**HYC Mondays Covid Notes**

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| Time | Activity |
| 2.45pm | Ruth & Tracey arrive – wash hands.  USING CENTRE PRODUCTS CLEAN: door handles, light switches, window catches, equipment, toilet handles and seats, wash basins and all surfaces likely to be used during your period of hire  Make sure doors and windows are open for ventilation |
| 3.00 – 3.30pm | ALL OTHER COACHES - Arrive at HYC – wash hands  ALL COACHES - Set up apparatus, floor markers & spots  WEEK A – 2 trampolines, floor, springboard or trampette, bars  WEEK B – 2 trampolines, low beams, tumble run, bars |
| 3.35 -3.45pm | Ruth – sign gymnasts in (they must all wash hands and have their temperature taken on entry)  ALL COACHES – direct gymnasts to put their shoes / water bottles around the side of the hall and then move onto a spot by the apparatus that their group is starting on  3.40pm – start to get the gymnasts & trampolinists working |
| 3.45 – 4.25pm | **SESSION 1**  Keep all children and coaches socially distanced – remember do not support any moves!  **Participants must sanitize their hands and feet before every turn on the trampolines and every time they move around to a new piece of apparatus for gymnastics**  **GYMNASTICS ROTATIONS (3.45pm Rot 1,3.55pm clean,4pm gym, 4.10pm clean 4.15pm gym)**  **When moving round:**   1. Line up your group 2. Clean the equipment station you have been working on 3. Get your group to sanitize their hands and feet (coach put on mask and go around to give each child a squirt of sanitizer first for hands and then go around again for feet) 4. Move around to your new station as directed by the Lead Session coach |
| 4.25pm | Stop the session  Lead coach to say well done, hand out any badges and gymnasts present  All participants to sanitize their hands then move to the sides of the hall to put on their shoes  Once trampolininsts have got shoes on and bottles or jumpers etc they should be lined up 2m apart along the central walk way between bars and trampolines |
| 4.30pm | TRACEY – sign participants out via the right hand side fire exit  ANDY – clean trampoline benches, pads, beds and throw in mats and end decks if needed (Blue cloths and larger mop)  JENNA – clean door handles around foyer and corridor area including fire exit bar, door handles in toilets and for toilet cubicles (Green cloth)  JAMIE – clean gymnastics equipment (Blue cloths and small mop)  RUTH – clean wash basins and toilets (Yellow cloths)  **USED CLEANING CLOTHS AND MOP PADS INTO THE SWING BIN**  **ALL COACHES TO WASH THEIR HANDS** |
| 4.35pm??  4.40pm latest | SIGN IN CAN START ONCE CLEANING IS FINISHED AND THERE ARE ONLY 4 OR SO KIDS LEFT TO SIGN OUT –  Ruth – sign gymnasts in (they must all wash hands and have their temperature taken on entry)  ALL COACHES – direct gymnasts to put their shoes / water bottles around the side of the hall and then move onto a spot by the apparatus that their group is starting on  4.40pm – as soon as the participants come in and are ready start to get them working |
| 4.45 – 5.25pm | **SESSION 2 as for session 1**  **Rotations – (4.45pm Rot 1, 4.55pm clean, 5pm Rot 2, 5.10pm clean, 5.15pm Rot 3)** |
| 5.25pm | Stop the session  Lead coach to say well done, hand out any badges and gymnasts present  All participants to sanitize their hands then move to the sides of the hall to put on their shoes  Once trampolininsts have got shoes on and bottles or jumpers etc they should be lined up 2m apart along the central walk way between bars and trampolines |
| 5.30pm | TRACEY – sign participants out via the right hand side fire exit  ANDY – clean trampoline benches, pads, beds and throw in mats and end decks if needed (Blue cloths and large mop)  SOPHIE – clean door handles around foyer and corridor area including fire exit bar, door handles in toilets and for toilet cubicles (Green cloths)  JAMIE – clean gymnastics equipment (Blue cloths and small mop)  RUTH – clean wash basins and toilets (Yellow cloths)  **USED CLEANING CLOTHS AND MOP PADS INTO THE SWING BIN**  **ALL COACHES TO WASH THEIR HANDS** |
| 5.35pm??  5.40pm latest | SIGN IN CAN START ONCE CLEANING IS FINISHED AND THERE ARE ONLY 4 OR SO KIDS LEFT TO SIGN OUT –  Ruth – sign gymnasts in (they must all wash hands and have their temperature taken on entry)  ALL COACHES – direct gymnasts to put their shoes / water bottles around the side of the hall and then move onto a spot by the apparatus that their group is starting on  5.40pm – as soon as the participants come in and are ready start to get them working |
| 5.45 – 6.40pm | **SESSION 2 – 1 hr**  5.45pm – ROTATION 1  6.00pm – clean and move round  6.05pm – ROTATION 2  6.20pm – clean and move round  6.25pm – ROTATION 3 |
| 6.40pm | Stop the session  Lead coach to say well done, hand out any badges and gymnasts present  All participants to sanitize their hands then move to the sides of the hall to put on their shoes  Once trampolininsts have got shoes on and bottles or jumpers etc they should be lined up 2m apart along the central walk way between bars and trampolines |
| 6.45pm | TRACEY – sign participants out via the right hand side fire exit, then help pack away  RUTH - USING CENTRE PRODUCTS CLEAN: door handles, light switches, window catches, equipment, toilet handles and seats, wash basins and all surfaces that have been used  Afterwards help pack away equipment  ANDY & JAMIE – pack away equipment  **NO NEED TO CLEAN EQUIPMENT AFTER THIS SESSION AS IT IS MORE THAN 72 HOURS BEFORE IT IS USED AGAIN** |
| 7.15pm | Latest finish time! |