

Parent Information

Please Note

Do not come to or bring your child to their training session if:

- they have any symptoms of coronavirus:
 - a high temperature
 - a new continuous cough
 - loss or change to your sense of smell or taste
- they have tested positive for coronavirus – this means they have coronavirus
- they live with someone who has symptoms or has tested positive
- someone in your support bubble has symptoms or has tested positive
- they or a family member have been told by NHS Track and Trace that they or a family member in their household or bubble has been in contact with a person with coronavirus.

Before arriving

Please ensure that your child has washed their hands before their training session. Please can gymnasts bring as little as possible with them to training. Please do not arrive any earlier than 5 minutes before your child's session start time.

Entrance

Please use the main entrance to enter the venue. Before going through the doors, parents and gymnasts will have their temperature taken by an infrared thermometer.

Anyone with a temperature of 37.9C or above will not be allowed to enter. If parents are dropping their children off, please do not leave until they have had their temperature taken and are given permission to enter the building.

You will be allowed to enter the reception area. You will need to sanitise your hands before entering the training hall.

Waiting area

Once in the training area parents may take a seat in the waiting area on the right, while gymnasts will need to take a seat in the trampolining area.

Gymnasts will be allocated a seat and their bag/water bottle will be placed under their allocated chair.

Toilets

The toilets are available to use. Flying Fortress will not be providing us with sanitary bins. Sussex Martlets have provided a bin for the ladies toilet. Unfortunately, this does not fit in the cubicle so will be placed outside of the cubicles.

Drinks/Snacks

You will be able to purchase hot and cold drinks at the venue, along with snacks. NB: Cash only.

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No's

No mobile phones to be handled by gymnasts whilst they are at training.

No wandering/running around the venue by anyone. The owner has stressed that this is very important.

End of Session

If parents are already waiting in the venue, then please collect your child and exit the training hall via the door signed "exit only" and then through the main doors. Hand sanitiser will be available on the way out.

If you have dropped your child off and not entered the building, then please wait for your child to be brought outside to you.

Do not enter the building if you have not had your temperature taken.