



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

Recreational Ages 5+ (Level 1, 2, 3+)

- Drive thru drop off. Please pull up to our front door with your passenger side to our front door. Your child will remain in the vehicle until the staff member confirms screening of your child has been received. Please unroll the passenger window to give the name of the child you are dropping off to the staff member;
- For pick up, please park out front, and the staff member will send your child out to you. If your child is having a hard time seeing your vehicle, please step out of your vehicle and wave to them. We will watch your child until they have reached your vehicle;
- You will have to complete screening for your child ONLINE before every class, and they must pass that screening to be granted entry. Please log into your Uplifter account each practice to complete the screening for your child. If you need assistance you can find a video, just under the Uplifter log in. There will be no credits/refunds issued for classes missed. PLEASE NOTE: Should your child show any signs of illness when they arrive, or during the class, they will not be granted entry, or they will be sent home. Our goal is to keep our gym as safe as possible for everyone involved;
- No viewing due to capacity restrictions;
- Level 1 and 2 classes will be 1.5 - 2 hours in length, level 3+/Advanced will be 2 hour classes. We will not be offering advanced classes for this session, please register in the appropriate badge level for your child. If you are unsure of their badge, please e-mail the office at pggymnastics@telus.net;
- Gymnasts will enter with a mask and will wear it until they start their warm up. They will wear masks when walking from event to event, as well as in all common areas. They will wear their masks when leaving the floor area through to their exit;
- Please also send your child in socks, and with their own personal hand sanitizer. They will be sanitizing throughout the class. We suggest sending them with a small, easily accessible bag, to store everything, and bring from station to station;
- Water fountain/water coolers are closed, so please send a marked water bottle;
- We ask that they come dressed for their class, whenever possible, to eliminate traffic as much as possible in the washroom/changeroom;
- Kids will be wiping down their station before moving to the next event;
- All pits are closed. They have been covered with mats to allow landings to the pit, without going into the foam;
- Coaches are currently unable to assist/spot children, therefore certain skills in some badges will not be able to be practiced;
- We are asking that you please check your e-mail PRIOR to coming for your class each week, in the event the coach is unable to pass screening, and the class needs to be cancelled. This notification will be a minimum of one hour prior to the class start. Refunds will be granted in these circumstances.