



Sports Leaders Online Session

Session 3: Covid-19

How has it affected your gym and coaching?

Things to remember...

- It is ok to have a drink and take notes if you want
- Keep your video turned on and remain on mute unless you're speaking
- Turn any distractions off or put them away
- Listen & engage with the session so you get the most out of it
- **Enjoy!**



What you will get out of this session?

This sessions aims to:

- ▶ Gain understanding the organisations clubs must work with to reopen
- ▶ Gain understanding of COVID-19
- ▶ Gain understanding of the changes that have happened to gymnastics clubs



Ice Breaker

Listening & Describing

With pen and paper draw what I describe

Gymnastics in Wales

Lets think back to our last time at the club...

Do you remember what your club looked like?

How many people were there?

What were they all doing?

How much noise was going on?

Gymnastics in Wales

Now that leisure and gymnastics facilities can reopen there have been guidelines for clubs to put in place so that they can open safely. These guidelines have come from:

- Welsh Government
- Welsh Gymnastics
- British Gymnastics

Gymnastics in Wales

All gymnastics clubs have been asked to reopen with a “phased” approach.

Before they can think about opening the doors to members again they must first think about the type of venue they are in.

- Leisure centre
- School
- Gymnastics facility

Depending on which venue your gymnastics club is in will depend on when you can return to action.

Covid-19 Quiz (8 points)

1. What is COVID-19? (1)
2. How does COVID-19 spread? (1)
3. Name a common symptom. (3)
4. What should everyone do to reduce the spread Covid-19? (1)
5. How long should we wash our hands for? What song can you sing to help you remember? (2)

Covid-19 Answers

1. What is COVID-19? **IT'S A VIRUS**
2. How does COVID-19 spread? **THROUGH DROPLETS IN THE AIR**
3. Name a common symptom. **A NEW CONTINUOUS COUGH, A FEVER & LOSS OF SMELL/TASTE**
4. What should everyone do to reduce the spread of covid-19? **SANITISE/WASH THEIR HANDS**
5. How long should we wash our hands for? What song can you sing to help you remember? **20 SECONDS (or sing happy birthday twice)**



Islwyn
Gymnastics Club



Olympus Gymnastics Club



Carmarthen School of
Gymnastics

Here are some of the things
our Welsh clubs have put in
place to make their gym safe

Capital Gymnastics
Academy

Valleys Gymnastics Academy

<https://www.youtube.com/watch?v=iwKk1dlwwbM&fbclid=IwAR12QR4a9xKrM85HlwoJ8t2LViANS6BUKqNHZurLmWeZf8r8b2PHV7hbFg8>



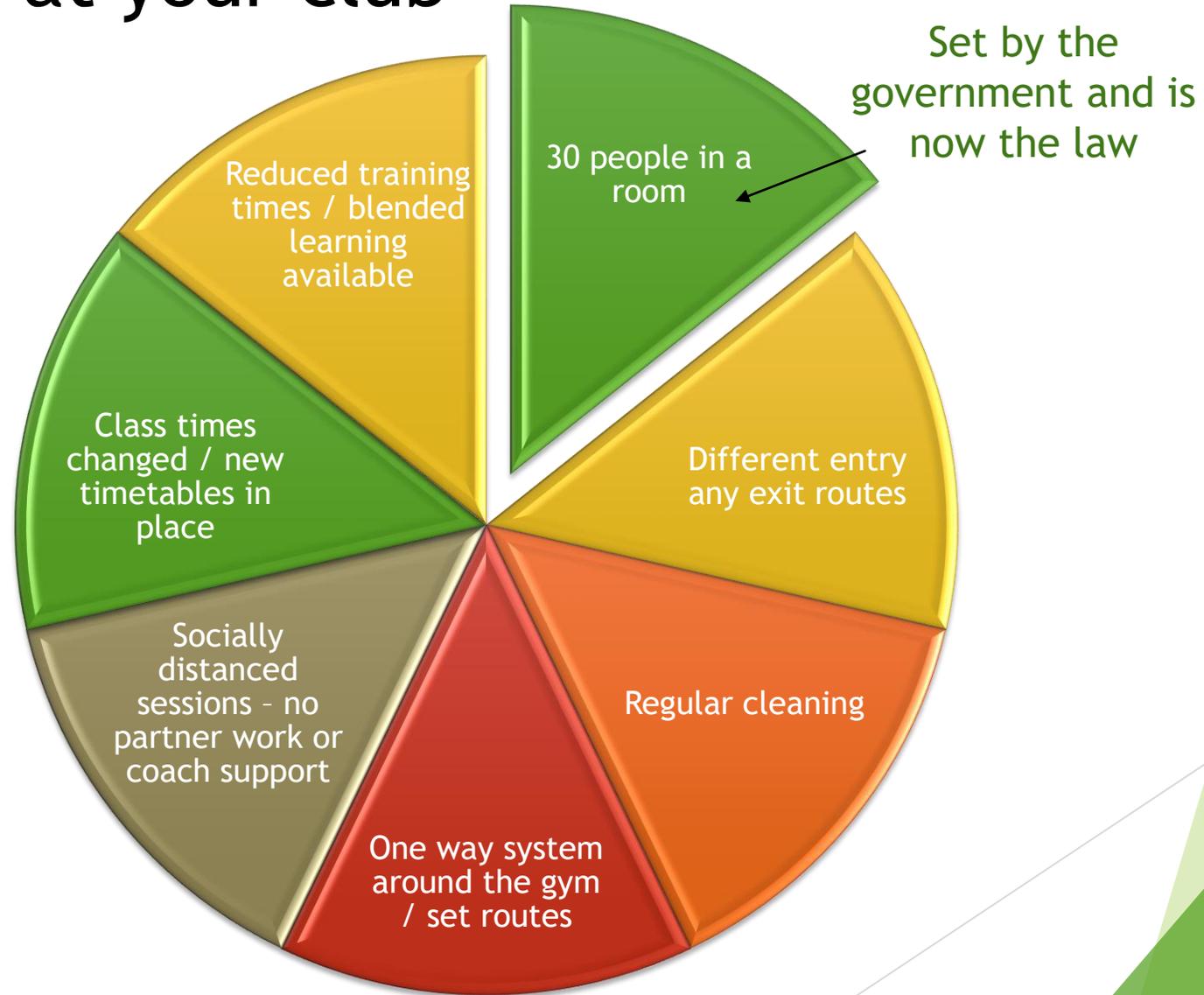
Ynys Mon Gymnastics Club



Things to remember...

1. EVERYONE should maintain social distancing at 2 METERS
2. Have clear signs around the venue and gymnastics hall for all to see
3. Regular cleaning of all equipment
4. NO SUPPORTING OF ANY KIND
5. Wash/Sanitise your hands

Some of the changes that may have happened or will happen at your club



Let us know your questions

Use the chat box or remove yourself from mute

Draw My Monster

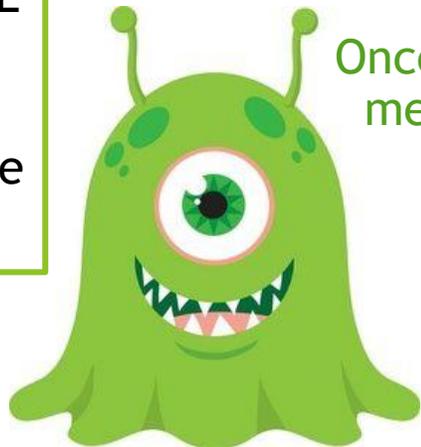
Step 1: Using pen & Paper draw a friendly monster

Step 2: Decide on how you will describe what he looks like to others

Step 3: Read the description to your friend/family member while they try to draw the monster

REMEMBER DON'T LET THEM SEE AND ASK NO QUESTIONS!

Once you have finished compare the drawings.



Task for the Week

Make a commitment to...

Practise your communication skills with a friend or family member.

Do the “Draw my Monster” activity

Once you've done it post it on social media and Tag @WelshGymnastics



Welsh Gymnastics believe our clubs will...



Thank you for attending!!!