**Return to Training – Adults/Parents/Guardians and Gymnast Guide**

· Please do not attend if you, your child or a member of your household/extended household has had symptoms of COVID-19 in the last seven days or are self-isolating.

Preparing for your Session

· Please book onto your session each week via <https://bookwhen.com/cardiff-flyers#focus=ev-sndp-20200905110000>

· Please wash your hands before and after your session.

· Please can participants arrive in training attire and bring a bag for excess clothes.

· Only bring what you need for your session and leave the rest at home.

· No food should be brought/eaten inside the building.

· Please bring a bottle of water.

On Arrival:

· Please queue outside Maes-y-Coed entrance in a socially distanced fashion (if you are unable to queue safely, please remain in your car or distanced from the queue until you are confident it is safe.

· One adult/parent/guardian should stay with their child/children in the queue until their coach greets them.

· Unfortunately, due to limited spacing and capacity in the hall, adults/parents/guardians must not enter the building.

· For sessions in Sports Wales National Centre, forehead temperature checks will be conducted on performers and coaches - a fever is >37.5 degrees C.

· Please can each performer sanitize their hands using the sanitiser on the right hand side of the lobby.

· Performers will follow their coach through one-way system to the hall and be directed to socially distanced markings on the floor, where they can place their belongings and prepare for their session.

Training

· The training groups will be set for the foreseeable future, essentially creating a “training bubble”.

· Performers will undertake a floor warm-up remaining on socially distanced markers.

· Performers will be guided to a marking on the floor near the trampoline. This will be their spot for the duration of the session.

· Performers can keep their drinks near the trampoline at their individual marker.

· Performers will complete a set warm-up before getting onto the trampoline, directed by the coach.

· Performers will have a progressive return to training, focusing on building basics and redevelopment of skills.

Keeping You Safe:

· Coaches will set out and wipe down equipment prior to the start and end of each session.

· Coaches will stay 2m away from the trampoline.

. Coaches will not be catching any skills until further notice.

· There will be a first aider present at every session.

· Should the situation arise where first aid is needed, a mask and gloves will be worn. No physical contact will be made unless necessary.

Toilet Use

· Inform your coach you need to use the toilet.

· Please use the coloured discs to alert people not to enter the toilets by turning to red when you enter. As you leave, return the disc to green.

· Only one person can use the toilet at a time.

· If you are queueing for the toilet, please stick to the left hand side.

What will happen if someone is feeling unwell?

· The coach should be Informed immediately.

· The performer will be isolated with an adult in full PPE.

· All parents/guardians will be contacted and the session terminated.

Leaving

· At the end of your session, please put on any extra clothing and collect your belongings.

· Your coach will direct you out of the hall via the fire exit (one-way system) to the front of the centre.

· Performers will remain supervised until their adult/parent/guardian collects them.

· Parents are expected to be ready to pick up performers to limit exposure.