

## Learner

By booking you are accepting the risks as outlined in the activity agreement



Pre-activity symptom checker to be completed by everyone in attendance **ON EACH DAY** of course



Scottish Gymnastics will notify you if you are required to bring gymnasts to your course



Hands-on coaching allowed on course days.

Selected gymnasts who have opted-in will attend the course



You **MUST** sanitise hands between contact coaching with each gymnast and follow cleaning guidance for equipment



Face mask to be worn at all times. PPE including gloves and apron to be worn when cleaning equipment



Social distancing of 1m to be maintained where possible



Follow Scottish Gymnastics guidance related to coach contact when you return to your own environment

## Gymnasts (parents/carers)

Opt-in to be completed by parent/carer in advance of attending the course



Pre-activity symptom checker to be completed on each day of course



Hands-on coaching allowed **during education activity**



Arrive and register with personal coach (if applicable) and tutor



Face masks to be worn in assessment venue (unless exempt or under the age of 5). Not required during gymnastics activity



Social distancing of 1m to be maintained where possible



Sign out with tutor/chaperone and return to parent/carer



Follow Scottish Gymnastics guidance related to coach contact when you return to your own environment

## Please remember



Do not attend if you display any of the Covid-19 symptoms outlined by NHS Scotland. Contact the Covid officer in this instance



Learners booking on to activity are accepting the risks as outlined in the activity agreement. Gymnasts must complete the opt in agreement



All attendees must complete the Pre-activity symptom checker by 1-2 hours before course. No access to venue without completion.



Registers including personal details will be retained for 21 days in line with Test & Protect and then destroyed



Social distancing applies when entering and exiting building. Be respectful of other venue users.



Follow signs around venue including one-way systems



Bring your own PPE and equipment including hand sanitiser. Arrive ready for the assessment



If a disabled attendee requires support, please speak to Covid officer in advance



Travel is permitted for the education activity from levels 0-4. Car sharing is not permitted (unless from same household)

Local restrictions must be followed if entering another area for assessment. If the assessment venue area enters level 4, we will contact you



**FACE COVERINGS**



**AVOID CROWDS**



**CLEAN HANDS**



**TWO METRES**



**SELF-ISOLATE**

Book a test if you have symptoms.

**Protecting all of us,  
takes all of us.**

