

COVID 19 Update #5

Dear members,

Further to yesterday's update and today's rapidly changing situation we yet again want to keep you up to date with the latest measure we are taking to combat COVID 19 and keep our community safe.

CHANGES TO SQUAD TRAINING

We have cancelled or re scheduled Squad training as necessary in order to keep number in the gym below 100. You should be contacted directly with the changes that affect you. We thank you for your understanding.

Training will be adapted in order to reduce the necessity of physical spotting and to encourage social distancing.

ALL OTHER CLASSES

All other classes are running on Friday 20th and Saturday 21st with some significant safeguards in place to limit risk. These include:

- Parents/guardians will not be allowed to remain in the gym during class, with the exception of one adult per Pre-school child attending a class.
- All children and parents will be asked to wash their hands before going onto the gym floor
- All classes will finish 5 minutes early to avoid large number of children at cross over times and to ensure we can clean equipment in between classes
- There will be a "one way" system set up for children to enter and leave the building. Children will still go directly upstairs for the start of their class.
- Groups will be encouraged to practice physical distancing during class and numbers per group will be kept to a minimum, as well as spread around the gymnasium.
- Numbers in the gym will be monitored and classes adjusted accordingly. This could mean a class cancellation at short notice.

WILL WE CLOSE?

We understand that the uncertainty of the current COVID 19 outbreak is unsettling for everyone and by continuing to offer our classes we hope to maintain some semblance of normality and routine for our young members.

we recognize we may not be able to maintain this indefinitely, and we will follow all government guidelines. All decisions will continue to be made in the best interest of our members, staff and wider community.

in the case of closure all cancelled classes will be credited or make ups provided.