



HVG Competitive – Covid 19 Alert Level 2 Procedures

WAG Competitive – Blue Building (BB)

- ✓ Please arrive on time and wait until your group is called to enter the gym
 - ✓ Must arrive already dressed in leotard/leggings (if you coming straight from school please change in the car and have a snack).
 - ✓ Give shoes to a parent on entering the gym.

Gymnasts Must:

- ✓ Wash/sanitise hands on arrival at the gym
- ✓ Wash/sanitise hands when rotating apparatus (min every 45mins)
- ✓ Wash/sanitise hands after coughing or touching face
- ✓ Maintain high levels of personal hygiene



- ✓ **Only gymnasts in the gym** – Parents please contact the office for a permission to stay – only in special circumstances.
- ✓ **Stay home if showing any signs of illness** – Parents will be contacted immediately to pick up any sick gymnasts.
- ✓ Stay home if come in close contact of someone with covid 19 symptoms or arrival in NZ from overseas within 14 days.
- ✓ Parents must **socially distance** in the carpark and areas outside the gym, stay in your car where possible

- ✓ **Bring enough water for the whole session – All water stations are out of action.**
- ✓ **No food to be consumed during training**



- ✓ Must stay in group bubble of **max 10**
- ✓ **No interaction** with other groups within the gym
- ✓ Stay **2m apart** from other groups
- ✓ **Socially distance** within group

- ✓ Keep to session plan and stay on spot/location/station/beam allocated
- ✓ Ask permission to leave the group (Toilet/Wash hands/get medical supplies only)
- ✓ Let coach know if they are not attending – to keep **contact tracing** up to date

- ✓ **Bring a polyprop and drinkbottle only to session**
(All cubby holes and lockers are out of action)

