



Prince George Gymnastics Club
Unit # 120 - 4175 18th Ave
Prince George, B.C. V2N 0G7
(250) 564-7343

Welcome to the Spring 2021 Active Start Program
THIS IS A PARENT PARTICIPATION PROGRAM

With this program it is our goal to provide children between the ages of 2-4 a safe quality introduction to the fundamental movement patterns necessary for all future sports/activities, as well as the opportunity to socialize safely in this current time. Please read thoroughly the following information regarding this program.

- All children must be accompanied by a parent/guardian. It is the responsibility of this person to ensure that the child maintains distance from other participants as well as to assist the child with the skills/stations that require assistance
- We have added parents/guardians to the floor area as staff are currently unable to assist the child or be close enough to ensure children maintain distance. Parents are welcome to foster independence and step back when their assistance is not needed. Attention to your child must however be maintained at all times in case assistance is required.
- Parents and all children must maintain a 3m distance at all times.
- All persons entering our facilities must complete the required daily screening checklist prior to entering (Parent/guardian and child).
- Face masks are required for all parents/guardians for the entire time that they are in our facility. Children are also requested to wear one upon entering/exiting and while moving from one activity to the next.
- Socks or indoor footwear is required by everyone entering the facility while moving around from one activity to the next.
- Hand sanitization or hand washing will be required upon entry/exit and at the completion of each activity, prior to moving on to the next. Please bring your own hand sanitizer to use throughout the class but one will be available if necessary.
- We will be cleaning all surfaces used prior to moving on to the following activity. This may be done either by the coach fogging the equipment, or by spraying it and having the parents/children wipe it down.
- Any siblings that attend with a registered child must either be baby worn, in a carrier or in a portable playpen (we do have areas that these can be placed) or registered in the class.
Siblings that are not registered in the class may not distract the parent/guardian from attending to the registered child.
- The Coach will provide skill options that are age/level specific for all participants.
- Please bring a small bag that can be carried around the floor area with you, this should include hand sanitizer, water bottle for parent and child, and child's mask that we recommend them wearing whenever they are moving throughout the facility.