



Dear Parents & Guardians,

Before the COVID-19 pandemic, parents/guardians were allowed to be inside the training venue. During the pandemic, we were limited to persons inside the training venue, which meant no parents were allowed inside the training venue. As restrictions eased, we kept our policy of no parents inside, due to safety and security risks.

We have since opened our parent seating area. Parents are allowed inside, but only on the following conditions to enhance our safeguarding of our gymnasts, coaches and parents alike:

Upstairs

- Parents/Guardians/Family members to please only sit in the allocated area, which is next to the Boys bathroom upstairs.
- Please do not sit or stand at the stairs or in the gymnasts waiting area (where the Pommel horse is situated). We will have to ask you to kindly to move to the parents' area.
- Parents/Guardians may sit downstairs at the desks should they wish to do some work, or kids to do homework while siblings train etc.
- Parents are please asked to not "coach" or shout from upstairs, call your child during practice. A gymnast distracted while on an apparatus poses great risks of injury.
- Seating is first come first serve basis – if it is full in the allocated seating area, please do not go sit on the other side as that is reserved for gymnasts for the next session only – even if it is empty for a while.

Inside the training venue:

- Only parents/guardians of gymnasts in the Pre-Gym classes, are allowed inside the training part of the venue, due to the need for parents to be of assistance to the little kids, as our coaches cannot leave their stations during practice.
- Gymnasts who are doing their first ever session (trial session), the parents are allowed to watch from the inside at the allocated seats.
- Elderly persons who have mobility issues who cannot go up the stairs will also be permitted to sit on the inside.

We would like to make it as comfortable for our parents, so we please ask your cooperation in this matter, as this allows to have control of who is where inside the gymnastics venue at a set time.

Kind Regards,

The Eversdal Gymnastics Team