

Waverley Gymnastics Centre Drink, Toilet, After class policy and procedure

Drink/Toilet Break

This procedure is to be implemented during every drink break for every educational and junior gym class.

How many drink breaks allowed?

- 1 drink break per 30 minutes i.e. 1 hour class = 1 drink break, 1.5 hour class = 2 drink breaks, 2 hour class = 2 -3 drink breaks

When should gymnasts go with the coach to the toilet/drink?

- If the gymnast is in a 1 hour class (or under the age of 8), they must always be accompanied by an assistant coach or qualified coach (with another same sex gymnast). At Glen Waverley campus, this also applies for 1.5/2 hour classes also.
- If the gymnast is in a 1.5 – 2 hour class (or over the age of 8), they can go without the coach in groups of 2 (with same sex).

Procedure:

- **AVOID BOTTLENECK** Only have a drink at alternating times with the other coaches to avoid bottle neck at the front door.
- **STAND** in the foyer with the children during the entire duration of the drink break (when under 8 years of age) Children over 8 years of age and squad gymnasts at level 1-2 can get a drink and go to the toilet in groups of 2 (minimum and of the same sex).
- **As a group BRING** gymnast with drink bottles into the foyer to have a drink, whilst watching those drinking at the drink fountain. This time should also be used for a toilet break (in groups of 2).
- **INSTRUCT** the class where to stand in line in the foyer once they have had a drink
- **COUNT** to make sure all children are in line before escorting the class back into the gym
- **WALK** the children safely to the next apparatus