



# Stockport School of Gymnastics

## August 2020 News



Coaches attending training having their temperatures taken.

Great news! We can open our doors again and start, slowly start, getting our classes running to bring you the gymnastics you have been missing. The team has been getting the gym ready, getting staff trained, documentation in place to deliver the British Gymnastics Step Forward plan.

The first sections of SSoG will be Recreational Classes and Club. They both start on Monday 3rd August, initially in the Newby Road Centre as we don't have any dates from Life Leisure as to when they will be opening the Offerton Leisure Centre.

We have no date for Pre-School classes to restart as we are not allowed parents on the premises, which makes classes an interesting challenge. The Zoom classes will continue to be available for Pre-School activities until we can offer normal sessions.

Existing customers have been sent information on the precautions we have taken to become a safe place to train and they are also posted on the website. This newsletter picks up on the main themes so that you can see what some of the changes look like so that there are hopefully no surprises when you restart your class.



Gymnast storage lockers and hand sanitising on every piece.

### Contacts

#### Office

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#### Welfare

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### Websites

#### General

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

#### Competitive

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



## Getting Ready for Opening

We have published on the website our plans for the Recreational Sessions and the Risk Assessment for the Newby Road Facility. Please download them and read them at your leisure.

In this newsletter there are lots of pictures showing how the gym looks with a new floor area for warm ups and the set up for all pieces. There is lots of space for gymnasts on every piece so social distancing should work well.

The gymnast will notice a difference in their lessons apart from the very obvious 2m rules, gym one way system and having to go home through the rear doors.

- 1) We have found that gymnasts who have not done that much gymnastics exercise in the last 4 months have lost strength and flexibility. We also guess that they may be very rusty with their skills too.
- 2) Coaches must socially distance and cannot support gymnasts.

If a gymnast was doing a skill before lock down, then it is possible that the skill could be lost, a combination of fitness and lack of practice. The coach will have to concentrate on the basic preparations on safe set ups to build the move up and NOT 'just chucking it'.

The set up on each piece will help the gymnasts regain fitness and skill in a steady and progressive manner.

For August we cannot allow parents into the gym, except under special circumstances. There will be no access for viewing or to the toilets. Please don't ask to come in.

We would also like the car park to be used for drop off and pick up only. Don't wait, park elsewhere on the estate, it's very quiet at the moment.

If you have any questions best to email Bev in the office and we will answer as soon as we can. We are currently getting 100 emails a day and some are quite complicated.

See you all soon, welcome back to the gym.

## 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.

## Zoom Classes

The Zoom Classes will continue. They are an integral part of the Club gymnast conditioning and stretching and more than suitable for their dance class.

As we are not able to offer Pre-School classes in the gym we will continue with the Pre-School Zoom class.

The Ladies Fitness class has also proved popular as it allows exercise that fits in well with working from home or home school without having to take the time out to visit the gym.

The Teens class didn't take off so this class will be cancelled and we will continue with the Rec Zoom classes until Sept, when we will review numbers.

All classes can be booked online.

## How is Newby Road set up?

The gym will be less busy as we have fewer gymnasts in the gym for the sessions and the staggered start and finish time will make it easier to park onsite.



There are one way systems clearly marked through the gym



The hot air hand driers have been switched off and replaced by paper towels. They are disposed of in foot pedal operated bins.



There are wall mounted hand sanitiser in all of the toilets and in Reception and other public areas.



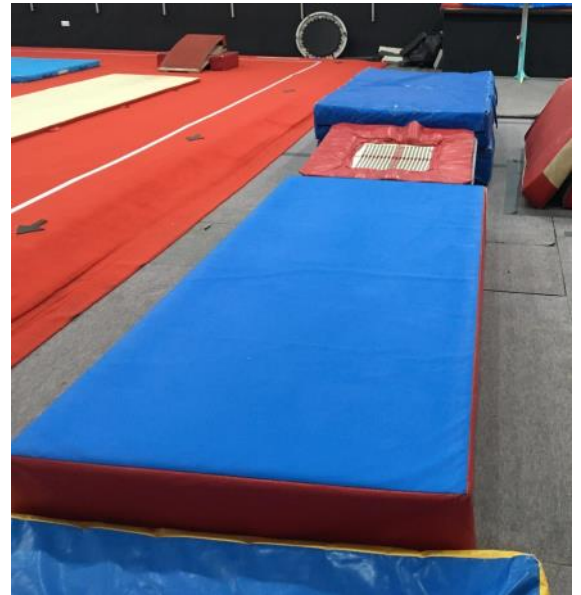
Each piece has a hand sanitiser station and a locker for you to keep your kit and clothes. They are not very big so don't bring too much with you.



New warm-up area where the trampoline and low beams used to be. Nice and tidy, no clutter. If you normally train at Offerton you will recognise the mats as the floor area that we use



## More of the Newby Road set up



The rebound has been moved closer to the vault and will be used as a station when you are on Vault.

The Ski-Run looks very much the same until you get to the landing area. We are not allowed to have exposed foam so the pits have been covered and replaced with mats.



Another station on the vault rotation has been set up on one strip of the floor. Note all the direction arrows.

The floor will have a standard set up of PVC covered mats to keep the cleaning and sanitising easy.





## More of the Newby Road set up

BG have recommended that the beams are cleaned daily with rubbing alcohol and a nylon brush.

We will be using the beams almost entirely on feet and will avoid hand and rolling activities. For hand use we have a PVC throw over mat.

For all gymnasts good hand hygiene is essential with frequent hand sanitising between goes. There are 4 gymnasts in the Rec groups and 4 beams so social distancing should be effective.

All surfaces that are suede, such as box tops and vault tops will be cleaned in the same way and use of hands will be minimised.



The junior bars are part of the bar stations



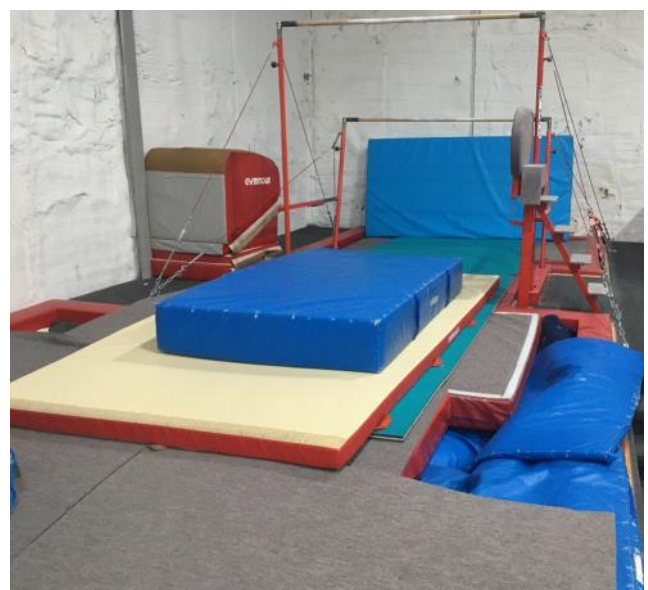
The beam dismount is now from 1 beam only and is at the opposite end to normal.



Programmes on each piece for each age group for easy coach reference.



The low beam has been moved to the end of the 3 raised beams. Mats can be thrown over for hand use.



Another view of the pit bars, now all matted up with the foam covered.

## Even more.....

Wooden bars cannot be easily cleaned. However the silver bars and plastic bars can so they will be used for rec and younger gymnasts.

Where this equipment must be used in club, good hand hygiene will be observed with all gymnasts wearing handguards. There will be no shared equipment and all club gymnasts will have their own chalk and sprays.

In addition to the equipment shown we have the U pit, which will be fitted with a silver bar and 2 mini bar set ups for club gymnasts.



The pit bar is set up now as standard bars



This set of junior bars has a wipe clean plastic bar, perfect for Recreational classes.



The lower bar has been replaced with a silver bar



The parallel bars will be one of the bars stations



The lower bar has been replaced with a silver bar



# Blue Frog Graphics Offers

The Blue Frog Graphics website has had item added that will help with getting ready for the restart. In the last newsletter we said that there would be no more shared equipment for bars and Blue Frog have available chalk boxes, water sprays and blocks of chalk. They also can provide personalised water bottles.

The new lockers on each piece are big enough for all of your equipment including coats and shoes as per the picture below. There will not be room for a massive kitbag and you will only be allowed to put your bag in the locker, not on the floor. Think carefully about what you really need to bring to the gym and think about a smaller bag. A suitable bag is available from Blue Frog Graphics.

The fund raising team had a leotard rail in the café and as no parents are allowed in the building now we are putting the leotard rail online. The link is: <http://www.bluefroggraphics.co.uk/stockport-school-of-gymnastics-home/ssog-preloved-leotards-and-kit/>

The items will be added to the website in the next week or so. Owners of the preloved leotards/kit are welcome to add/remove items when they wish to do so by contacting Jayne Mooney at [info@bluefroggraphics.co.uk](mailto:info@bluefroggraphics.co.uk). All items will be referenced and owners of the garments can set their own price for the items for sale, SSOG will receive 20% of the profits from the sale of these items.



## ARE YOU READY FOR GYMNASTICS ?



## Changing Government Guidance

We have a planned date of opening of 3rd August and although the modifications to the lockdown guidance in Greater Manchester at the end of July, the rules for Gym Clubs in Stockport have not changed; we will open. This is a fast moving situation and if the guidance tightens further we will take appropriate action.

We do hope that we will be have a good run at providing lessons, especially as this is an important time for children with the planned opening of schools in September.

We have started very cautiously with small groups of 4 gymnasts, which should ensure that social distancing will work. The experience gained will allow us to increase the numbers in September to 6 in a group as there are too many who couldn't get the session time they wanted for August.

Any Questions, do ask the office.

### What you need in your hand guard bag :

- Chalky bar grips
- Wrist bands
- Gloves
- Loops
- Chalk
- Spray Bottle
- And
- An elastic

