



Welcome back to Gym Zone and Gym Kids

Important - Preparation before class

We are so excited to be opening our doors again and really looking forward to seeing all the wonderful smiling faces of all our Gym Kids. Coming to the gym will be a little different so please find following a step by step guide of what to expect:

Before coming to the Gym you will need to do a few things:

- 1) Be dressed in your gym gear, changing rooms won't be available during level 2.
- 2) Have a warm top over your Gym gear and shoes.
- 3) Have a bag to put your gear in and your drink bottle. No other gear to be brought to the gym.
- 4) Parents of children under 8yrs old who will need to come into the gym (or anyone who would like to come in to purchase food or coffee) will need to have registered with iDMe contact tracing to get their personal QR code. Please see details below on how to set up the code.

<https://www.gymkids.co.nz/media/75647/contactless-self-check-in-venue-codes.pdf>

THE GENERAL RULES APPLY TO ALL OUR VENUES HOWEVER THERE ARE SOME SPECIFIC DIFFERENCES DEPENDING ON WHERE YOU ATTEND. PLEASE SEE LOCATION DETAILS BELOW

Welcome back to Gym Zone - Hobsonville

Arriving at the Gym:

2-4 years - Caregivers have full access to the facility due to the age of children, must practise social distance (2m). **Enter through the cafe and sign in. leave through the gym roller door after your class.**

5-7 years - Caregivers to drop off inside the facility then leave as quickly as is reasonable for the duration of class. **Enter through the cafe, sign in, deliver your child to the designated meeting point for their class and leave through door at the bottom of the stairs. Pick up from the gym roller door. Please be on time.**

8+ years - Caregivers to drop off and pick up outside the facility only. Children attendance will be recorded from the roll by the coach.

- 1) Enter through the café doors and register on the table to the right. Hand sanitizer will be available.
- 2) Caregivers of 2-7yrs please check that your child has been to the bathroom and wash your hands thoroughly.

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Email: tania@gymkids.co.nz



- 3) Caregivers of 2-7yrs to take children upstairs to your designated table. We will have signs on the tables so you know where they need to sit.
- 4) Parents of 5-7yrs to please leave the centre through the door at the bottom of the stairs. Please don't exit through the café doors.
- 5) 8yrs and above to go upstairs and wait for their coach at their table.
- 6) Coaches will collect groups from upstairs and direct them to their gear area. Warm top and shoes to be put in your bag and into the cubby holes.
- 7) Coach will take their group to the designated space in the gym. They will take the attendance and do the run over the new rules.
 - We have Gym Kids static warm up that the whole club will learn. This will help to maintain social distancing. There are different levels of the same basic movements.
 - We have designated rotations in the Gym to keep groups separate.
 - The floor has been marked with red tape to maintain the 1m gap when we are doing exercises or lining up for an apparatus.
 - We need to wipe down the equipment when we have finished our turn on that station. The coach will be taking the "Bubble bucket" with them as their group moves around the gym which has disinfectant spray, hand sanitizer, gloves, wipes and a cloth in it.
 - We will need to use hand sanitizer before using equipment.
 - The Foam pit will be covered by mats NO JUMPING INTO THE FOAM. Only landing or walking on mats is allowed.
 - We must keep 1m gap between each other during the class.
 - If you need to use the bathroom during class please tell your coach. Only 1 person at a time in the bathroom. Please let Ele or Amanda at reception know that you are going so they can make sure no one else goes into the bathroom.
- 8) When the class is ready to cool down and stretch the coach will ask their group to go to their designated cubby hole area to grab their gear bags.

Leaving the Gym

- 1) Warm tops and shoes will be put at the end of class and the kids will be taken to the end of the mat by the roller door where they will wait for parents on the blue marks on the floor.
- 2) The roller door will be opened so that parents can collect their children.

MOST IMPORTANT BE KIND TO ONE ANOTHER AND ENJOY YOUR CLASS.



Welcome back to Gym Kids - Waimauku

The principal has asked that parents don't enter the grounds until 4pm. The top court in front of the hall will be the collection point for all 700 Waimauku School students, so it will be busy from 3-4pm.

- 1) Please make sure you have registered with us via our online booking system. Please don't just arrive at class without confirm your attendance. Our Contact tracing requirements for children is from our online register.
- 2) If your child DOES NOT attend Waimauku School the school has asked that you please drop them at the gate and they are to go straight to the school Hall. Our Coach will be there to great them.
- 3) When parents and caregivers come to the hall from 4.00 pm to collect or drop off children please follow our QR code contact tracing process outlined in the link below:

<https://www.gymkids.co.nz/media/75647/contactless-self-check-in-venue-codes.pdf>

- 4) When children arrive there will be chairs lined up that they will need to put their gear on.
- 5) We have hand sanitizer and a cleaning process so that we meet our hygiene requirements.

Welcome back to Gym Kids - Freemans Bay

- 1) Please make sure you have registered with us via our online booking system. Please don't just arrive at class without confirm your attendance. Our Contact tracing requirements for children is from our online register.
- 2) When parents and caregivers come to the hall please follow our QR code contact tracing process outlined in the link below:

<https://www.gymkids.co.nz/media/75647/contactless-self-check-in-venue-codes.pdf>

- 3) Due to the space in the venue we are able to have parents stay if they wish to. However please sit practice social distancing and do not bring siblings to watch the class.
- 4) When children arrive there will be chairs lined up that they will need to put their gear on.
- 5) We have hand sanitizer and a cleaning process so that we meet our hygiene requirements.

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We hope you had fun at Gym Zone and Gym Kids and we look forward to seeing you again.

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