



**PARENT/GUARDIAN RETURN TO TRAINING
PACK**

WELCOME BACK!

We're really looking forward to seeing you all back at club soon! Please take a good look through all of the information included in this Return to Training Pack and let us know if you have any questions or any concerns at all.



Alpha TC – Parents/Guardians **Return to Training – Phase 1 Operating Procedures 2020**

Due to the Covid-19 pandemic, there are a number of changes to operating procedures that will be in effect during Phase 1 of the club's return to training. Many of these may be temporary, but please make yourself fully conversant with the information below as to how sessions will run during Phase 1 and your obligations to the club.

Memberships & Payments:

- Prior to returning to club, all gymnasts will require their British Gymnastics membership to be renewed. All information on BG memberships needs to be checked to make sure it is current and amended where appropriate. Each gymnast requires two contact telephone numbers included on their BG membership in order for us to comply with NHS Test & Trace.
- The annual club membership normally due in September will be postponed until January 2021.
- Phase 1 will be 6 weeks and take us up to the October half-term (25th October). Fees will be set for the 6 weeks and requested to be paid in advance by bank transfer. If it is required for the fee payment to be split, please do just let us know and we can set the 6-week payment to be done in two amounts.
- Any other Standing Orders to the club need to be stopped at this point to ensure they do not go out in October.
- Phase 2 fees and payments will be set and communicated ahead of the October half-term.
- If anybody has been adversely affected financially during the lockdown and pandemic so far, British Gymnastics have hardship grant funding available to try and ensure that all gymnasts are able to return to sport should they want to. If anybody needs any help with applying or is struggling with cost of returning to sport, do please just contact Christine.

Session Drop Off:

- Alpha Trampoline Club will have the use of the upper car park beside the sports hall. Please only park here to prevent any crossover with the hockey club. Nobody should be going under the wooden barrier and crossing the grass to get to the queuing system outside the facility – you need to go round and join the queue from the back.
- Each zone of gymnasts will be given a designated drop-off time to ensure reduced numbers in pinch-point areas. Gymnasts need to arrive during their designated time to allow for checked entry into the facility and guided to their correct area. Please arrive to be able to join the queue at the published start of your designated drop-off time – please do not wait until the end of your 5 minute drop-off time to join the queue to help make things run smoothly. After the final zone of gymnasts has entered the facility, session entry will be closed. Unfortunately, if gymnasts do not arrive within their designated drop-off times, we will not have the staff available to collect them.
- Gymnasts 11+ should wear masks for the entry process.

- Where gymnasts are old enough, parents should send gymnasts to queue on the socially distanced markers outside the hall independently. However, parents/guardians must not leave until they see their child/ren enter the facility. Temperature checks will be administered on arrival and in the case of raised temperature, gymnasts will not be permitted to enter and will be requested to return home. Parents/guardians must remain on site until they see their child/ren permitted into the facility.
- Younger gymnasts should be accompanied in the line by a parent/guardian while remaining mindful of social distancing. Once gymnasts have been permitted into the facility, parents/guardians can continue past the door and loop back round to the car park, so keeping a one-way system in place.
- Parents/guardians will not be allowed to enter the facility.
- Although coaches will go as quickly as they can temperature checking and signing gymnasts in, gymnasts should have appropriate clothing to cover the likelihood of having to queue outside for a short time.

Session Collection:

- Parents/guardians will not be allowed to enter the facility.
- At the conclusion of sessions, gymnasts will be escorted by their coach through a one-way system out of the rear fire exit of the hall and round the side of the building to the barrier at the top of the car park. Parents/guardians will need to collect gymnasts at this point during their designated collection time. Coaches will sign gymnasts out when collected.
- Over 18 gymnasts will be permitted to leave but any gymnasts under 18 will need to be collected. For under 18 gymnasts who walk home/drive themselves home/get a bus home, we will need confirmation in writing from parents/guardians to confirm this is the case before we can allow them to leave and sign them out.
- Anybody who has not been collected during their designated collection time will be brought back around the building and will wait in the isolation area to avoid cross-contamination between sessions. Parents/guardians late to collect gymnasts will need to contact the club so that a coach can arrange to bring their child/ren to the collection point and have them signed out.

During Sessions:

- Gymnasts will be signed in by one of the coaches from their zone and sent into the hall to go directly to their zone.
- There will be no more than 15 people in any one zone.
- Gymnasts will warm up in their zone supervised by one of the zone coaches. They will then follow a one-way system around the equipment for trampoline / DMT training.
- Gymnasts in Category A will have a blended delivery with on-bed strength and fitness taking place alongside the continuation of online conditioning. Gymnasts in Category B will have a split session with time on the trampoline and time on floor conditioning, with access to online conditioning included as well.
- All mats and frame pads will be cleaned before sessions and after each group.
- High touch surfaces will be cleaned regularly throughout sessions.

- Gymnasts will be expected to hand sanitise before their go on the trampoline and after their go. This is due to there not being a suitable cleaning product yet for the trampoline webbing so is to minimise risks.
- Any landings on front will be minimised. Where essential, they will either take place on a mat, or gymnasts will be required to wear a mask for that skill.
- Gymnasts will be required to bring a towel / yoga mat to place underneath them during any exercises where they are lying on the floor.
- Gymnasts will have to carry their belongings with them throughout sessions so are requested to have a small gym bag with only essential items for the session.
- In order to minimise traffic to the toilets and changing facilities, gymnasts need to arrive at sessions with their training gear already on. We request that gymnasts train in clothes that are fresh and haven't previously been worn to another location so we recommend them training in leotard, shorts and white socks to ensure this is the case. Gymnasts should also have been to the toilet before training.
- Regulations mean that we cannot create training 'bubbles' at club. Gymnasts will still be required to socially distance at all times during sessions.
- During Phase 1, gymnasts will be invited to particular sessions according to their individual needs. They will have the same coach/es for their whole session. Siblings will be kept in the same session during Phase 1 where possible to minimise different households.
- The entry doors will be shut during sessions to prevent unchecked access to the facility. If you arrive late at any point, please do not attempt to enter the facility. For drop-off, unfortunately the session entry will have closed and you/r child/ren will be unable to take part that day. If you arrive late for a collection, please contact the club in order to organise one of the coaches bringing your child/ren round to the collection point.

Contacting the Club:

- As parents/guardians will not be permitted access to the facility, there will not be an opportunity before, during, or after sessions to speak to coaches. If you want to speak to a coach regarding your child/ren's training, or any other concerns or comments about the club, please contact the club by either email or telephone.
- If you have an immediate concern relating to Covid-19, please contact either the Covid-19 Representative Officer, Welfare Officer, or one of the senior coaches as soon as possible.

Communication System:

- In the case of suspected symptoms at club, parents/guardians of all gymnasts and coaches inside the session will be contacted via a Whatsapp group. You will be notified that somebody had symptoms during a session and were put into isolation before being collected. All equipment will have been cleaned thoroughly as soon as somebody is moved to the isolation area. You will then have the choice to collect your child/ren early from the session, or to collect them as usual at the end of the session.
- If we are contacted by NHS Test & Trace, or if we have any confirmed cases of Covid-19 at the club, we will again contact relevant people via Whatsapp group.
- If you do not have Whatsapp on your phone, please let us know as soon as possible.

Reminder of what gymnasts need to have at sessions:

- Mask available and worn for arrival (over 11) and any landings with face towards trampoline
- Small towel / yoga mat
- Fresh training clothes: we suggest leotard, shorts and white socks
- Trainers
- Outer layers for queuing outside the hall
- Full bottle of water
- Hand sanitiser, although there will also be plenty available at club
- Training diary and one pen
- Small bag to keep all belongings together in one spot and easy to carry around

Phase 1 Training

Phase 1 training will be from 14th September to 25th October 2020

Phase 1 training will be for:

- Benchmarking strength, fitness and flexibility
- Assessing mental and psychological readiness
- Fun fitness work
- Brilliant basics
- Moving on to progressions, skill development and basic sequencing

For Phase 1 of our return, we are running a blended delivery with two categories of training sessions initially:

Category A gymnasts will complete a club session on trampoline as well as compulsory online conditioning

Category B gymnasts will complete a club session that is split between the trampoline and floor conditioning with online conditioning available as well

After the first few weeks, we hope that most gymnasts will be returning to their pre-lockdown fitness and we will move to sessions where all gymnasts are completing their club session on trampoline with online conditioning.

Category A & B:

For some returning gymnasts, we have been able to assess their physical readiness to return to training over the last 23 weeks through contact with them on online and live conditioning sessions. For those we have already benchmarked, they will enter either Category A or B.

For returning gymnasts that we have not yet been able to assess, they will enter Category B.

During Phase 1, we will continue to benchmark gymnasts and move them to Category A when appropriate.

During Phase 1, only gymnasts who we have assessed as physically ready to return to DMT will be allowed to train in the discipline initially. Due to space and time constraints, we are only able to run DMT on a Wednesday so this is initially only open for Category A gymnasts.

Sessions:

Due to the additional time constraints that we as a club now have, sessions for Phase 1 are shown in the table below. Gymnasts will be invited to confirm sessions in batches so please do not contact the club to request sessions until you have received an email inviting you to do this. Please also note that there is no possibility of gymnasts training “double” sessions during Phase 1.

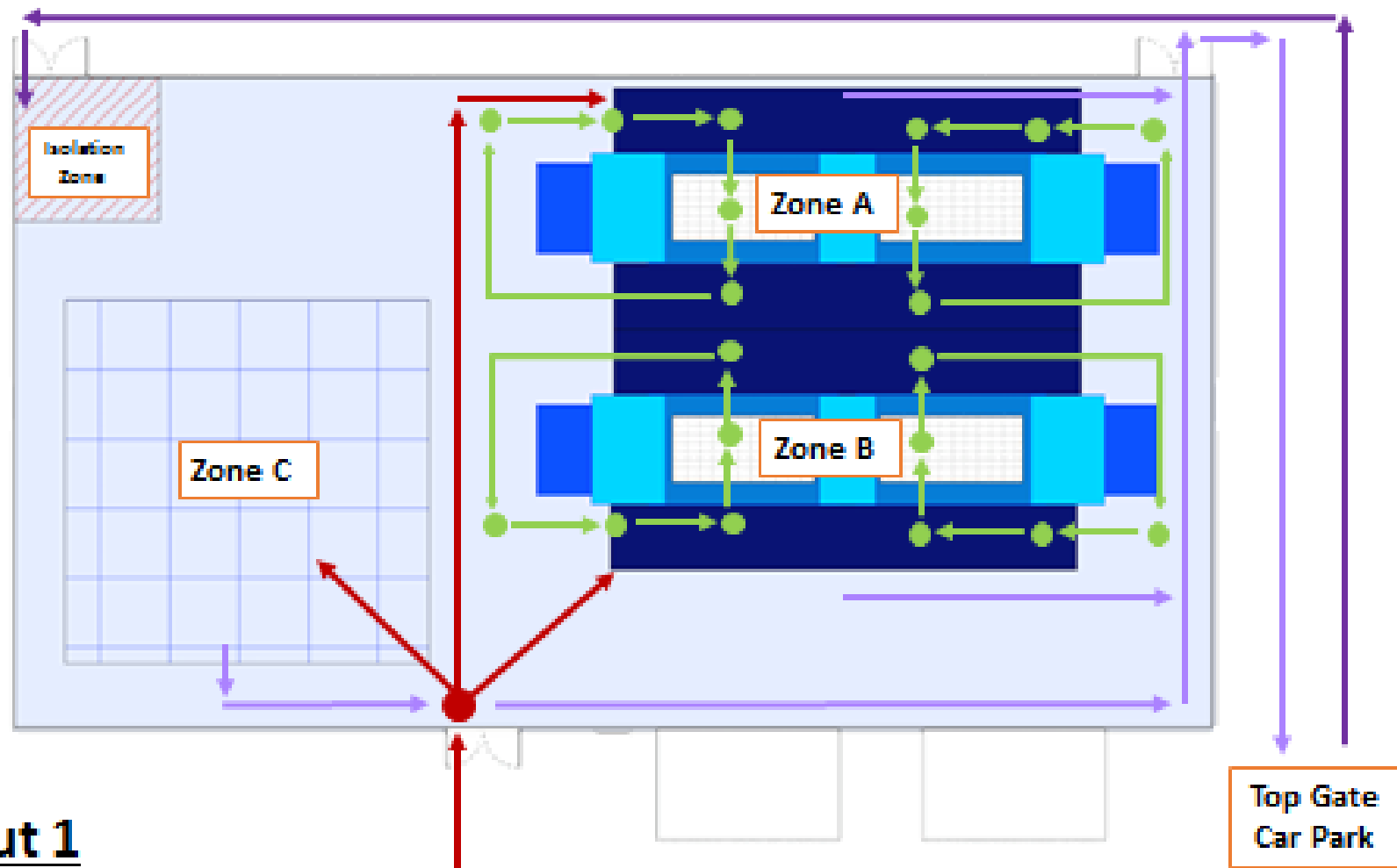
Day	Session	Zone Times	Availability
Tuesday	1	A – 5:25-6:35pm B – 5:30-6:40pm C – 5:35-6:45pm	To all
Tuesday	2	A – 6:55-8:05pm B – 7:00-8:10pm C – 7:05-8:15pm	To all
Wednesday	1	A – 5:55-8:00pm B – 6:00-8:05pm	Category A & invited DMT gymnasts
Friday	1	A – 4:55-6:05pm B – 5:00-6:10pm C – 5:05-6:15pm	To all
Friday	2	A – 6:25-7:35pm B – 6:30-7:40pm C – 6:35-7:45pm	To all
Saturday	1	A – 8:45-9:55am B – 8:50-10:00am C – 8:55-10:05am	To all
Saturday	2	A – 10:15-11:25am B – 10:20-11:30am C – 10:25-11:35am	To all

When your child/ren's sessions have been confirmed, your designated drop-off and collection times will be confirmed.

Fees for Phase 1 (6 week total)





Number of Sessions	Total 6-week Fees	What is included	Availability
1 x week	£50	1hr10 club session/week 1 x online conditioning session/week	To all
2 x week	£96	2 x 1hr10 club sessions/week 1 x online conditioning session/week	To all
3 x week	£130	3 x 1hr 10 club sessions/week 2 x online conditioning sessions/week	Category A gymnasts
4 x week	Only available as an add-on	4 x 1hr10 club sessions/week 2 x online conditioning sessions/week	By invitation

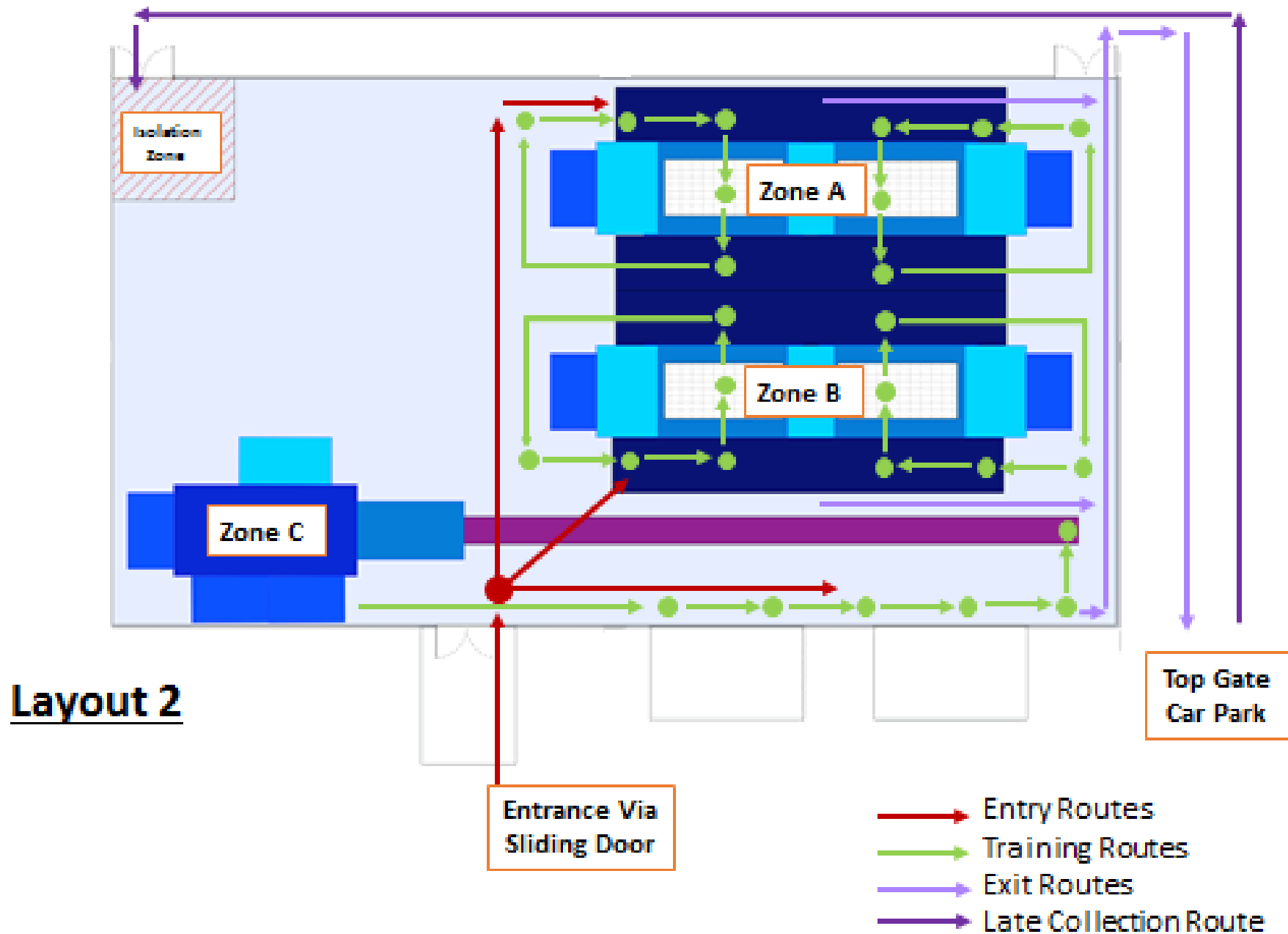
Also attached is a good British Gymnastics parent's guide for returning to training.

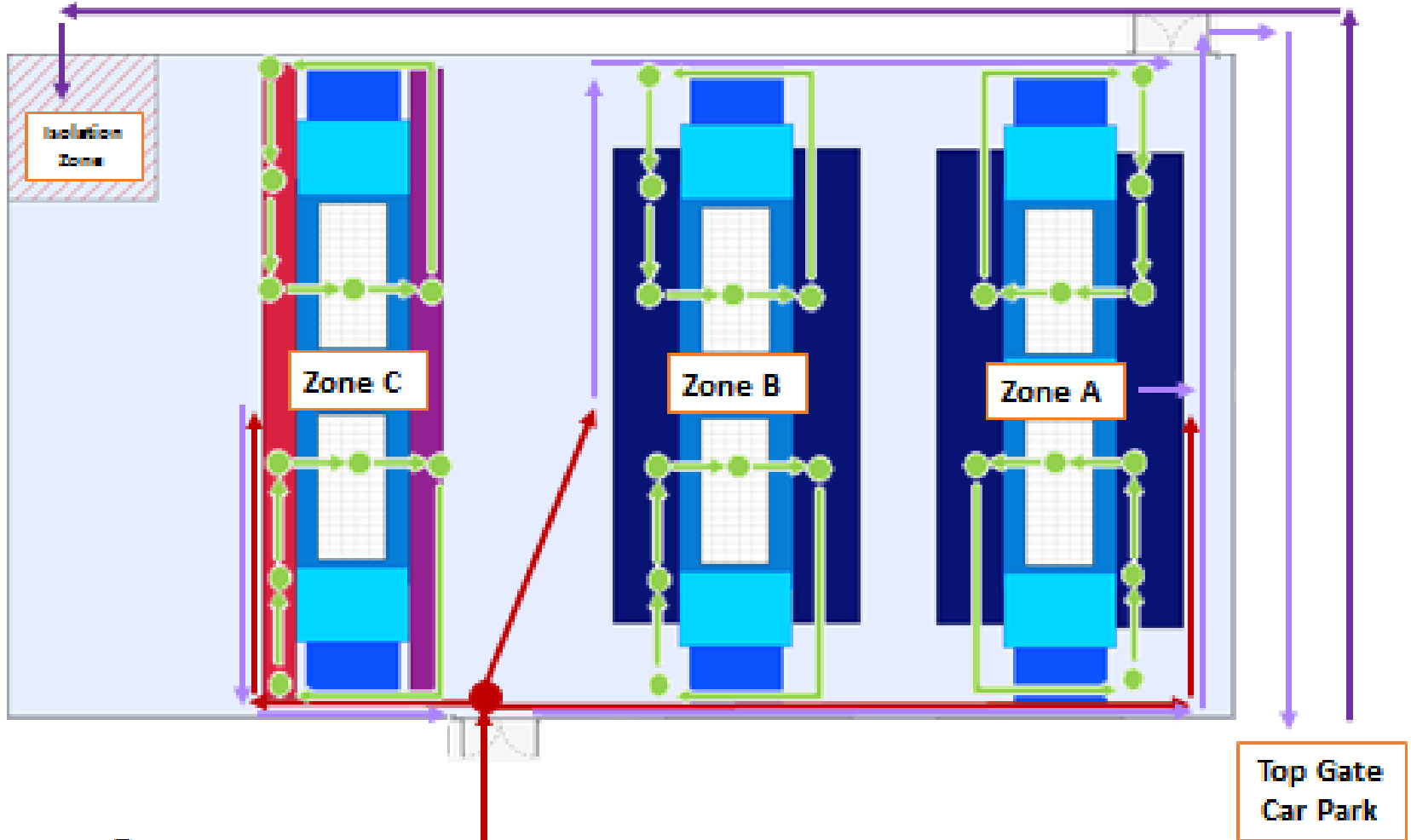


Layout 1

Entrance Via Sliding Door

-  Entry Routes
-  Training Routes
-  Exit Routes
-  Late Collection Route





Layout 3

Entrance Via Sliding Door

- Entry Routes
- Training Routes
- Exit Routes
- Late Collection Route

If you have any questions at all, please don't hesitate to get in touch.

**WE LOOK
FORWARD TO
SEEING YOU SOON!**