



# Stockport School of Gymnastics

## June 2020 News



Still no Gym! Certain Primary School years return this month, some outdoor sports are resuming but still no timing for indoor sports. BG have published their 'Step Forward Plan', the highlights of which are on page 2. We are looking at what we need to do to have social distancing and scrupulous cleanliness. We have organised a deep clean for the gym, followed by an antiseptic fogging.

We will be adding a one way system in the gym, which will need a new door to be added between Reception and the gym. If you are a builder and would like to give us a quote, then that would be much appreciated. Fuller details of what we would like to do are on page 3.

The email for Berenice Webb has been added so that there is someone for you to talk to on the welfare team. If you are missing gym, need some motivation or just a chat, get in contact.

### Contacts

Please use the main email address below. The phone will not be answered as the office is closed.

#### Office

[office@stockportgymnastics.com](mailto:office@stockportgymnastics.com)

#### Welfare

[willoughby87@hotmail.com](mailto:willoughby87@hotmail.com)

### Websites

#### General

[www.stockportgymnastics.com/wp](http://www.stockportgymnastics.com/wp)

#### Competitive

[www.stockportgymnastics.com/club](http://www.stockportgymnastics.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](http://www.bluefroggraphics.co.uk/stockport-school-of-gymnastics-home)

# British Gymnastics Step Forward Plan - Basis

## Introduction

This document outlines the structured and phased support we have been developing in collaboration with our Home Nations to help our club community and delivery partners to safely return to gymnastics when the time is right.

### We have called this our Step Forward Plan.

The aim of this plan is to provide clear direction for our gymnastics community on what steps they should take and when, in line with Government advice to prepare, resume and rebuild their operations.

As we don't have timelines for the reopening of gymnastics facilities yet, it is essential that we prepare for that time and innovate with new ideas on how gymnastics can continue to operate in the new world we find ourselves in. We must all stay agile as timelines and key guidance may alter as the impact of actions and measures are continually evaluated across the UK.

## Three key steps for the safe return to gymnastics

We have focused this plan on three key steps - **Prepare**, **Resume** and **Rebuild** as follows:



# Building Modifications—Builder Needed

We have a number of simple additions to make before the restart, such as hand sanitisers, signage and layouts in the gym. We can handle these modifications ourselves.

There is one big change we want to add, a one way system in the gym to segregate gymnasts arriving from gymnasts going home. This coupled with lower numbers of gymnasts every session will help to avoid the crush that we normally get at the changeover between classes. This will need a new door adding between the reception area and the gym.

The top picture on the right shows our current double door into and out of the gym. We would like this to become the door into the gym.

The lower picture shows the area to the left of the double doors and we would like to fit a single door to exit the gym. The door needs to be the same specification as the double doors with door openers and finger protection. It will be a fire door rated for 30 minutes. It will need a lintel. We will do the painting.

One detail is that we would want is that the hole in the wall would need to be done by hand as using a cutting tool will cover the gym and reception in dust, which we don't want.

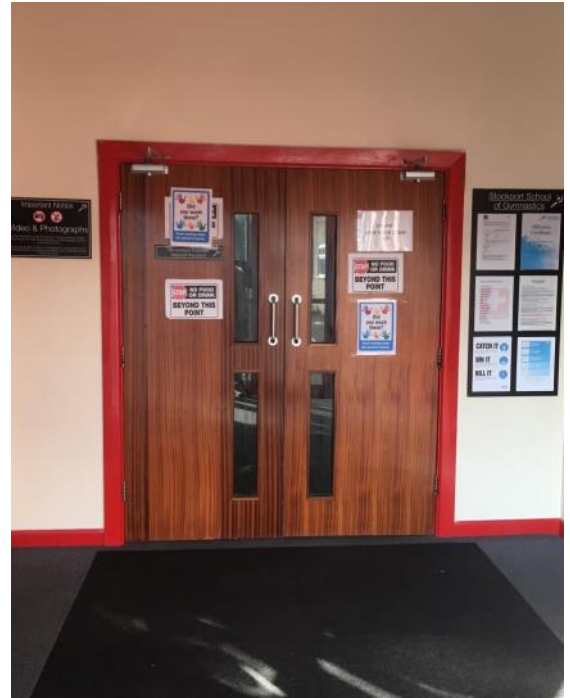
The gym is empty so it will be easy for the builder to work Covid safe.

If you can do this work for us, then please give us a call or send an email and we'll arrange for you to have a look at the job and give us a quote.

Although we do not have an opening date for the gym, it feels like we should be doing this sooner than later.

Thanks in anticipation.

[office@stockportgymnastics.com](mailto:office@stockportgymnastics.com)



## What's Going On?

The resources pages are updated each week and so are the British Gymnastics resources. The Instagram challenges are updated regularly. The picture in the newsletter are a mixture of pictures you have sent in of what you are doing during lockdown and pictures taken of gymnasts over the years. The gymnast collage is of our Head Coach, Tamlynn.



### Challenge #16

How many russian twists can you do in 30 seconds



#staysafe  
#staystrong

## AGM Monday June 8th - 6.30pm

This year's SSoG Annual General Meeting will be held on Monday 8th June, commencing 6.30pm.

The meeting provides the occasion to review the past year's achievements, look forward to future events and elect board members for the coming year.

A list of current board members and other Club positions is below. All have said they will continue, but should you want to stand for any of the positions or to join the board, then please let us know and we will get you proposed and seconded. Please let us know by Monday 1st June.

I would like to thank all current board members and helpers for your invaluable support during 2019/20. I would also like to ask our "new-blood" to consider becoming more involved in running the Club, either through taking on an admin role or through coaching or judging - there's always plenty of work to go around.

Clearly the AGM cannot be a physical meeting so we will be conducting it as a Zoom meeting. Should you wish to attend, then please send your preferred contact details to us by replying to this email. We will send you a link to the meeting by text or email.

We are all looking forward to the restart of classes and training and we are preparing for all eventualities. The only certainty is that things will not be as before for a while. Please do not expect us to be precise about what training will look like as we are bound by BG and HM Gov; still not available.

We do hope you can join us on Monday 8th June at 6.30pm.

#### Current SSoG Officials

Mike Healy CEO

Karen Dooley Secretary

Steve Cleaver Finance Director

Chair Phil Richardson

Treasurer Gareth Martin

Health and Safety Mike Dooley

Non Exec Aidan Mooney

Head Coach Tamlynn Carlson

Welfare Bev Conroy and Berenice Webb

Head Judge Nicki Havery

## Zoom Classes



During June we will be running Zoom conditioning classes aimed at strength and flexibility. Initially they will be for the One Club gymnasts and once we see how best to organise them, we will roll them out across all SSoG classes.

We have concentrated on the Resources rather than Zoom, but with the furlough rules changing we do have coaches for this activity.

## 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. So far £135 has been raised. The T Shirts are still available so head to their website and order your favourite.



## Resources to keep active

The gym is shut, no reason not to keep active. We have started to produce 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.



