

# STRATHMORE GYMNASTICS CENTRE



# COVID-19 RETURN TO PLAY

## POLICIES AND PROCEDURES

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**February 6, 2021**

Please note that this is a living document and will be updated as the Covid-19 situation evolves

**For the sake of having all of the most current information easily viewable, we will add it to the front of the document. However, please read the rest of the document to refresh, as it has been quite some time since we have been in the gym!**

The "Path Forward" is a plan by the Alberta Government to gradually ease COVID-19 restrictions. The following information has been taken from the alberta.ca website regarding STEP 1:

*Mandatory restrictions - Provincewide - Effective Feb. 8*

All participants must be 18 years old or younger, except coaches or trainers.

### **School and team sport activities**

Children and youth will be allowed to participate in limited school and team sport activities.

- Lessons, practices and conditioning activities are allowed for indoor and outdoor, team-based, minor sports/activities and school athletics.
- Games are not allowed.
- Maximum of 10 total individuals, including all coaches, trainers, and participants.
- Physical distancing must be maintained between participants at all times:
  - 3-metres physical distance for indoor activities
  - 2-metres physical distance for outdoor activities
  - coaches or trainers may enter physical distancing space for brief interactions with participants (for example, to correct form or technique)
- Participants must be masked at all times, except during the training activity. Coaches and trainers must remain masked at all times.
- Access to change rooms must be limited, including accelerated arrival and departure, emergencies (for example, first aid) and washroom use.

For more information please visit [Stronger public health measures | Alberta.ca](https://www.alberta.ca/stronger-public-health-measures)



**The following is information provided by the Alberta Gymnastics Federation regarding how this plan pertains to gymnastics.**

Guidelines for Step 1:

- One-on-one or one-on-one household training is allowed in the facility provided:
  - Household training consists of one coach per group of siblings.
  - Each coach and athlete remain 3 metres/10 feet away from all other coach and athlete pairs at all times, including in entryways and exits.
  - Each coach can only interact with their athlete, and each athlete can only interact with their own coach.
  - No interaction between the pairs of coach/athlete allowed.
  - No 'cycling through' multiple trainers as in circuit training.
  - No spotting allowed.
- Coaches must remain masked during the session.
- Athletes are not required to wear a mask while training however, they must wear one when not training in all common areas.
- No in-person viewing is allowed unless it is to apply the rule of two.
  - The Rule of Two must be maintained for all training sessions. Another adult, certified coach or parent/guardian, must be within earshot and eyesight of the training while maintaining the 3 metre distance and wearing a mask at all times.
- K-12 schools, post-secondary institutions and home-schooled curriculum-related educational activities are allowed.
- All training must be done through registered participants only, no drop-ins allowed.
- It is highly recommended that you return to an electronic or paper [Daily Checklist](#) for anyone entering your facility during this step.
- All other COVID related guidelines must be followed. *(Please refer to the rest of this document)*

**Thank you for your patience and cooperation as we take the steps required to get back to what we love!**



## SGC PARTICIPANTS

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### PARTICIPANT EXPECTATIONS

- Participants must wash/sanitize their hands and feet before and after class. Sanitizer is available in between events, and on entrance and exit to the gym area as well. Clean grippy socks are permitted.
- Participants will have their temperature taken upon arrival
- It is mandatory for participants to follow staff instruction at all times. **PLEASE DO NOT REGISTER YOUR CHILD FOR CLASSES AT THIS TIME IF THEY MAY HAVE TROUBLE DOING THIS!** If a child repeatedly has trouble following directions, they will not be permitted to finish the session. The \$ amount for the remaining classes in the session will be credited to your account for later use, when restrictions relax, or to be used towards private instruction. REFUNDS WILL NOT BE GIVEN IN THIS CASE!

### WAIVERS AND HEALTH SCREENING QUESTIONNAIRES:

- Until notified otherwise, we will be requiring our **health screening questionnaire** to be filled out BEFORE ATTENDING EACH ACTIVITY. This can be done [HERE](#),
- AS WELL – SGC must have a **CURRENT signed WAIVER inc PIPA and COVID form** on file before participating in any activities. This only needs to be done once a year, unless information changes. It does not have to be completed before each activity. These are now completed online – [CLICK HERE](#)

### PARENT EXPECTATIONS

- Please discuss with your child the importance of listening to their coach!
- All class fees are to be paid before commencement. Fees are currently paid online using a credit card, or by e-transfer to [strathmoregymnastics@gmail.com](mailto:strathmoregymnastics@gmail.com)



## **STAFF EXPECTATIONS**

- Staff will clean the facility thoroughly after each cohort leaves. In addition, any props/individual mats/etc will be wiped down between groups if there is more than one group in the facility at a time. High touch surfaces such as bathrooms, doorknobs etc will be wiped down throughout the day.
- Staff will be required to wear a mask **when spotting, or when physical distancing is not possible, and sanitize before and after each athlete.**
- Staff will be expected to complete the daily health screening, and will not attend SGC if they are showing any signs/symptoms of illness. They will be encouraged to contact AHS to determine whether or not they should get a COVID-19 test.

## **SIGNS OF ILLNESS**

- Participants and/or family members exhibiting any symptoms of illness are not permitted in the facility.
- Participants or family members that have travelled outside of Canada within the past 14 days are not permitted in the facility
- Should a participant begin showing symptoms of illness while attending the facility, they will be separated from the rest of the participants and parent's will be contacted immediately for pickup.

## **ILLNESS POLICY/MISSED CLASSES**

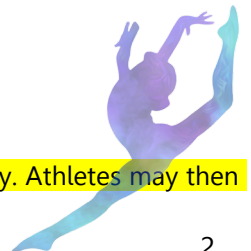
- We have updated our missed class policy (due to illness). **Please do not attend activities at SGC if you are experiencing any cold symptoms. If you contact us prior to missing your class, we will offer you either a make-up class (if space permits) or a credit on your account to be used towards future registration. Thank you for your cooperation.**

**\*The same policy will also apply if SGC needs to cancel a class due to coach illness.**

## **ARRIVING AT THE GYM**

- Upon arrival at SGC, please remove your shoes immediately (parents too please!) and place both your child's shoes and coat in an empty cubby, and then sanitize your hands with the provided sanitizer. If no one else is checking in, please proceed to the desk, where you will be greeted by a coach to complete the screening process and do a temperature check. If there is already someone there, please have a seat and wait patiently. **with your colour (and name on the first day), and wait to be called up to the desk. THIS WILL BE YOUR CHILD'S COLOUR FOR THE REST OF THE SESSION.** We ask that only one parent accompany their child into the gym on the first day. After that, if your child is old enough/comfortable enough to come in on their own, they may.
- Upon arrival, your child's temperature will be taken. If a child has a temperature of over 38.0 degrees, they will be sent home for the day.
- Please plan to arrive only 5 or 10 minutes before the start of class to avoid unnecessary gathering

**Parents and participants are now required to wear a mask while entering/exiting the facility. Athletes may then remove their mask before class starts**



## **IN THE GYM!**

### **All Classes:**

- Your child will be given a colour that will remain the same for the rest of the session. Each class has a maximum of 6 participants\*. There are 6 chairs in the foyer, and each will have a different colour on it. This will be your child's first stop every class! If you are accompanying your child into the gym (one parent only please), you may stand beside/behind your child as they sit in the chair and wait for class to start.
  - ❖ with the exception of TEAM and possibly some morning Active Start classes.

### **Active Start - Parented Classes:**

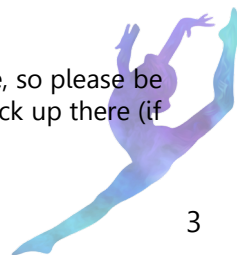
- Your child's coloured felt nametag will be sitting on their chair. Please pin this onto their clothing while you wait with your child at their chair.
- When the class is ready to start, you will be reminded to "float in your bubble" over to your coloured circle on the floor. This will be your home base. We ask that you TRY to have your child sit with you on the circle. The more we can follow the same routine the easier they will adapt to a non-parented class when the time comes!
- We will either do a warmup at our circle or we will play a game with the attempt to maintain appropriate distance!
- Each event will have 6 stations. Your child will always start on the station that matches their colour. They will stay on that station until their coach advises to switch, and then the group will rotate stations until they have had a turn at each one. (Hence why we need your help parents! Hopefully with practice this will become routine to the kiddos, and as time goes on your job won't be so tough!). If there are siblings in the same class, we will have them both/all go to the same station. This will be a work in progress...so please be patient – with us, with your child and with yourself!
  - ❖ Tuesday and Thursday morning classes: We will explain the plan when you arrive for class, as we have more than 6 spots available (with 2 coaches)
- **MASKS:** Currently in Strathmore wearing a mask is not mandatory, however the Alberta Gymnastics Federation does require that masks are worn by the parents in parented Active Start (Kindergym) classes.
- **Waivers:** The parent attending the class must also fill out the online waiver

### **Recreational Participants:**

- Please sit in your colour-coded chair and wait for your coach's instructions! Be sure to have your water bottle with you as you will take it into the gym with you. (These chairs will be cleaned before the next group arrives)
- Remember what colour you are. You will be the same colour each week, and that is the colour you will always start on at each event.
- Your job is to be mindful of staying in your bubble, and being careful to not pop anyone else's bubble! Listen to your coach, and of course have fun and learn!

### **Team Participants:**

- You may use your lockers if needed, but only one person at a time should be back there, so please be quick! Alternatively, you can keep your gymbags upstairs, as you will also be having snack up there (if applicable).



## **DURING CLASS**

- There will be 6 different stations on each event, each with a different colour. One person will be on each station, starting on their matching colour, and rotating through all together until all stations have been completed
- As the gym space at SGC is not huge, participants must be mindful of keeping appropriate space around them. There is a designated entrance and exit to/from the gym area, with arrows placed to remind the participants of the desired flow. Coaches will regularly remind participants of the necessary precautions and distance requirements.
- Participants and coaches will use hand sanitizer before moving to the next event

## **END OF CLASS/EXITING THE FACILITY**

- To aid in distancing measures, please have only one parent enter the facility, and whenever possible, without siblings
- Please ensure you are on time for pickup as the staff will have cleaning to get done before the next group
- ❖ These procedures will be a work in progress! Please keep an eye out for changes as we navigate this “new normal”!

## **PARENT VIEWING**

- Parent viewing is not permitted at this time, however we do have a private Zoom that you can use to watch/check in on your kiddos. The private link will be mailed to you upon registering for classes. Safe Sport guidelines will always be followed.
- If your child really needs you to be there at the beginning until they feel comfortable, we will do our best to accommodate. If you are staying for an extended period of time a mask is required and your temperature will also be taken.

## **CLASS SIZES/SCHEDULING**

- Maximum class size will be 6 participants (with the exception of TEAM and possibly morning Active Start classes (which would be divided between 2 coaches) We are currently only offering 1-on-1 classes to our kinder/rec/tumbler/ninja participants.
- Class start times will be staggered to limit the crossover of people coming in and out of the facility.
- Facility will be thoroughly cleaned between the daytime and evening programming.



## OUR FACILITY

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- SGC will be cleaned and disinfected between cohorts, including, but not limited to:
  - High touch surfaces, such as light switches, door handles, phones
  - Bathrooms
  - Check-in station
  - Equipment
  - Office equipment
  - Any props used in class
- Additional sanitization stations have been set up around the gym
- Each night the facility will be disinfected using a fogger, with a very fast acting/fast drying, and non toxic disinfectant, that is registered with EPA and Health Canada
- Cleaning logs will be maintained

## **PHYSICAL DISTANCING**

- Participants will have designated spots/areas to stand on/be before, during, and after class. Directional arrows have been used to create the best flow possible. Coaches will be reminding the participants of the importance of "staying in their bubbles and not popping anyone else's bubble". We have introduced using pool noodles to help remind the kids to keep appropriate space between themselves.

## **EQUIPMENT/PERSONAL BELONGINGS**

- Equipment and stations will be sanitized after each cohort has left the facility, following (at minimum) the guidelines set out by both Alberta Health Services and Spieth America
- ALL gym participants must bring a fully filled water bottle. The water fountain WILL NOT be available. Please ensure you have all your belongings when leaving the gym!.
- The pit foam cubes will not be used for the foreseeable future. We will continue to use the pit area, but only landing on mats that are easily cleaned.

## **WASHROOM/HYGIENE**

- Washrooms will be cleaned throughout the day. Each washroom will have sanitizing wipes
- We will be reminding our participants about the importance of washing hands properly, and fun songs to wash their hands to.
- Signs will be posted with reminders to not touch their face, and if they must sneeze or cough, to do so into their elbow, and still sanitize right after.
- Masks and gloves are available if required
- Only Air High-5's or elbow bumps are permitted!






*Please know that your family's health will remain of the utmost importance as we move forward to our new normal. We are committed to providing quality programming in a family-friendly environment for our community.*

*Thank you in advance for supporting SGC as we navigate through this together.*

*Your SGC Team*

# **STRATHMORE GYMNASTICS CENTRE**

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