



HVG Competitive – Covid 19 Alert Level 2 Procedures

WAG Competitive – Main Gym

- ✓ Please arrive on time and wait until your group is called to enter the gym
 - ✓ Comp gymnasts to enter through **SIDE** door and exit through **BACK** door
 - ✓ Must arrive already dressed in leotard/leggings
 - ✓ Place shoes in bag on entering 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
- ✓ Help coaches disinfect/clean equipment used between rotations



- ✓ **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 you have been 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 **SMALL** bag with all gear needed for the session (To stay with them at all times – All cubby holes and lockers are out of action)

- Warm top
- Grips, wrist bands, gloves
- Medical supplies -inhaler etc
- Plasters/strapping tape
- Band/slider/roller

