



"Our vision is to create a positive, healthy, life enhancing sporting experience"

PEAK TRAMPOLINE NEWSLETTER

Dear Members of Peak Trampoline,

I hope you have all kept yourselves well over this period of uncertainty and up to date with the club via our website and social media.

Peak Trampoline is now preparing the gym for a gradual phased reopening in conjunction with Lords Recreation Centre commencing on Monday 25th May.

This is far earlier than originally predicted which is absolutely amazing!

We have a detailed plan which meets the State Government's guidelines for opening up sports venues, the Safe Work guidelines for hygiene of athletes and staff, and the AIS National Guidelines for Rebooting sport.

Over the last few weeks we have taken the opportunity to carry out a deep clean of all the equipment, from the frames of the beds to the springs, hot machine washes of the trampoline beds and mat covers, the floors and walls, the netting... the list is endless! By the end of next week, the gym will be ready to be occupied.

As we all know, COVID-19 requires us to change the way we operate and policies can change very quickly. At our time of closure we had hygiene protocols in place and all our athletes were used to our expectations. We have now updated our protocols in accordance with our COVID-19 Safety Plan plan as follows:

The Gym:

- The gym will have a full clean on a daily basis. This includes the door handles light switches and toilet area.
- Lords will provide additional cleaning for the toilet areas.
- After each session all areas of high hand traffic will be cleaned including the tumble track.
- There will be a hand sanitiser station at every trampoline, double mini trampoline, tumble track and entrance.



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No class or combination of classes will exceed the maximum of 20 athletes at any one time during Peak Phase 1 and 2.

Class start times will be slightly different, groups with changed training times will be notified by email.

Guidance for Athletes and Coaches:

- Arrive in training gear (changing rooms will be closed) with your own water bottle filled (there is no access to water fountains at present).
- If you use chalk, you must bring your own container and it must be clearly labelled with your name (we will continue to provide the chalk).
- Register at reception where you will be required to confirm your name, contact details and the session you are attending. You will also have your temperature checked.
- Wash your hands for the required 20 seconds (or two rounds of happy birthday).
- Athletes must sanitise each time they get on and off the trampoline.
- Coaches will follow the same protocols and hand sanitise at each athlete change over.
- COVID-19 safety posters will be displayed.
- We continue to request that if you feel unwell please remain at home and keep Peak updated.
- If any member of the family comes into contact with anyone with COVID-19 you must notify the club at the earliest opportunity.
- We recommend that you also download the COVIDSAFE APP (this is not compulsory).
- All participants will have a designated "spot" or mark on which they will use for stretching, challenges and static drills. For more dynamic drills and movement, the teaching area will be separated into teaching and waiting areas to ensure required distancing between students and staff.

ENTRY AND EXIT (please note these protocols may be subject to changes due to Lords opening times.):

To enter Peak, athletes must line up near the WAPS door alongside the building practicing social distancing of the recommended 1.5m minimum.



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- Entry for the athletes will via the dance studio door. You will wait at the door to the Gym to be collected by a coach.
- Exit will be by the main door where parents can pick up from the main corridor. There will be coach supervision in these areas.
- Athletes will be asked to enter and exit promptly to minimise the number of athletes in the gym at change over times.

PHASED RETURN:

I would like to thank you in advanced for your patience throughout the phased return of all our athletes. Due to the nature of COVID-19 these dates may be subject to change!

Peak Phase 1:

Commencing 25th May all squad level 6 and up groups will return to training. This will give Peak the opportunity to gauge our protocols around social isolation of athletes and how the space can be managed (you will be emailed with your training times).

Peak Phase 2:

Week commencing 1st June (public holiday so training commences 2nd June) All tumbling sessions, iBounce and Teen Bounce recommence (please note iBounce Longer will recommence in phase three). All squads return to training. This configuration allows the most of our members back in the gym within our 20 participant capacity.

Peak Phase 3:

This is dependent on the State Government announcement expected around the 18th June. If the announcement is positive, then this will see the return of all members to the club.

There may be an opportunity to introduce smaller iBounce classes earlier than Peak phase 3, this will depend on numbers and the success of the protocols we put in place.

I would hope that if things go to plan we will have everyone back by the end of June 😊

There is some information you could provide that would help us going forward:

Would any of our recreation athletes like to train on Friday evenings and Sunday mornings?

Is it your intention to return to Peak immediately? If not would you like us to keep your place open?

We look forward to seeing you all back at Peak as soon as we possibly can!

Thank you for your continued support of Peak Trampoline,

Nikki Wood, The Peak Board and the Peak Coaching Team