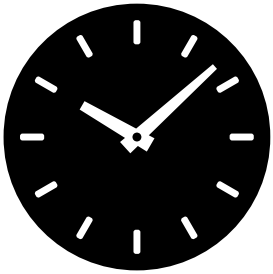




You must not enter Flyaway Gymnastics if you (self assess):

- Feel unwell, have any flu like symptoms or have a temperature above 38°C
- Have been in contact with a known or suspected case of COVID-19 in the last 14 days or travelled to a Government declared hot spot or red zone.
- Gymnasts who have had symptoms of any illness may return to our facilities only when they have had 72 hours of no symptoms.

## GET IN,



- Arrive at the gym NO MORE than 10 minutes before your class start time.
- Front Door Access will be kept locked at all times. Parents are not allowed in the building.
- Wait outside on grass area until gymnasts are welcomed in by their coach 5 minutes prior class start.
- Do not congregate at the entry and always keep a minimum 1.5-meter distance between yourself and others.
- Bring minimal belongings: arrive dressed and ready to train, there will be no access to changing rooms.
- Bring your own drink bottle, filled with water, and clearly labelled. No sharing of drink bottles is permitted.

## TRAIN,



- During KinderGym classes only one parent or carer per child will be allowed. Please contact the office for information on additional siblings.
- Utilise sanitiser on arrival, when directed by a coach, after using the bathroom and when leaving the gym.
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze and place tissues directly in bins.
- Avoid touching eyes, nose or mouth.
- Avoid contact with coach or other athletes (including hi-fives and hugs)
- Please take physical distancing seriously and abide by club signage and your coach's instructions.
- Where signage is not posted, please adhere to the minimum 1.5m rule.
- Athletes will not be allowed to eat on premises.

## GET OUT.

- Arrive 5 minutes before the class conclusion to collect your gymnast promptly at the class finish time.
- Gymnasts will be waiting on markers in the designated waiting area that will be supervised by staff.
- Coaches will assist gymnasts outside once their parent has been spotted.
- Leave the premises immediately after training has concluded.



Albury: 1/1014 Nowra St  
North Albury, NSW 2640 Ph. 60 41 1127

e [flyawaygymnastics@hotmail.com](mailto:flyawaygymnastics@hotmail.com) w [www.flyawaygymnastics.com.au](http://www.flyawaygymnastics.com.au)