

JUN 2021 UPDATE

PRE ARRIVAL SCREENING

Athletes, coaches, parents, staff (anyone who plans on entering the facility) must submit the [online screening questionnaire](#) **EACH DAY OF CLASSES**. If, when reviewing the questionnaire, an individual answers YES to any of the questions, they are **not permitted** to enter the facility and/or attend class.

WHAT TO PREPARE

Gymnasts should already be in training attire before leaving the house to go to the gym to avoid unnecessary traffic in washrooms.

Gymnasts must bring the following with them as it may apply to their program (make sure it all fits in ONE bag):

- Hand sanitizer (all programs)
- Water bottle - enough for the entire training (all programs)
- Personal kit - bandaids, hair ties, etc (all programs)
- Snack if needed
- Rhythmic Apparatus (pre-comp/comp - only if gymnast has apparatus to bring)
- Disinfectant spray and cloth or wipes for personal apparatus (pre-comp/comp)

WHAT TO COMPLETE

In addition to daily screening, families will be required to submit the following forms when registering for a session (not every day):

- [Declaration of Compliance \(Fillable PDF\)](#)
- [Risk Waiver Form \(Fillable PDF\)](#)

WHAT TO WATCH FOR

Families must be diligent in checking emails/social media in the case that a class may be cancelled last minute due to a coach not able to attend.

ENTERING THE GYM

Gymnasts should not to arrive any earlier than **five minutes** before the scheduled start time.

Gymnasts must be escorted into the gym and to the carpet area by whoever is driving them, and picked up inside the gym at the carpet as well. Exceptions may be made for older athletes and athletes that drive themselves to practice provided that they are following the guidelines correctly. Gymnasts are to set up their bag and clothing on a distanced pylon on the perimeter of the carpet.

Parents must leave after drop off - classes are closed to spectators. Everyone should take their footwear with them when they enter as we are still exiting out the side door.

Masks are mandatory at all times.

Parents/guardians/family members are not to enter or touch the carpet. When dropping off and picking up please use your discretion and maintain at least SIX feet of distance between each other. Please do not congregate in a group around the corner of the carpet - a line can easily be formed along the back of the carpet (on the concrete walkway) using the markers already on the carpet for guidance. Be mindful of other classes/activities happening in Scheers around us.

EXITING THE GYM

After class, everyone will be asked to leave the gym area immediately through the side door. If you are comfortable, please wait for your gymnast outside of the side door and a coach will walk them out. If absolutely necessary you may pick them up inside the building.

COVID-19

AT THE GYM

DURING CLASS

During class, coaches will be responsible for ensuring athletes are physically distancing at all times.

Classes are currently limited to 12 gymnasts on the carpet at one time. Gymnasts must stay in their space for the duration of class, keeping six feet of distance between each other and the coaches.

Athletes will be required to sanitize their hands before and after leaving the carpet area, before and after breaks, after sneezing/coughing, or touching their face. They will also be asked to help sanitize their own equipment, and club equipment if it is used during class.

CLEANING PROTOCOLS

We will be utilizing the following products in the gym:

- Pink Solution Hand Sanitizer Gel (70% isopropyl alcohol, DIN is 80099065), approved by Health Canada
- Noriquat (hospital grade disinfectant, DIN is 02238440, approved by Health Canada)

Gymnasts are asked to bring their own Health Canada approved cleaner for their equipment, and will be asked to wipe it down before and after using on the carpet. If using the club equipment, they may use the gym's cleaner for the equipment instead. We will be sanitizing any high touch areas before and after each class, as well as any other club equipment.

There has been little research suggesting that COVID is easily spread through porous surfaces like the carpet. Despite the uncertainty, we would rather do more than expected. We will be misting the carpets with disinfectant regularly.