**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 or contact with someone with symptoms of COVID-19 in the last seven days or if you or your child 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.
* 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 collet 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.