

## ATTENTION PARENTS

A few important reminders for all members, please read through thoroughly as we have a number of changes to our regular class policies.

**Drop Off:** All children 5 and older must use our drive through drop off/pickup area, this is located directly out front of the building and is well marked. For all children under this age parent accompaniment is required, please park off to the side of the building not in this space.

Please arrive for drop off no earlier than 15 minutes prior to your scheduled class time but not past your scheduled start time. We do have staff escorting athletes in but this may not be available once class has begun. Pick up must be immediately following end of class time. We do have a maximum occupancy of 50 persons in the building and the timing of drop off/pickup is crucial to maintain this.

All participants, both athletes and accompanying parents must complete and pass our daily screening protocol. This must be completed between 30 minutes and 60 minutes prior to each scheduled class start time. This is available on our website through your uplifter account under products for purchase. **Please stay home if you or anyone in your household is displaying any of the symptoms listed on our daily .**

**On Arrival:** All members will enter the building one at a time upon check of daily screening. (Staff member checking the screening will be wearing both gloves and mask). After entering building you will place outdoor clothing in the designated area on the boot racks, sanitize your hands and proceed either to a pre marked space on the floor/warmup area or a distanced spot in our waiting area.

**Throughout the class:** All athletes and accompanying parents (with children 4 years and under) will be kept 6 feet apart wherever possible. Athletes and parents will be required to sanitize their hands when moving from one event to another. After the last station on an event, before moving to the next event the coach will spray down each piece of equipment and the athlete or accompanying parent will wipe it down with a provided rag.

**Leaving the facilities:** All members will wipe down last station and sanitize hands. You will then be instructed to proceed (with a 6 foot distance) to our entry/exit area. One member at a time will collect outdoor wear, sanitize hands and proceed to a social distance spot in the foyer area. Once the entire group is ready for exit a coach will escort them out 1 at a time.

**Cleaning Protocols:** The safety and well being of all our members is a top priority and we have implemented very stringent cleaning protocols.

-All high traffic areas including entry/exit way, bathrooms, garbages etc. are being cleaned after each class/group of classes

-equipment is being wiped down at the end of each rotation

-the entire gym is being fogged several times per day (whenever it is clear of members).

-extensive cleaning is being done each morning before classes begin

**Sick policy:** If you or anyone in your household is feeling unwell prior to class please do not come. Should anyone develop symptoms during a class they will be asked to immediately sanitize their hands, put on a mask and proceed to our quarantine area. They will remain in quarantine area until parents are contacted and able to pick up (if it is a child 4 or under or the accompanying parent they will sanitize, put on mask, and exit building immediately). Please make sure your phone is on while your child attends their class in case pickup is required

**Progress Reports:** Progress reports will be handed out at the end of the session for all Can Gym classes. Evaluating skills in the Can Gym program for badges may not all be completed due to the session being very short. Coaches will do their best to complete as much as possible. Members of our preschool program will receive a certificate at the end of the session.

**Things to remember:**

**-Completed Daily Screening**

- Please use the bathroom before arriving at the gymnastics club. The bathrooms are available but we are trying to limit the use of all shared spaces.

-Please bring a small bag to carry around all necessary items

-Water bottle (our water fountain is not available at this time)

-Please bring your own bottle of hand sanitizer (we do have sanitizing stations placed throughout the gym if necessary).

-Socks are required for athletes (and accompanying parents) when moving throughout the gym.

-We request that all persons entering our facilities bring a mask with them, however one will be provided if it is necessary.

Sincerely,

Prince George Gymnastics Staff

