

Inverness Gymnastics Club

#ComeBackStronger

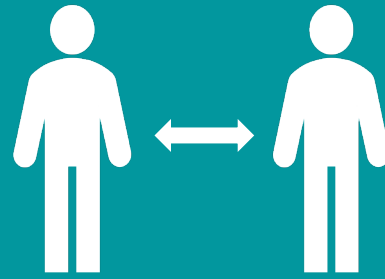
Our Plan For a Safe Return To Gymnastics



**Clean
Hands**



**Clean
Equipment**



**Safe
Distance**



**Safe
Training**

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**Clean
Hands**

We are promoting good hand hygiene as a key priority to stopping the spread of the virus.

Everyone must wash their hands before coming to gymnastics, and will be required to use hand sanitiser before, during, and after their session.

IGC will provide alcohol-based hand sanitiser at all sessions for those that do not have their own.

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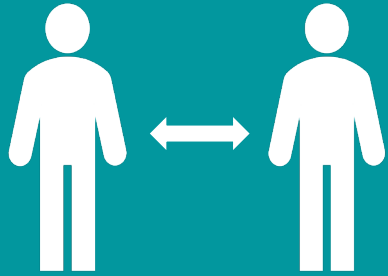
Clean Equipment

We have adopted new equipment cleaning procedures to keep our members safe.

Equipment will be cleaned frequently, with an increased focus on high traffic and high contact surfaces

We are working with our venues to ensure adequate cleaning is undertaken in all public and shared areas.

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**Safe
Distance**

We are adhering strictly to the physical distancing requirements set by the Scottish Government.

Appropriate grouping, distancing, and capacity management will be in place in line with all recommendations.

Class times may be staggered or altered to reduce congestion.

We ask that those attending to drop off or pick up ensure appropriate distancing, and wear face coverings at all times.

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Safe Training

We are making small changes to our sessions to help everyone stay healthy and happy.

Our sessions are planned to recognise the impact of our break from training, and the importance of building back safely.

Gymnasts are asked to bring minimal belongings, ideally in a bag that is easy to carry with them during their session.

Gymnasts should not share food, water, or personal training equipment such as loops, gloves, and chalk.

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www.invernessgymnastics.com/covid19

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