

Changing areas with doors through to squash court corridor – used to leave the centre at the end of the session, and when using the squash courts / mens gym they will enter via the door nearest the female changing area and leave via the door nearest the mens. During the session gymnasts will re-enter the main gym via the mens changing area

Door and corridor to stairs – to enter gym at start of session and to queue for vault

Floor area – 12m sq used for warm up for whole group (max 36), using vault run up and beam matting for additional spacing. All warm-up is done 'in place' i.e. not running around to avoid close contact. During the session the part of the floor not required for beam work will be used for a max of 5 gymnasts plus coach and using the tumble track as required. Plastic matting will be used in the pits

Floor beam and prep area – used after the warm-up if required

Vault run up / vault / landing - max 5 gymnasts plus coach (whilst required to work with 'rule of 6' guidance), gymnasts use corridor to stairs to queue, leaving the gym to join the queue through the changing areas to maintain distance

Beams – max 5 gymnasts plus coach (whilst required to work with 'rule of 6' guidance), gymnasts use floor area close to wall / windows for preps whilst waiting for high beam, maintaining distance

Trampoline
– only used as part of floor rotation due to lack of space around for queuing

Tumble tack
– used as part of floor rotation

Bars – max 5 gymnasts plus coach, gymnasts will use own chalk and own gloves/loops on shiny bar. As group only has 5 gymnasts, only two will queue at any time, and this will be managed by ensuring on queues in the area close to the beam / pit bar and the other close to the single bar

Bars