



Stockport School of Gymnastics

July 2020 News



We are getting closer to be able to open, but still not quite there yet. Keep using the online resources and sign up for the Zoom classes; One Club available already and all other classes from mid July.

The newsletter covers a lot of items on the return to classes. Very little is cast in stone yet as BG are still getting their guidance sorted out, but we have not been standing still. We have already done a deep clean and have created a one way system through the gym to help with social distancing. Hygiene is high on the list of requirements and you will notice a step change in sanitation when you return.

Saturday was World Handstand day and we hope you all did yours and held them. Look at our Instagram site and also on the BG site for pictures.

When we know the opening date we will be communicating all of the precautions we have taken to ensure we are COVID safe.

Contacts

Please use the main email address below. The office is now open, but still best to use email, not phone.

Office

office@stockportgymnastics.com

Welfare

willoughby87@hotmail.com

Websites

General

www.stockportgymnastics.com/wp

Competitive

www.stocportgymnastics.com/club

Facebook

[@stockportschoolofgymnastics](https://www.facebook.com/stockportschoolofgymnastics)

Instagram

[@stockportschoolofgymnastics](https://www.instagram.com/stockportschoolofgymnastics)

Merchandise

www.bluefroggraphics.co.uk/stockport-school-of-gymnastics-home

Getting Ready for Opening

Like all gyms we are still in the dark as to when we can start providing classes and exactly what they will look like. So not easy to prepare the detail, but we have been getting on with the obvious changes we need to make.

Entrance and Exit

The gymnasts will come into the building through the normal entrance, the red glass doors, and the gymnasts will exit the building through the fire door at the far end of the building. The path round the building has been jet cleaned, the grass at the side cut and all looks much better. The two pictures are before and after.

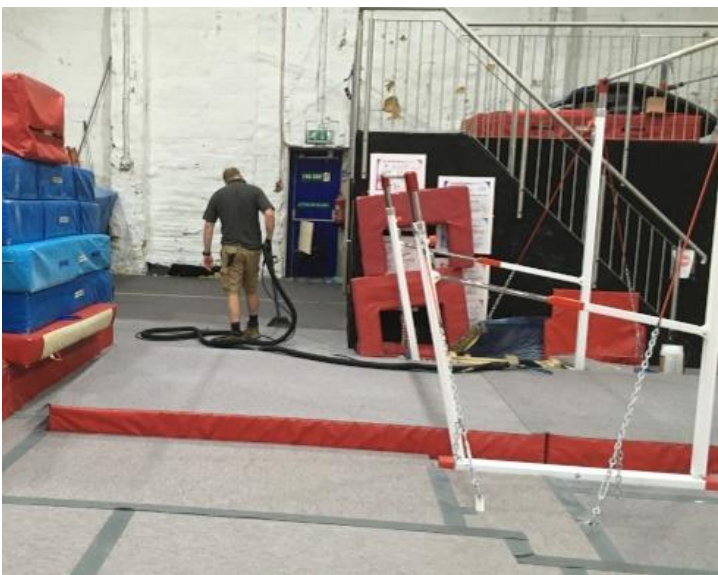
Deep Clean

We have completed a deep clean so the gym is ready to go, whenever BG fire the starting gun. We have also done an antiseptic fogging so all surfaces are covered and the air is the freshest it has ever been. The fogging will be done every week.

Hand Sanitising

We have installed lots of hand sanitiser stations in the public areas and in the gym around all of the apparatus.

Once we understand the very specific requirements that BG want we will produce our full list of changes and will film a walk through to reassure you that we are COVID safe



Return to Gymnastics

This was an interesting survey done by the Children's Activities Association during June 2020. It asked parents of children across the UK on their opinions on indoor sport based activities and whether they would return.

The summary of the results are below:

75% of parents rated extra curricular/activity classes as 8, 9 or 10 out of 10 in importance for their child's physical, social, emotional and mental health.

57% of parents expect to resume classes as soon as they become available

42% of parents are undecided with the two most important factors being:

85% of parents are undecided based on whether it is safe to do so.

62% of parents are undecided based on not knowing if children can follow social distancing rules.

26% of parents are undecided because of the limited class sizes

15% of parents are undecided due to affordability concerns

28% would be interested in their children attending online classes

64% said yes or maybe to children attending online classes once face to face returns

91% of parents said yes or maybe to a class leader having training on infection control and following sector guidelines giving them peace of mind.



So based on the survey and with a number of children who could be back at school choosing not to return, we believe that we need to concentrate on keeping our gymnastics classes as Covid safe as possible and communicate to all parents what we are doing to meet UK Gov and BG recommendations.

We agree that gymnastics is important for a child's physical, social, emotional and mental health. We will make our indoor classes meet the BG recommendations, once known and will not open until all documentation shows we are ready to open.

We will operate to whatever the social distancing rules are at the time we reopen. This is not an easy one to plan for as the situation is moving all the time from 2m to 1m



plus and with schools having bubbles of 15 and in Sept even larger year group bubbles. When we know what the guidelines are for gymnastics we will follow them.

We believe that the current number of gymnasts in a group will have to be reduced from 8 and will work with whatever the new guidelines are. We also will not be working with the large number of gymnasts per hour that we saw previously as social distancing and the general congestion in the reception area will not now happen. We will also have staggered group starting and finishing time and a 15 minute gap between classes to make pick up and drop off safer.

We agree with the online classes being a feature of the SSoG offering in the future. We can also see that we would be able to offer classes based on part online, part in the gym.

Infection control is key and we will have a coach in every session who is dedicated solely to infection control. They would ensure that the equipment is wiped down regularly and that all surfaces are sanitised in accordance with BG recommendations.

We will ensure that the precautions we are taking will be in accordance and these will be communicated to you before we reopen.

Summary

We still have no dates or information on how we can operate for reopening. We will put all of the BG recommendations in place and fully communicate to you what we are doing and will only reopen once we are COVID Safe.

One Club Kit

SSoG have not fully assessed the changes to the training regimes as BG are still developing their requirements. However we have made the following decisions:

Bars

Initially we thought that we were not going to be able to use the wooden bars, but the guidance allows us as long as we observe certain rules. So on return the changes are:

Each gymnast must bring in their own chalk and water spray. The club has a supply of chalk and you will be able to buy chalk from us. We suggest you keep it in a box and Blue Frog Graphics are looking at supplying SSoG branded boxes.

Each gymnast must have their own gloves and loops for use on the shiny bar. These cannot be shared so please make sure you order long wristbands, gloves and loops from the usual suppliers.

We will advise other changes as BG let us know.

Fund Raising

A big thank you to all of you who have supported Stepping Hill Hospital by buying the T Shirts from Blue Frog Graphics. We raised £150 and the hospital sent us a lovely letter thanking us for our support. Of course the thanks are to Jayne for organising and you for buying.



Resources to keep active

The gym is shut, no reason not to keep active. We have produced a number of videos and exercise sheets for gymnasts of all ages to do at home or in the garden. They are all linked from our Resources Page (password protected) and are being added to every day. The password has been sent to all members. There are videos for competitive gymnasts, the Ladies Fitness class, Adults, Youths, Pre-School and for the Recreational Classes.

We also have access to British Gymnastics Resources and they are a weekly programme for Recreational and Pre-School Gymnastics. The page is password protected and is the same one as for the SSoG Resources page.

Hope you enjoy them and thanks to all coaches and gymnasts who have enthusiastically put them together. We all miss gym!

[Link to the Resources page](#)

[Link to the British Gymnastics Resources page](#)

Please note that BG have issued guidance on what their Insurance covers for gymnastics at home.

All activities based around fitness, conditioning and flexibility should be encouraged. These activities, along with British Gymnastics Resources on our webpages are covered by their insurance.

They discourage any skills-based activities that are not endorsed by them.

Summer Camps

There was an announcement that facilities would be able to open during the summer holidays.

Providers of out-of-school and holiday activities operate from a range of premises including schools and other regulated educational institutions, by arrangement with the proprietors of those institutions, and other community premises such as village halls, by arrangement with the owners or managers of those premises.

There was some excitement that this might allow us to offer camps through August. However for us to open our doors BG must approve and as Sports Clubs and Leisure Centres were not specifically mentioned they have sought advice from UK Gov.

If things move, we'll let you know.

Zoom Classes

Sorry about the delay with getting these classes organised, but we are now on the move. The One Club classes, mostly conditioning have started and are working well. The resources are helpful, but there is nothing quite like exercise with your friends.

The rec classes are in preparation. Tracey and team have developed the programmes and are doing some filming to make sure that they are consistent across all of the coaching team.

All of the classes will be bookable online through Gymbiz, our normal online booking system. You can pay using debit/credit cards and then you will be sent a link together



with the password to enter the session. You will have to wait in the 'waiting room' until the coach admits you. Look out for details.

