

Dear Parents,

Please read carefully all the information below.

## RULES

### Information to know

1. Please arrive on time and wait until your group is called to enter the gym
2. Please Enter and Exit side door
3. Place shoes in the bag on entering the gym
4. On the entrance will be a sanitizer for use
5. Then proceed to your warmup area and find a place with social distancing in practice
6. No interaction with other groups within the gym

### Health & Safety

1. Before moving to the next apparatus, Coach and older gymnasts will be in charge to clean the area that has been in use for the next coming group. (Special cleaning spray liquid and gloves will be provided!)
2. Ask permission to leave the group (Toilet/Wash hands/Ice/Medical supplies -inhaler)
3. Cannot eat food on the premises
4. Stay home if showing any signs of illness - Parents will be contacted immediately to pick up any sick gymnasts
5. Only gymnasts in the gym - Parents please contact the office for permission to stay - only in special circumstances
6. Stay home if you have been in close contact with someone with COVID 19 symptoms or arrival in NZ from overseas within 14 days
7. Parents must socially distance in the car park and areas outside the gym, stay in your car where possible

**Contactless** NO spotting allowed!

Please note: Coach will be standing by an apparatus supervising *(Chris and myself will spot/catch if a suspect or see gymnast is going to/or is falling) at least you will advise us to not to!*

All gymnasts must maintain a 1-meter distance between each gymnast in their group and 2-meters or more between other groups.

## PERSONAL GYMNASTICS GEAR

Every gymnast must have their own gymnastics gear for training.

**(Please bring all applicable) Have with you at all time**, every session - All cubby holes and lockers are out of action

- Grips (high bar/rings)
- Uniform, leotard/longs/shorts/socks
- Medical supplies -inhaler
- Chalk (will be provided by coach)
- Chalk box or bag (provided by you)
- Spray bottle (for pommel horse)
- Gloves and straps

- Honey or sweet water (gymnasts know! ;))
- Drink bottle (please note, we can't provide drinking water during current H&S rules) so bring enough water for all session

**CONTACT TRACING** Please let us know if not attending to keep up to date.  
All gymnasts have their information in our system "Friendly Manager" if needed. (please let us know if your contact details are changed)

Thank you for your support!

If you have any questions, please contact me on  
[pasha.nolimits200@gmail.com](mailto:pasha.nolimits200@gmail.com)

Kind Regards  
Pasha  
MAG Head Coach