

29th July 2020

PHASE I: RETURN TO TRAINING

Dear members,

We're very happy to inform you that Revolution Gymnastics will be re-opening from Saturday 1st August 2020!

As you all know, as the world starts to return to some form of normality, please understand that the club has just survived one of the hardest professional and for our workforce, gymnasts and supporters - personal challenges, that for most - have never been faced before. We understand that the changes we have been forced to make will not be ideal and will not suit everybody. We are no longer running the same club that we were able to prior to the pandemic.

Our staff are doing everything they possibly can to get the club operational, in good time and to personally adapt to their new working situations, whilst reassuring our members throughout. Please remember to be kind, compassionate and have patience with our members of staff. We're all still dealing with battle number 1, with our next battle of rebuilding just beginning.

Without question, the club would not have survived without the sheer generosity of our members who donated money throughout the lockdown period. The club is unbelievably grateful and we are sure that all of the members are equally grateful for everybody pulling together to ensure a future for the gymnasts.

CLASSES

New Timetable

The club's overall timetable has been modified to allow for meticulously planned out arrival/ drop-off times, spacing in the gymnasium and to allow for a 15-minute break between sessions so that staff can clean/ sanitise the equipment and amenities before the next session begins.

Over the course of this week, each class will be emailed with confirmation of exactly which class (day/ time) they have been allocated, your new class times will be as close as possible to the class you were registered in beforehand. For competitive groups/ squads, your main contact will inform you about specific session details this week.

The new class timetable is available to view on the club website (www.revolutiongymclub.co.uk), alternatively you can call or email reception (0121 472 5559 / info@revolutiongymclub.co.uk).

TRANSFERRING TO NEW CLASSES/ ACTIVITIES

Can I transfer to a new class or activity?

During Phase I, the club will not be permitting class transfer requests. This is because the re-opening procedures rely heavily on participant numbers, in relation to equipment available and arrival/ collection. Once the club has 'settled in' with the new procedures, Phase II will allow for class/ activity transfers.

My child is too old for their class now, what do I do?

If your child needs to transfer to a different class because of their age, we kindly ask for your patience until Phase II.

I NEEDED TO STOP MY FEE PAYMENTS DURING LOCKDOWN, HOW DO I REGISTER AGAIN?

We understand that you may have needed to stop any payments to Revolution during the lockdown period. For those requests, the club needed to temporarily cancel your membership with us, so you will need to contact reception (0121 472 5559) from **TUESDAY 4th AUGUST 2020** to re-register.

Anybody who needs to re-register will begin paying the new monthly fee prices from 1st August 2020.

FEE INCREASE

For anybody who arranged reduced monthly payments during the lockdown period, from 1st August 2020, the usual full monthly amount will be set back to the previous amount, prior to lockdown.

As the world is adjusting and accepting that everyday life has changed and unlikely to return to the pre Covid-19 days for the foreseeable future; our services, which have evolved over the past 13 years, have had to undergo significant adaptations in order to provide safe gymnastics in the immediate future.

Very little of our previous services can continue as before, social distancing measures, hygiene/ sanitation requirements have determined exactly how and which services are possible to run. We are not able to offer our most "profitable" services such as; soft play, parkour, birthday parties, external bookings/ groups or private coaching for the foreseeable future, which previously have been used to subsidise our other services. Utility costs have remained unchanged, with limited spaces available across a heavily reduced activity timetable.

We hope that our work over the past 13 years has shown that the club has always offered the highest quality training for the lowest break-even price - this founding aim has not changed - it's just that the break-even point has moved.

This has unfortunately meant that price banding has had to increase. You can view the new monthly prices under the 'Prices/ Fees' section of the club website - www.revolutiongymclub.co.uk/prices-fees
Some competitive groups/ squads will be contacted directly by your main squad coach.

For members who continuously donated (in full or part), across all 4 months of closure (April, May, June & July 2020) - new monthly fee prices will be put on hold until 1st October 2020, as a goodwill gesture for your own generosity. Anybody who needs to re-register will begin paying the new monthly fee prices.

Please note: During Phase I all of our 1 hour classes have been reduced to 45 minutes, all 2 hour classes have been reduced to 1 hour & 30 mins, with squad programmes reducing their session durations. Temporarily reduced class durations will not be used when calculating price band.

CLUB MEMBERSHIP/ BRITISH GYMNASTICS INSURANCE

British Gymnastics (who are the governing body for gymnastics and our mandatory insurance providers) communicated that gymnasts must still renew their insurance with British Gymnastics from by 30th September 2020, but have acknowledged the global situation and the financial impact it has had on members. BG have reduced the payment for Bronze members by £4 and competitive members needing Silver level membership by £8.

In September 2020, the newly reduced annual club membership fees will be debited in addition to monthly training fees, in-line with previous club policy.

Membership Sept 2020 - Sept 2021

- **Bronze** £28 (previously £32)
- **Silver** £44 (previously £52)

HOLIDAY CAMP/ REPLACEMENT VOUCHERS

If you kindly donated money during the lockdown period, each month that you financially contributed equates to 1x day pass in any of our holiday camps for a period of 12 months from 1st August 2020. The club has kept a record of who contributed each month, to allow us to easily allocate the correct amount of day-pass vouchers.

To redeem your voucher(s), contact reception who can assist you with this and inform you of how many vouchers have been allocated to you.

For members who are of pre-school age and therefore too young to book onto a holiday camp, the club will be issuing session vouchers for soft-play once the club is permitted to run this service. Some competitive squads will also receive additional holiday training, where possible and without charge for those who kindly donated.

DROP OFF & COLLECTION PROCEDURE

Video guidance of the arrival and collection procedure is being created this week and will be online to view on our website and social media platforms, we recommend that all members take a watch.

Parents/ Guardians

- To keep the number of people on-site as low as possible, parents/ guardians are no longer permitted on site for all non-specific pre-school activities.
- During Phase I, the café will not be open.
- For sessions lasting 1 hour or less, parents/ guardians are permitted to use the car parking spaces to wait on site, but for sessions over 1 hour we need parents/ guardians to drop-off and collect later on, especially with regards to squad training.

- The club requires all participants to have their training kit on before they arrive, in-line with club policy. *Remember, long hair tied back, no jewellery, denim, skirts, tights, buckles etc.*
- All participants under the age of 16yrs are required to be dropped off and collected by an adult. This is for safeguarding participants when leaving, but also because participants will need to leave their shoes, clothes etc with an adult at the door so they can enter the gymnasium in their training kit only.
- Participants aged 16yrs+, if not able to pass belongings to an somebody at the door, must bring a suitably sized backpack to store their shoes, clothes, belongings etc.
- For fresh air ventilation, the main shutter at the front of the gymnasium will always be open. There has been a cargo net installed as a barrier. PLEASE DO NOT crowd this area or use it to communicated with people inside the gymnasium or watch a session take place.

Drinks/ Medication

- For classes lasting 1 hour or less, unless weather permitting, we would advise that drinks are not brought on site. Any activity over 1 hour are permitted to bring a reasonably sized drink, but must be labelled clearly.
- Necessary medication (such as inhalers, epipens) must be handed over to the member of staff on the door who will keep the items safe and accessible during the session.
- Medication must be kept in a clear bag, with participant's name labelled clearly.

Timekeeping

- Our new procedure is extremely reliant on following the timetable exactly, this means that we require your attention to timekeeping.
- Late arrivals will not be permitted to enter, when your allocated door is closed for entrance you will not be able to participate in that particular session, as per our membership contract there will be no refunds for missed sessions due to lateness.
- On arrival, we ask that you do not line up for your allocated door until 5 mins prior to the class start time to ensure that outside areas are not being used for long periods of time.

Late Pick-up Charge

- To keep staff readily available for their cleaning duties between sessions, we rely on members to be collected on time, if a participant is not collected on time going later than 5 minutes after the session; there will be a £5 charge. If your door is closed due to being late, you will need to contact reception who will be responsible for signing out participants who were not collected on time.

Entrance & Exit Doors

- As we cannot use the main entrance for everybody arriving and leaving throughout the day; the club will be utilising the 5 fire exit doors (2 at the front of the building and 3 at the rear, that lead onto Selly Wharf).
- Each group/ class will be assigned a specific arrival/ collection door, this will be communicated before your first session, via email. If you are not made aware beforehand, we do insist that you contact the club to familiarise yourself with the new procedure.

What will happen on arrival?

- We would like to ask for all children to go to the toilet before arriving. They can go to the toilet if they need to go during the session, but it would help for this to be taken care of beforehand.
- It is recommended that you bring an umbrella for the less dry days ☺
- Once 5 mins to the start of your session approaches, line up on the designated floor markers for your allocated door.
- When you reach the front of the queue, a member of staff will take the participants temperature. In-line with government guidance, if a temperature of 37.9+ is recorded, the participant will not be permitted to enter and take part. There will be no refunds issued if you are turned away due to this reason.
- Participant passes their belongings to their adult, fully dressed in their training kit.
- Each participant is to sanitise their hands and feet when entering the gymnasium, unless training in groups specific gym shoes/ trampolining socks.

What will happen for collection?

- Parents/ guardians to line-up on the floor markers for the allocated door with participants shoes, clothes etc.
- Inform the member of staff of who you are collecting.
- Remember there is a £5 late charge if you're not on time.

Evacuation

- In the event that the gymnasium should be evacuated, members of staff will escort their training group, with the class register to the safest assembly point.
- In the event that we're unable to return to the gymnasium in good time, parents will be contacted by members of staff with collection details.

HOW HAVE CLASSES/ SESSIONS CHANGED?

Session Length

Session length has temporarily been reduced as part of Phase I, in-line with the current government restrictions.

Apparatus

During Phase I, recreational gymnastics classes will warm up on the largest floor space available, with their own personal floor mat for social distancing and split into groups to train specific floor skills, vault/ rebound exercise and balance beam co-ordination in the designated areas of the gymnasium.

Currently, we are not able to allow multiple groups of participants to use the chalk buckets which are in conjunction with wooden apparatus, like the bars and rings due it being a shared bucket. Squad gymnasts who use these apparatus have been asked to purchase their own chalk in their own personally labelled tub, along with palm guards (names wrote on).

It would be unfair of the club to require recreational gymnastics classes to purchase this equipment. Therefore recreational gymnasts will not train on the bars during Phase I and until this restriction is lifted.

Pre-School Gymnastics

During Phase I of re-opening, we require all of our participants to be accompanied by an adult. This is for existing parent & toddler sessions (known as caterpillar & butterfly classes), and for mini-gym (independent toddlers). We will only be able to allow 1 adult only per child participant and no other siblings.

Badges

With limited time and available safe apparatus, badges will not be followed during Phase I of re-opening. This is also to safely build up our participants' strength and co-ordination to limit the risk of injuries.

COVID-19 SAFETY MEASUREMENTS

The club has followed the government regulations/ guidance, in conjunction with British Gymnastics and will continue to monitor and update the policies and procedures with safety of our members and staff team at the forefront.

In addition to the club's new Covid-19 specific risk assessment and measurements, we have highlighted some of the new procedures in place for you, to reassure you that the gym is a safe place to attend.

Face Masks

- British Gymnastics have communicated that it is not safe for participants to wear a mask whilst taking part in gymnastics activities. This is due to risk of the mask slipping and covering vision or dangerously distracting the participant in any other way.
- Participants are allowed to wear a mask whilst waiting for their turn on apparatus if they feel they would like to, although we do not envision much time to wait due to the session plans in place.
- Members of staff do not have to wear a mask whilst coaching, due to the social distancing measures in place, however - some members of staff may feel that they would like to wear a mask for their own reasons.
- Any member of staff who needs to administer emergency first aid care will be required to wear a face mask and other PPE coverings beforehand.

Hygiene/ Sanitisation

- All classes have a 15 minute break to allow for contact equipment to be sanitised between classes.
- Frequently used equipment will be sanitised between group rotations.
- Each day will end with a total deep clean of the equipment.
- The club has 20 hand sanitiser dispensers and 10 separate cleaning stations situated around the gymnasium and it's amenities, all are equipped with necessary sanitisation equipment, PPE and first Aid.
- The club will always have a dedicated workforce on site for just cleaning and sanitising duties whilst activities are taking place.
- Each coach will also have their own personal sanitising items carried with them throughout the session.

Ventilation

- Due to the current government guidelines, we will not be permitted to use the industrial fan/ heating systems in the gymnasium.
- For fresh air ventilation, the main shutter at the front of the gymnasium will always be open. There has been a cargo net installed as a barrier.
- PLEASE DO NOT crowd this area or use it to communicate with people inside the gymnasium or watch a session take place.
- The club now also has 7 industrial air purifiers located appropriately.
- There is a Co2 monitor to continuously allow the club to monitor the air quality.
- Where possible, all of the windows in the gymnasium will be open during sessions.

Social Distancing Measures

- All of our activity sessions have been planned to allow for socially distanced working stations.
- There will be social distancing floor markers in place to guide pathways and waiting areas.
- Some apparatus where social distancing is impossible will be out of use during Phase I, under the current government restrictions.

Members of Staff

- The workforce have completed specific training ahead of our re-opening day.
- On arrival; members of staff will have their temperature checked to ensure it is below 37.9 before working.
- Members of staff will actively social distance from all participants and other members of staff.
- Certain members of staff have been assigned to working bubbles, to further increase our social distancing measures.

MORE TO COME ...

Remember to keep an eye out for the arrival/ collection video on our website and social media platforms later this week.