

# BOUNCE BACK INTO GYMNASTICS

## A PARENT'S GUIDE TO RETURNING TO THE GYM



### SUPPORT THE CLUB

Support your Gymnastics Club by ensuring that you adhere to the QLD State Government Guidelines.



### IF UNWELL STAY HOME

If you or someone in your family is feeling sick, do not come to gymnastics. And remember to always cover your mouth, cough or sneeze.



### SIGN IN

Upon arrival please register your attendance.



### COME DRESSED TO THE GYM

Changeroom facilities are not available at this time, ensure your child arrives dressed for training.



### WATER BOTTLE

Write your child's name on their water bottle and do not share drinks.



### WASH & DISINFECT

Clean, wash and disinfect all gym training gear after each class.



### PROMOTE SAFE HYGIENE

Remind your kids about safe hygiene. All athletes/participants will be expected to wash their hands upon arrival into the gym. Repeat on exiting.



### NO GATHERINGS

Parents and participants/athletes should not congregate before or after class. Gymnastics will be an 'in and out' environment. Please limit contact with other families in the gym, including KinderGym.



### MAINTAIN SOCIAL DISTANCING

Parents and athletes/participants are reminded to ensure that they maintain a distance of 1.5m between them and others.



### COVID SAFE APP

Help us enjoy a safe return to our sport by downloading and signing up to the COVID Safe App.



### EQUIPMENT

Please ensure your child has their own personal equipment, there won't be any sharing of chalk at the gym.