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DIARY DATES

5th August 2021

YES Thursday Night Gymnastic Training. Term 3 Commences.

7th August 2021

YES Saturday Gymnastics Training. Term 3 Commences.

23rd September 2021

YES Thursday Night Gymnastics Training. End of Term 3. Last Training Night.

25th September 2021

YES Saturday Gymnastics Training. End of Term 3. Last Training Day.

11th December 2021

Christmas End of Year Show. Has Been Cancelled Due to COVID Government Restrictions.

TRAINING TERM DATES 2021

Term 1

4th February to 10th April

Term 2

29th April to 3rd July

Term 3

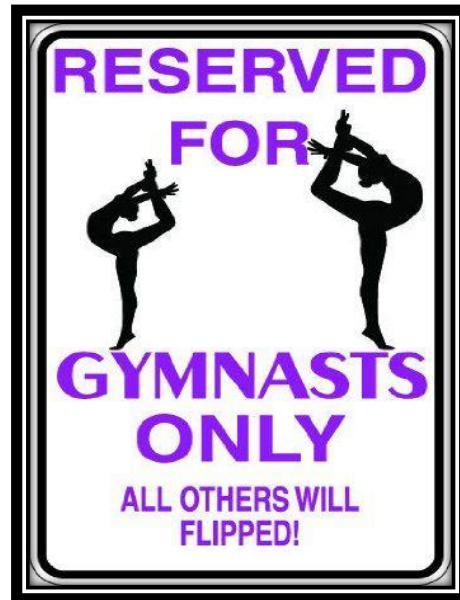
22nd July to 25th September

Term 4

14th October to 11th December

GYMNAST OF THE MONTH

At the end of each Month we are going to have a Gymnast of The Month who will be nominated by the Coaches and presented with a Certificate on the last Training Session of that month.



A photograph will be taken and put in the following months Newsletter and our Notice Board in the Foyer of the Ingle Farm Recreation Centre as well as our Website.

“Congratulations”
No GOTM.
JULY 2021

GRADUATING GYMNASTS

At the end of each Month we are going to recognise our Gymnasts who have graduated up to the next Group. Their names will be placed in our Newsletter, Notice Board in the Foyer of the Ingle Farm Recreation Centre as well as our Website.

“Congratulations”

JULY 2021

| WHITE TO YELLOW | YELLOW TO ORANGE | ORANGE TO GREEN | GREEN TO ADVANCED |
|-----------------|------------------|-----------------|---|
| | | | <ul style="list-style-type: none"> •Kiarah W. •Angel F. |

TERM 3 COMMENCES

YES There will be Gymnastics Training.

Thursday Night 5th August 2021

Saturday 7th August 2021

PHGC END OF YEAR SHOW 2021

Due to COVID Government Restrictions PHGC Committee has decided that our Christmas End of Year show is **CANCELLED** this year.

We are looking into hosting a Function at Latitude on Saturday 11th December 2021 – 9.30am to 11.30am. Confirmation and more details to come.

PHGC LATITUDE EXPRESSION OF INTEREST

PHGC Members were sent a text message with a link to our Latitude Expression of Interest Form. All Members **MUST** submit online Form no later than Friday 6th August 2021.

PAYMENT OPTIONS

EFTPOS Payment Option is now available. (Tap & Go). **CASH** Payment Option is still available.

DO NOT ATTEND TRAINING

If any Gymnast, Coach or Staff and anyone in their household is sick whether respiratory or other, they are **NOT** to attend Training. If you are feeling better after 72 hours you can return to training. If you are still sick after 72 hours, you will need to see a doctor and produce a doctor's clearance before returning to training.

TRAINING SESSION STARTS

Gymnasts should arrive to their session at least **5 minutes** before their scheduled start time.

Dressed in training clothing and hair tied back as necessary. Gymnasts should ensure they bring a drink bottle filled with only water to replace fluid lost through physical exercise.

All sessions start **ON TIME** by the **clock at the PHGC Entry Desk**.

This is to ensure a full warm-up has been completed for your child's safety.

TRAINING SESSION STARTS

CONT:

Warm-up contains many of the most important physical conditioning and injury prevention exercises gymnasts perform and as such it should not be missed under any Circumstances.

LATE ARRIVAL

All Sessions start on time by the **Club Clock on Entry Desk**, anyone who is late **will not** be able to participate in that session. This is to ensure a full warm-up has been completed.

It is potentially dangerous for the late child and other participants in the group. Warm-up contains many of the most important physical conditioning and injury prevention exercises gymnasts perform and as such it should not be missed under any circumstances for the safety of your child.

WHEN UNABLE TO ATTEND GYMNASTICS TRAINING

We would appreciate Parents/Guardians contacting us via: **Mobile: 0451 326 030**. If your child/children are unable to attend their regular gymnastics session. You **MUST** text us with your Child's name and missing session dates and the reason they are away (Sick, Personal Reasons or Family Holiday).

If your child/children are away for a period of **2 weeks straight** and we have not heard from you within that time, we will attempt to call you. However, if we cannot establish contact your child/children will be temporarily placed on the waiting list and we may offer their place to a new member of the waiting list.

PHGC COVID19 GUIDELINES 05.08.2021

As Para Hills Gymnastic Club is an affiliated member of Gymnastics South Australia, we are complying with all federal and state mandates. We are following gymnastics specific best practice and adhering to SA Health guidelines. We are also adhering to all our state and national body policies and procedures, including our commitment to child safe and child friendly environments.

Reminder to all members: Do NOT attend training if you or anyone in your family household have:

Fever or symptoms of respiratory infection (cough, sore throat, shortness of breath).

Returned from overseas/interstate in the last 14 days.

Been in close contact with a confirmed case of COVID-19 (coronavirus) in the last 14 days.

If any Gymnast, Coach or Staff arrives with respiratory symptoms, they will be denied entry.

If any Gymnast, Coach or Staff and anyone in their household is sick whether respiratory or other, they are **NOT** to attend Training. If you are feeling better after 72 hours you can return to training. If you are still sick after 72 hours, you will need to see a doctor and produce a doctor's clearance before returning to training.

ENTRY AND EXIT PROTOCOLS:

ONE Parent / Guardian / Carer is to drop child / children at the desk once you have paid for their session at the designated entry.

In line with Government / SA Health guidelines, you will be required to check into the Ingle Farm Recreation Centre using their QR code as you enter the front doors in the foyer or their paper version which is located at the Café Counter **AND** then check into PHGC using our QR code situated on the wall opposite Tracey's Desk.

You can check in using the mySAGov COVID safe app or you camera on a smart phone.

Entry Door will be where our desks are in the foyer near the lockers.

Exit Door will be the other door into the foyer near creche/meeting room.

Due to COVID Government Restrictions as there are no spectators at this time, parents can collect their children outside on the lawns of the Recreation Centre.

Now that daylight savings has ended, Thursday Night parents (**ONE** Parent per family) can stand in the foyer outside of court 1 along the wall (allowing for social distancing and as long as there is no more than **22 people** in line with Ingle Farm Recreation Centre COVID Government Restrictions Social Distancing Plan) to collect their children and the children will be dismissed from our court 1/foyer exit door. **(This may vary pending changes to COVID Government Restrictions).**

If it is raining on Saturday's parents can stand in the café seating area (as long as there is no more than **20 people** in line with Ingle Farm Recreation Centre COVID Government Restrictions Social Distancing Plan) to collect their children and the children will be dismissed from our court 1/foyer exit door. **(This may vary pending changes to COVID Government Restrictions).**

When collecting your child/children please **DO NOT** come to court 1. See supervising PHGC Staff Member in foyer.

While lining up to pay, please abide by 1.5 metre distancing.

Gymnasts are to bring their own hand sanitiser. There will also be Hand sanitation available at entry and exit points and Gymnasts are required to sanitise their hands at these stations upon entering and exiting.

A PHGC Staff Member with a valid working with children check will help direct you child/children to you as well as ensure no children are unsupervised.

Ensure that your child arrives dressed and ready to train/participate. It is important that we adhere to the methodology of '**get in - train - get out**'.

Session times will be as normal, cleaning of equipment will be done while gymnasts are warming up before their session.

General parent viewing will **NOT** be available at this time. (**NO** Spectators)

CONTACT INFORMATION

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www.parahillsgymnastics.com.au

Facebook Page:

[Para Hills Gymnastic Club Inc](#)

Facebook Group:

[Para Hills Gymnastic Club Inc](#)

We are thankful for your ongoing support to our Club.