



# Gymnasts, are you prepared for your session?

## What to Bring:

- Named water bottle
- Named small bottle of Hand Sanitiser
- Towel – if the weather is dry and warm, snack and lunch breaks will be taken outside
- Named Bag – big enough to contain your shoes, towel, water bottle, hand sanitiser and outer layers of clothing.
- Snacks for Half & Full Day sessions & lunch for Full Day sessions.  
**PLEASE NOTE WE ARE A NO NUT FACILITY PLEASE DO NOT PACK FOOD CONTAINING NUTS**

## Clothing:

- Long hair must be tied up neatly prior to arriving for your class – we are unable to do this for your child.
- All jewellery must be removed, including earrings. New piercings should be covered by tape, before your class, until they are able to be removed. We are unable to do this for your child.
- All gymnasts should wear comfortable, appropriate and non-restrictive clothing with no zips, buttons or buckles. Leotards and t-shirt and leggings/joggers/shorts are all acceptable clothing for gymnastics. Two-piece costumes with bare midriffs are not allowed
- Gymnasts work in bare feet so socks should be removed prior to entering the gym. Verruca's should be covered with a suitable plaster/microtape.
- Please arrive in **trainers** so that if the weather is dry the children can take their breaks outside and play some games

## Important:

- Please arrive **15 minutes prior to the start of your session, 8.45am / 12.45pm**. This will enable us to safely register the gymnasts in time for their session whilst maintaining social distancing measures. Your grown up must remain with you until you have been registered.
- Late arrivals beyond 5 minutes (9.05am/1.05pm) will not be allowed to join in. The gym door is locked after this time and registration will have closed.
- Late pickups are not acceptable or desirable and we reserve the right to charge a £10 late pickup fee for any member who is 10 minutes late or more.
- Be ready to listen, try your hardest and have lots of fun! 😊
- Maximise your training session by being prepared and help our classes begin on time!

**COVID-19 Additional Measures overleaf**





## COVID-19 Additional Measures

- No grownups permitted to enter the gym building
- Gymnasts will be registered at the Main Entrance to the gym
- Gymnasts will register at the Main Entrance and be asked to apply hand gel and confirm they have no Covid symptoms
- Shoes must be removed at the door and placed in your child's bag
- Changing rooms are out of use so ensure your child has a bag with them that is big enough to contain any outer layers and shoes
- Collection will be at the rear door leading into the car park
- Maintain social distancing whilst outside the gym building and enter in a considerate manner
- All Covid-19 measures are available to view on our website at [www.kennylandsgymnastics.co.uk](http://www.kennylandsgymnastics.co.uk) under About/Policies

***It is assumed that you have read, understood and agreed to our Covid-19 Policies in sending your child to our 2022 Holiday Camp***

