

Welcoming all  
recreational athletes  
back to  
The Cheerforce Gym



Dear All

As we move forward with our gym opening process we are very excited about welcoming our recreational athletes back into the gym on a phased return from the 14<sup>th</sup> September.

Athletes who have submitted their online forms for season 9 found within the 'APPLY HERE' button are able to attend our Recreational classes on a first come first served basis. Please note we have restrictions on the amount of athletes allowed in the gym, we do not expect to reach these numbers within our first few weeks back – but there is a possibility the sessions may reach maximum and those not arriving early enough are unable to enter.

**To ensure that our sessions run safely and efficiently we ask that all our recreational athletes do as follows:**

- 1) Read this letter and watch the 'what to expect' video on our website.**
- 2) Ensure you have submitted the relevant forms found on the 'apply here' button. (If you are unsure if you have submitted these forms previously, we ask that you submit them again as this will be quicker than us having to check our records).**
- 3) Please ensure you are confident on all the covid policies. More information can be found within 'our covid policies' section of our website.**

**Training in Maximum gym occupancy groups:**

As per government guidelines released on 9<sup>th</sup> July we will be capping all training sessions based on our gym square foot allowance. Because of this we will be setting a safe capacity limit for each class, where this is reached we will be unable to admit more athletes.

We have provided some key information for you in this booklet so that you can be ready for the 'new normal' at CheerForce Ten. Please be aware that this guidance may change in line with any new government guidance which may be issued.

We can't wait to see our athletes, thank you for helping us by keeping up to date with all relevant communications from us during this ever changing situation.

Best Cheer & Dance wishes, Rachael Smart - Program Director & Head Coach

# Start and End of Training Sessions and How to pay

Upon arrival at the Cheerforce Gym athletes are required to wait in their car until the very last minute in order to reduce the number of people on the carpark at any time. Our timetables going forward have staggered arrivals and finish times to assist with this. There will also be a one way system in operation around the Gym which must be adhered to by parents and athletes at all times.

All athletes (And parents where applicable) will head to the rear of the gym at their class start time. **You will pay as an Athlete's Temperatures is taken on arrival at the door (Cash. Correct change only).** ATHELTES WHO HAVE NOT COMPLETED THE REQUIRED FORMS WILL BE UNABLE TO ENTER.

Upon arrival, There will be markers showing where to wait, we ask that parents where possible watch their athlete until they have entered the gym from a safe distance, ideally from their vehicle. As our Recreational athletes 'pay as you go' and parents are required to pay (as athlete is too young to do so) OR If a parent wishes to stand with their child in the arrival queue they must adhere to social distancing using the markers and only 1 parent/guardian will be permitted to do this.

Upon drop-off we ask that parents leave the Cheerforce gym car park immediately, and do not use this time as an opportunity to meet up with other families.

By doing the above we hope to reduce the number of people on the Cheerforce Gym site at any one time.

At the end of training session athletes will exit the gym from the front entrance with 1 coach. Parents will need to be waiting to collect their athlete in their vehicle. It is important parents are arriving prior to the end of their athlete's session so that athletes can head straight to their car at the end of their session. Athletes will be unable to enter the gym again once exiting due to gym cleaning so it is imperative all athletes are collected on time.



\*Arrive on time. Only one parent/guardian per athlete will be allowed to wait with an athlete outside the gym. Pay before entry, Cash only with Correct change only please. (change is not available to be given).

\* Please maintain social distance rules at all times.

\*All Athletes will be required to change into their indoor cheer/dance shoes and then wash and sanitize their hands upon arrival , doing the same on exit.

- At the end of the training session we ask that all parents wait in their vehicle for their athlete

## Contact with Coaches

To keep everybody safe, you will not be able to talk to/meet your athlete's coach at the gym. If you wish to contact your athlete's coach please email: [admin@cheerforce.co.uk](mailto:admin@cheerforce.co.uk) where we can arrange the relevant coach to contact you via phone/zoom.



## Gym Facilities

We ask that all athletes visit the toilet (where possible) before they head to the gym. Toilets facilities will be available for emergencies only. The Gym kitchen will be open for handwashing only, the tuck shop will be closed until further notice. The upstairs and reception area will also remain closed until further notice.

## Gym Wear & what to bring to sessions

Athletes are permitted to bring a necessary outer layer of clothing, their indoor shoes and one drinks bottle (clearly labeled and none spill-able). If the athlete is a driver they may bring their keys into the building and leave them with their outside shoes. **NO OTHER ITEMS ARE TO BE BROUGHT INTO THE GYM. THIS INCLUDES PHONES.**

Athletes will enter the gym and remove any over coat/jumper hanging it on their own peg. We advise against any unnecessary outerwear when visiting the Cheerforce gym. Athletes will then change into their indoor training shoes as soon as they enter the gym.

New guidance states that training wear (like school uniforms) does not need to be cleaned any more often than usual and that cleaning methods do not need to be any different to normal. However, we would advise that athletes' gym training wear be cleaned regularly for the interest of personal hygiene.



# Washing Hands

All coaches and athletes will wash and sanitize their hands when they enter and leave the building.

Hand sanitizers are available at key locations around the gym. In addition to this, handwashing facilities will be available as normal and there will be a ready supply of warm water and antibacterial soap available with paper towels for drying hands.

It would be helpful if you could check and ensure that your athlete knows how to wash their hands effectively.

# Social Distancing

Every athlete will be given their own designated area when training with our recreational teams, where they will keep their water bottle. We will be maintaining social distancing guidelines throughout our sessions and have designated tumble pathways and technique areas throughout our rec classes.

It would be helpful if you could remind your athlete about social distancing before they arrive at the gym.



# Cleaning

The gym will be cleaned before and after every training session. We have designated cleaning stations located at the entrance and exit for this purpose. All surfaces will be disinfected, and the toilets (if used) will be cleaned. All coaches will be allocated cleaning rotas to ensure the gym is kept safe for our athletes. We will not be using any unnecessary equipment during our sessions to minimize risk.

# What happens if an athlete is unwell?

The Cheerforce Gym will be actively involved in the NHS testing and tracing process. If your child is unwell and displaying symptoms of COVID 19, they must not come in to the gym and you will need to contact us to let us know. You should book a test as soon as possible and notify the head coach of the results by email ([cf10believe@hotmail.com](mailto:cf10believe@hotmail.com)).

If a child becomes unwell at the gym and shows any symptoms of COVID 19, they will go into isolation with a supervising adult in the upstairs area. They will be required to go for testing immediately.

The same will apply to any member of the coaching staff developing symptoms.

Parents with children that may require inhalers must ensure that this medication is brought into the gym along with the athlete's water bottle and kept with them at all times.

First aiders, if required, will treat injuries wearing appropriate PPE.

## Where can I find out more?

Our risk assessments and further covid information can be found on our team facebook pages. Our coaches will receive regular training and updates as government guidance changes. As always, we will prioritize the health and safety of our athletes and will continue to communicate with you as we return to a 'new normal' within the cheerforce ten gym.