

We are looking forward to seeing you all for your Gymnastic sessions soon but, in order to make it as safe as possible, we will need to approach re-opening in a phased manner with specific procedures put in place.

The team have deep cleaned the entire building, including all of the Gymnastic Centre and equipment. Even though the foam pit will initially be out of use, we have even cleared and cleaned that too!

We have liaised with our equipment providers to ensure that the cleaning products we use will be effective on all surfaces and we have invested in new state-of-the-art electrostatic cleaners to help disinfect at the end of each day. You will notice hand sanitiser available for use and we ask that all users of the centre wash or sanitise their hands on entry and exit from the building.

Air handling has been adjusted to comply with legislation and also to minimise the risk by utilising fresh air rather than re-circulation. For that reason we would suggest that, on your first session back, you wear a number of layers so that you can adjust as required and understand the most suitable attire for future visits.

As you might expect there will be several changes to the way we do things in our Gymnastic Centre. Although some aspects will be unusual at first, and we understand that they may not be as flexible or convenient as normal, we hope that you will recognise their importance in providing the most safe and accessible use of Sportspark possible.

These protocols have been developed to ensure that we can re-open our Gymnastic Centre in a safe way for all children and staff. Please adhere to these rules, which are designed to ensure we comply with Government and British Gymnastics guidelines, at all times.

As I hope you can appreciate, due to the social distancing measures in place we are only able to bring back a limited number of classes at this time. We will endeavour to increase the amount of classes when safe to do so and keep you informed as and when this becomes possible. Capacities are also reduced and are based on a number of factors including entry and exit routes, air handling systems, equipment availability and floor space. To help us adhere to these please only attend Sportspark when you have pre-booked and have a confirmed booking. No 'walk-in' bookings will currently be taken under any circumstances and so if you have not booked a class then you will unfortunately be refused access to Sportspark.

Classes to be held in August are now on our booking system and are available to book. Our first week will be limited to some of our regular groups to help the team establish a 'new normal' method of working with additional sessions implemented from 3<sup>rd</sup> August.

You will notice that all classes are spread out in order to allow the safe and efficient arrival and dispersal of users as well as to allow additional time for our team to clean the necessary equipment after each session.

Unfortunately there will be no soft play sessions for the time being although we will be offering pre-school taught sessions which we are sure your children will enjoy.

Several of our sessions are recurrent bookings and can be reserved on a session by session basis. Therefore, most Learn2 Direct Debits will remain frozen, and any credit owed from previous payments will be administered when the Learn2 scheme recommences, which we hope to be possible from September. Those with Learn2 sessions and payments due to restart will be contacted by the Gymnastic team directly.

Bookings can be made by phone or by following the booking link on our website [www.sportspark.co.uk](http://www.sportspark.co.uk)

You will need your login details. If you have not used this service before please email [scsa@uea.ac.uk](mailto:scsa@uea.ac.uk) so that we can provide them to you. More details on how to use this service can be found [here](#).

Due to the limited capacity in sessions please ensure that you only book when you are confident you can attend as we aim to keep as many spaces available for reservation as possible. If we find that people are not attending having booked then we may need to implement a 'fair-use' policy or restrict certain participants' ability to book.

You can find the current timetable on our website [here](#).

## **Attendance and procedures**

When you return to Sportspark the first, and most important aspect of attendance, is to ensure that your child is well and has no symptoms of Covid. Please **DO NOT** attend under any circumstances if **any of your household** are displaying symptoms.

In order to reduce the number of touch points required, please also ensure that you bring your Sportscard with you on every visit and keep this with you throughout. This will allow entry into the building and reduce the need to visit reception or queue unnecessarily.

We ask that your child comes 'Exercise Ready' as far as practical. They should already be wearing their gym clothes e.g. leotards, shorts, t-shirts with other suitable clothes (that are easy to remove) worn over the top of these.

Please provide your child with a **small** bag and a water bottle with their name on it. Children will be asked to remove their over-clothes and shoes, and store them within their bags on a designated spot for the duration of the lesson. It is important that you provide your own hair bands and earring tape as we are unable to provide this at this time.

Dry chalk is not permitted in the gym at the moment so if your child uses it they will need to provide their own liquid chalk. We recommend 70% (or above) isopropyl alcohol content and we have ordered a limited supply of this which can be purchased from Reception if required. We have minimised the cost of this at £7 per 200ml.

It is a good idea for your child to have washed their hands and to use the toilet before gym (off-site if at all possible). If a child needs to use the toilet during their class they will need to ask their coach for permission.

To minimise numbers on site only one adult should bring the child to the gym and so we kindly ask that alternative childcare arrangements are made so that we can avoid siblings (and other family members) attending whenever possible.

Please ensure you only attend for your lesson at the advertised time. Please do not enter the building too early as we must minimise all customer's time on site as far as practical. If you arrive early please wait away from the premises e.g. in your car prior to entering. **Please arrive for your gymnastic lesson no more than 5 minutes ahead of time.**

Entry will be via the ground floor, following the Sportspark one-way system. Exit will be via the first floor balcony over Halls 4 and 5 before travelling down the first set of stairs and immediately out of the fire exits opposite.

Throughout Sportspark, including the gym, there will be clear markings to highlight queuing and waiting spaces. Please adhere to these at all times.

Your child will be socially distanced from other children whilst in the gymnastic centre but it is essential that participants follow their coaches instructions at all times and that gymnasts remain separated from each other. Unfortunately, if they are unable to follow these instructions, they may be asked to leave the session and it could impact on their ability to attend future classes. The coaches will not be wearing masks unless they are performing tasks that require them to be within 2 metres but there will be no 'hands-on' coaching for the time being.

At the end of the session gymnasts will collect their bag and water bottle etc. and will wait in line to be picked up. Coaches will call children forwards when the parents are ready to collect them. No gymnast is to leave the building on their own, and so we must ask all adults to be punctual when collecting their children in order to help us clear the centre as efficiently as possible.

Please leave Sportspark promptly once your activity has finished and make arrangements to shower and change elsewhere. Showers will not be available for use at the current time.

Please read our 'Thank You For...' etiquette guide and adhere to this at all times and, most importantly, please only attend site if you are completely symptom free.

In order to make everyone's time here as enjoyable as possible, please make sure that you respect your fellow users and Sportspark staff at all times. Adhere to social distancing, be patient, be kind, follow our guidance and remember... this is new for everyone and we are all trying to find our way through these changes together.

We can't wait to see you all again!