

OPEN GYM/ ADULT GYM RULES

All participants must have booked online and completed the waiver (an email address must be given when signing up to receive the waiver)

Participants must arrive to doors 2 and 3 5 minutes prior the start of the session as the doors to the gym will be closed once all participants have been checked in

On arrival participants must have their temperature taken anyone reading 37.9 or above will not be allowed to attend the session. **NO REFUNDS WILL BE GIVEN**

Before entering participants must place all belongings in one backpack only, and must place the backpack in the allocated space for bags. All outside clothing and belongings must be kept away whilst in the building at all times.

Once inside sanitise hands and feet. Place bag in dedicated area.

Water bottles are only allowed in the gym if they are clearly labeled with a name and must not be left unattended. Any unattended bottles will be removed and disposed of.
(only water is allowed into the gymnasium)

Participants are not allowed to use the A bars/P Bars at present. All other apparatus are ok to use.

Only use the mats and blocks left out for the session (equipment left out for the session will be found on the main blue floor) all other items in the gym will have been cleaned and need to remain in their place. Anyone found to be touching or moving any items not in use for the session will be asked to leave the session. Speak with coaches for more details on the day.

All participants must remain a minimum of 1 meter+ from each other at all times, groups or individuals found to be breaking this rule will be asked to leave the session.

Mask cannot be used while training but can be used while waiting or in between goes if you wish to.

Toilets – only the toilets within the gymnasium are to be used at this time, please wash your hands before entering with the hand sanitizer located outside the toilet door, and then again when leaving the toilet. Always wash your hands with soap for a minimum of 20 seconds after using the toilets.

All participants must continue sanitizing as they move round on the equipment (eg vault to trampoline or fast track to floor), hand sanitizer stations are dotted around, on all exits, all doors, at the first aid stations and on the podium.

All participants must follow all the rules within the gym as sign posted in the gym as well as all of the above. Anyone who fails to abide by the rules will be asked to leave the session.

REVOLUTION GYMNASTICS CLUB

