



GYMNAST 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.



Returning to Training

How Will Everything Work?



Because of the Covid-19 pandemic, when we return to training there will be some **changes** about how we do things. Have a read through the information below and remember to **ask** your parents or the coaches if there is anything you're not sure about. Everything has been done to make sure our return to training is as **safe** as possible, so remember to follow the rules and we can all **enjoy** getting back to our favourite sport!

Returning to Club:

When sessions return, you might not be training on the same day as you used to, or at the same times. Sessions are going to be a bit shorter and they won't follow the same order that they did before. You also might not be with the same gymnasts or coaches that you used to be with. But don't worry, you'll still be getting the opportunity to get back to your favourite sport with the fantastic coaching team at Alpha and you might even make some new friends!



When we first go back to training, you won't start off by doing the same things on the trampoline as you did before. This is because your body and brain have had a bit of a holiday from trampolining and just like when you come back from having a long time off anything, they're going to need a little bit of time to get back into it. You'll have some strength, flexibility and conditioning work to do, and you'll spend some time training basics and getting back to everything

slowly. The coaches will be working with each gymnast individually so try not to compare yourself to anybody else at club – focus on your own training and what you need to do to get to where you want to be!

Getting Ready for Training:

Before you come to training, you'll need to make sure that you have your leotard, shorts and white socks already on. Training in this means that you'll have fresh clothes on each time you come to training, rather than wearing anything you've already worn to school or to a club or to another person's house.



You'll also need any jewellery removed and your hair tied up because coaches won't be able to help you with this like they did before.

You'll need to have some extra layers on as you might have to queue outside the sports hall before you're allowed in.

You'll need to bring a mask with you, but you'll only need to wear this if you're doing certain skills on the trampoline. If you're over 11, you should wear the mask when you're queueing to come in to club and until you get into the sports hall.

You'll also need to bring a small towel or yoga mat that you can put down to do some conditioning exercises on the mat.

Don't forget your usual things for training, like your training diary and a single pen, a bottle of water, your trampoline shoes, chalk if you need it, a spare hair tie, spare socks etc!



Bring a small bag with only things you need for the session as you'll need to take this with you wherever you go in the hall. A small gym bag would be perfect!

Arriving:

When you get to the school, you might have to queue outside the sports hall before you come in. There will be markers for where you should stand so follow these on your way in.



At the door, a coach will check your temperature using an infrared thermometer. They'll point this at your head and it will make a beep but it's nothing to be scared of – it'll just let us know if you have a slight temperature or not.

You'll have to go into the building on your own as your parents or anybody dropping you off won't be allowed to come in, but there will be coaches around to help you get to the right place.

You'll need to sanitise your hands as you go in and then follow the one-way system into the sports hall and straight to your zone.

Sessions:

The coaches you see around you in the hall will be wearing masks, but they'll still be the same coaches you saw before.



You'll be in a zone within the hall and you'll need to stay in your zone for the whole session, unless you are told to move to another area. There will be markers for where you should stand and wait in between your turns and you'll need to follow a system for where you get on and off the trampoline.

You'll also need to sanitise your hands before and after you get on the trampoline.

The coaches will be a little bit back from the trampoline and they won't be able to stand up and support or catch anything. They'll still be giving you all the directions and information you need though, but if you're worried or unsure about anything, just remember to ask!



You might see a bit more cleaning going on during sessions and the coaches will sometimes be busy wiping down the mats, frame pads and other surfaces in the hall, but they're just doing this to try and keep everybody safe.

If you need to go to the toilet at any point, you'll need to ask the coaches in your zone. You'll have to follow the one-way system and find a free toilet. You must make sure you wash your hands really well after going to the toilets and then use the hand sanitiser on the way back into the hall.



If you feel ill at any point in a session, you need to tell the coaches in your zone so that we can make sure you go to the right place while you wait for your parents/guardians to come and collect you.



It might be that sometimes, first aiders or other coaches have to wear an apron and a face mask but it isn't anything to be worried about. It will just be because of a certain job they might need to do.

We know you'll be really excited to see your friends again, but you won't be able to hug them or high five. You could make up an 'air' greeting or a silly dance instead! You'll have to keep socially distancing during sessions so you'll need to stay on the markers. If your brother or sister goes to the club as well, you'll be in a group with them to start with. Remember not to share anything like your water bottle or your pen with anybody else at club.

At the End of Sessions:

When your session has finished, you'll need to collect your belongings and sanitise your hands. You'll then follow your zone coach out of one of the back exits and walk round the side of the building to the place where your parents/guardians can collect you. A coach will have to sign you out so don't just run off through the car park!

If you haven't been picked up at the right time, you'll have to go with your zone coach around the back of the building and into an isolation area. You'll have to wait here until you are collected.

Reminder of what you 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

We're really looking forward to seeing everybody back at trampolining and hope to welcome you back to Alpha really soon!



Phase 1 Training

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

Phase 1 training will be for:

- Making sure your body is physically ready for getting back to training
- Getting your head and brain back into trampolining
- Fun fitness work
- Brilliant basics
- Moving on to some more progressions, skill development and basic sequencing

For Phase 1 of our return, you will start off either:

Completing a club session on the trampoline as well as compulsory online conditioning

Or

Completing a club session that is split between the trampoline and floor conditioning with online conditioning available as well

After the first few weeks, as everybody gets back to fitness and training, we will move to sessions where you are all completing your club session on trampoline with online conditioning.

Category A & B:

We've put everybody into one of two categories for returning to training at the beginning of Phase 1:

For some of you coming back to club, we've been able to have a look at your fitness/strength/flexibility over the last 23 weeks because we've seen you online or at live conditioning sessions. For those of you we've already seen quite a lot, we'll ask you to enter either Category A or B.

For those of you coming back that we haven't got to see as much and so haven't been able to check how your fitness is doing, we'll ask you to enter Category B.

Remember that during Phase 1, we'll continue to look at how you're progressing and we'll move you to Category A when it's best for you.

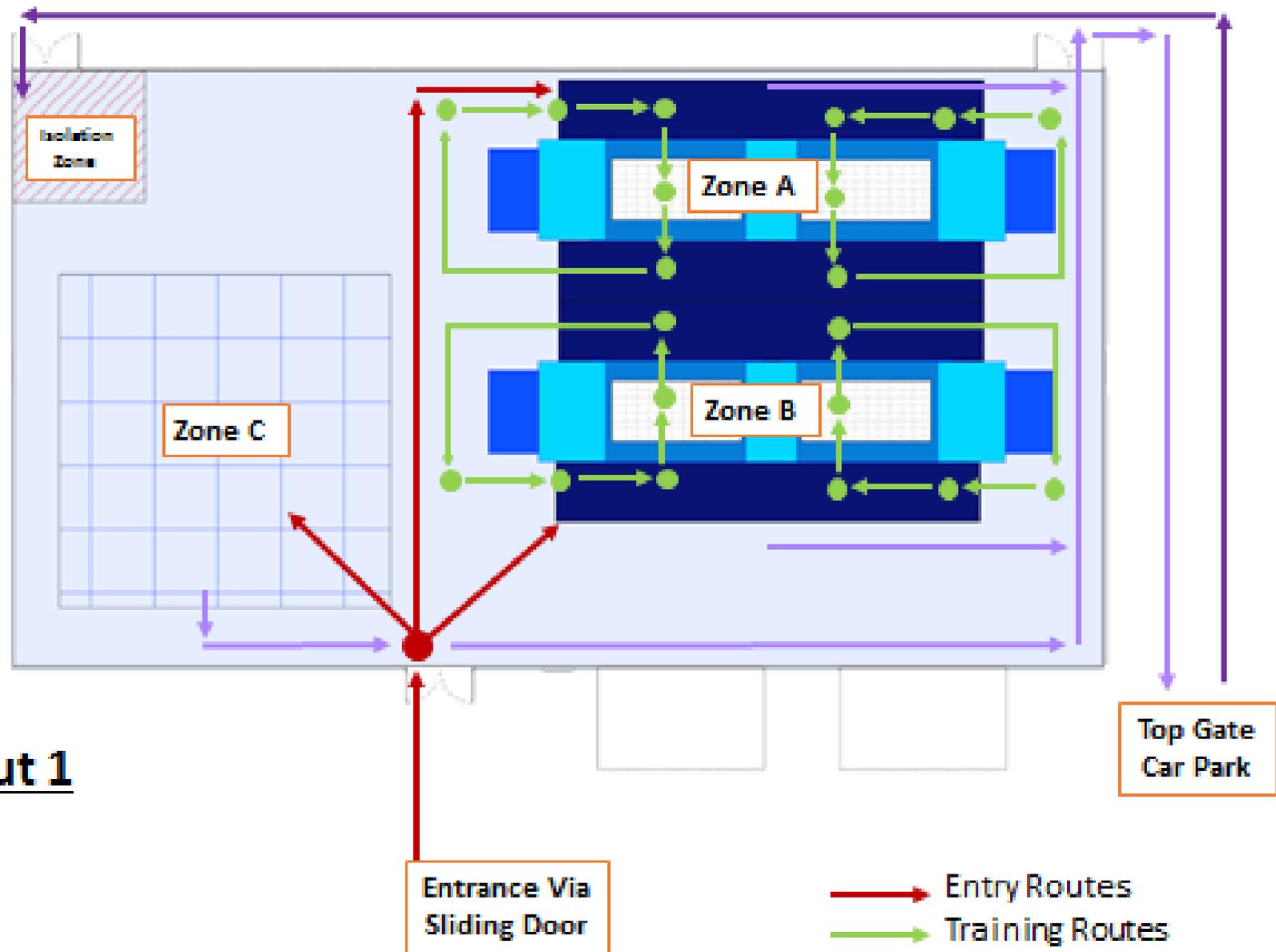
During Phase 1, we'll only be asking gymnasts who we think are ready to return to DMT to train in the discipline initially. DMT is a really high impact sport and is very heavy on your ankles, knees and backs, so we want to make sure we protect you as much as possible when we go back and only get you to do things that your body is ready for.

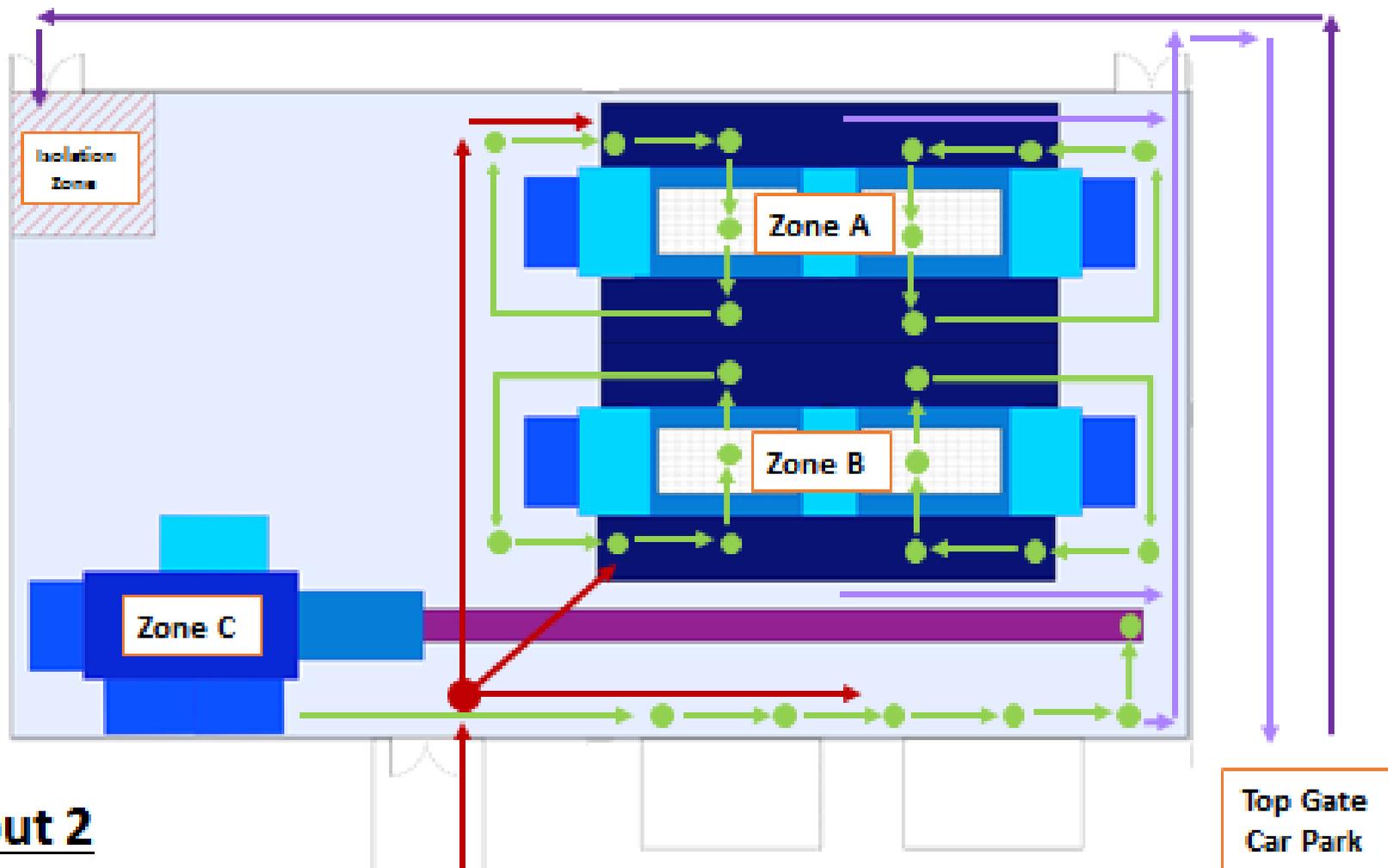
We know that you might be frustrated about not being able to go back to full training straight away, but try and remember that everything we're doing is to try and keep you safe and healthy and able to continue in the sport as long as possible. After such a long time off, we need to protect your bodies so that you can continue trampolining as long as you want to! We are focussing on your basics and fitness in this first phase of getting back to

trampolining so that you have all the building blocks you need to get back to the level that you were before. It's important to try and not get frustrated when you first come back but if you have any questions about it all, just have a chat with a coach.

Sessions:

Sessions are at different times than they used to be and you might not be training at the same time or with the same people you used to train with. We'll be sending out information to your parents really soon so that we can get you booked onto sessions and hopefully it will mean that we see you back at club as soon as we are open again!

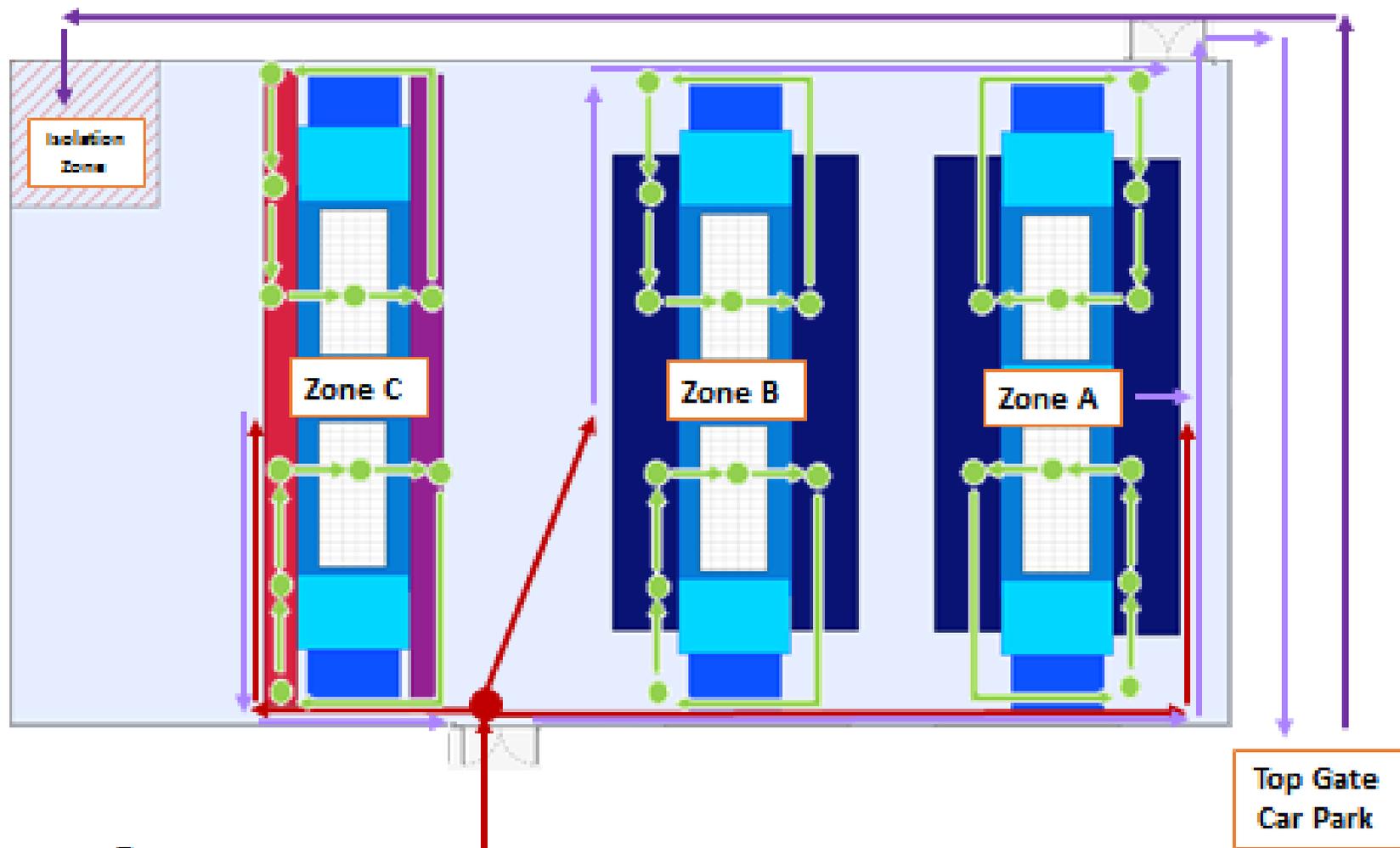




Layout 2

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

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

