children over the age of 8 leave the centre during their child's class.

Booking

Booking for **Bounce Back to Gymnastics** sessions will be available for customers to book online and by phone from Thursday 10th September.

- Customers who were booked into classes in March 2020, will have until Sunday 20th September to book, and from Monday 21st any remaining spaces will be offered to customers on the enquiry list or those transferring from other centres.
- Payment must be taken at the time of booking.
- **Please note:** Should a customer who was not part of the programme in March 2020 book before they are eligible to, their booking may be cancelled.

Thursday 10th September

Customers booked into the programme in March 2020, can book into a class.

Monday 21st September

Remaining spaces begin to be offered to customers on enquiry lists.

Monday 28th September

New customers are eligible to book.

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Class Timetables

As mentioned, we have implemented a number of steps to allow classes to resume safely, and this includes reduced class durations.

Aubigny Sports Centre		
Monday	18.10 – 18.50	Level 4 Gymnastics
Tuesday	9.00 – 9.30	Early Years
	9.40 – 10.10	Early Years
	10.20 – 10.50	Early Years
	11.00 – 11.30	Early Years
	11.40 – 12.10	Early Years
	13.00 – 13.30	Early Years
	13.40 – 14.10	Early Years
Wednesday	9.00 – 9.30	Early Years
	9.40 – 10.10	Early Years
	10.20 – 10.50	Early Years
	11.00 – 11.30	Early Years
	11.40 – 12.10	Early Years
	13.00 – 13.30	Early Years
	13.40 – 14.10	Early Years
	16.00 – 16.40	Level 1 Gymnastics
	17.00 – 17.40	Level 1 Gymnastics
	Thursday	17.30 – 18.10
18.30 – 19.10		Level 2 Gymnastics
19.30 – 20.10		Level 2 Gymnastics
Friday	9.30 – 10.00	Early Years
	10.10 – 10.40	Early Years
	10.50 – 11.20	Early Years
	12.00 – 12.30	Early Years
	13.00 – 13.40	Level 1 Gymnastics
	14.00 – 14.40	Level 2 Gymnastics
	15.00 – 15.40	Level 3 Gymnastics

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Musselburgh Sports Centre

Friday	9.50 – 10.20	Early Years
	10.30 – 11.00	Early Years
	11.10 – 11.40	Early Years
	11.50 – 12.20	Early Years
	12.45 – 13.15	Early Years
	13.25 – 13.55	Early Years
	14.05 – 14.35	Early Years
	15.30 – 16.10	Level 1 Gymnastics
	16.30 – 17.10	Level 2 Gymnastics
	17.30 – 18.10	Level 1 Gymnastics

Unfortunately our Trampoline classes are not resuming at this moment in time. However we are hoping to get these classes back soon.

Trampoline customers are eligible to register for a class at another centre. Email gymnastics@enjoyleisure.com to register your interest.

Loch Centre and Meadowmill Sports Centre

Unfortunately our classes at Loch Centre and Meadowmill Sports Centre are not returning during **Bounce Back to Gymnastics**. We appreciate that this will be disappointing however customers are eligible to register for a class at another centre.

Email gymnastics@enjoyleisure.com to register your interest.

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As mentioned, we have implemented a number of steps to allow classes to resume safely, and this includes reduced class durations.

North Berwick Sports Centre

Friday	9.10 – 9.40	Early Years
	9.50 – 10.20	Early Years
	10.30 – 11.00	Early Years
	11.10 – 11.40	Early Years
	13.00 – 13.40	Level 1 Gymnastics
Saturday	14.00 – 14.40	Level 1+ Gymnastics
	9.00 – 9.30	Early Years
	9.40 – 10.10	Early Years
	10.20 – 10.50	Early Years
	11.00 – 11.30	Early Years
	11.45 – 12.25	Level 1 Gymnastics

Don't miss out on Booking!

Thursday 10 th September	Monday 21 st September	Monday 28 th September
Customers booked into the programme in March 2020, can book into a class.	Remaining spaces begin to be offered to customers on enquiry lists.	New customers are eligible to book.

Contact **Catriona**, Gymnastics Development Officer, to register for classes

gymnastics@enjoyleisure.com

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