

Gymnastics Ontario & TRYumph Gymnastics Academy

Member awareness

- Assumption of Risk Agreement and Facility Declaration must be completed by all participants/members.
- Government of Ontario approved handwashing and physical distancing protocols are posted in high traffic areas e.g. main entrance door, bathrooms
- Participants and their families will be aware (at least through signs) that they may not enter the facility if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days; signs are posted at the entrances to the facility to remind staff, parents/guardians, and other visitors
- Maintain confidentiality of any person confirmed to have been COVID-19 infected

Entering and Exit Facility

- Limit carpooling, only members of the same family should be in a vehicle together.
- Physical distancing lines are placed inside and outside of facility.
- We will ensure physical distancing requirements are met.
- All persons must properly wash with soap and water or sanitize hands upon entering facility
- A staff member should escort the gymnasts inside the facility, and administer screening process about illnesses in youth or their household members (an adult must be present)
- No adults are allowed in the facility with the exception of parent and tot classes (Cubs) and adult classes.
- Parents/guardians should pick up their children outside. If the gymnast needs supervision while waiting for pickup, adults should be practicing physical distancing.
- There is a single entrance and exit.

Anyone feeling unwell MUST STAY HOME!

Requirements for Health and Safety

Pick-up and drop-off of participants should happen outside the program setting.

Participants Drop Off/Pick Up

We are lovingly calling the vestibule in our lobby the “De-Contamination Chamber”. Your child should wear a mask while entering the facility. No adults will be allowed to enter the gym with exception of Cubs classes (parent/guardian has to wear a mask at all times) and adult gym. We will be sending a check list. If your child checks any of the boxes, she/he will be prohibited from attending classes. Your child should come dressed wearing their athletic clothes. Hair should be done and ready to hold for the duration of class.

Participants will sanitize their hands when entering the facility, bringing only **a labelled water bottle**. Please do not arrive more than 5 minutes early to class start and line up on the orange lines on the sidewalk (spaced 6 feet apart).

Participants **pick up** will be one by one and determined by first come, first serve to the social distancing “**social distancing line**” located on the side of main entry. **Please arrive on time!**

Pick-up and drop-off procedures will support physical distancing and cohorting using strategies such as, but not limited to: avoiding group transportation (carpooling), separate cohort entrances, having one designated parent/guardian pick-up and drop-off each camp participant, staggering entry, or limiting the numbers of people in entry areas.

Screening

All individuals, including participants, staff, and visitors must be screened at home prior to arrival at program entry.

Participants will be screened at the door (an adult from the family must be present)

We will deny entry to any individual who has any of the symptoms outlined in the COVID-19 Reference Document for Symptoms on the Ministry of Health's COVID-19 Website or who has come in close unprotected contact with a person with symptoms of or confirmed COVID-19 in the past 14 days.

Participants should be monitored for atypical symptoms and signs of COVID-19.

Screening will be done at the entrance of the facility with appropriate precautions when screening, including maintaining a distance of at least 2 meters (6 feet) from those being screened, or wearing personal protective equipment (PPE) (i.e., non-medical mask).

A Parent/ Guardian must be present at screening to answer the questions wearing a face mask.

Alcohol based hand sanitizer containing at least 60% alcohol content will be placed at all screening stations and entrances to the program.

We will not permit participants who are ill to attend the program. Signs will be posted at the entrances to the program to remind staff, parents/guardians, and other visitors.

We will notify parents/guardians if their child begins to show symptoms of COVID-19 while in class, including the need for immediate pick-up. The child will be isolated until pick-up.

How Will we be Enforcing Social Distancing?

Participants will enter the gym one at the time.

6' markings have been laid out in the gym for the athletes to follow while listening to their event instruction.

Participants will be instructed one by one to move to their station. Participants will also be told one by one to return to their waiting line. Participants will be instructed one by one to use hand sanitizing stations before moving to their next rotation/ activity.

There will be lots of instruction and supervision to ensure everyone is maintaining social distancing minimums.

Foam pit is covered and will not be used with the exception of competitive athletes.

Participants and PPE

All athletes are required to wear masks at all times with the exception of Cubs (although the parents are required to wear masks). If a participant is unable to wear a mask due to a medical condition, a doctor's note is required.

Latex gloves while using the equipment can be dangerous and will not be permitted.

Coaches and PPE

Prior to coming to work (daily), staff is required to screen via the self-assessment tool, report to their designated supervisor to determine if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days; a log to record the self-assessment should be kept.

Staff is required to sanitize/wash hands between rotations.

Staff is instructed to avoid physical contact with one another.

Spotting and Assistance

At this time, coaches are not permitted to spot the recreational students as per guidelines set out by the Province of Ontario and Gymnastics Ontario.

In the event that a "rescue spot" is deemed necessary by instinct, we will always elect to prevent injury.

Pickles and Ice Cream

Pickles and Ice Cream is our sensitivity code word for letting ANYONE know they need to go wash and/or sanitize immediately. Everyone in the facility can discreetly call *Pickles and Ice Cream* on anyone. Peers and staff alike.

Reasons to use the phrase *Pickles and Ice Cream* are listed but not limited to the following:

- Touching any area of your face
- Biting nails
- Blowing your nose
- Cough or sneeze
- Brushing hair from face
- Rubbing eyes
- Touching your feet
- Fixing glasses

We feel that using this phrase is less confrontational or offensive than being told to "go wash/sanitize your hands" ...again!

Personal Items

- Labeled Water bottle (name of the child)
- For those who have an EpiPen, it should be worn on their person in a fanny pack/belt to ensure accessibility and avoid unnecessary handling
- Socks with grips (**mandatory to have in the gym**)

- **Indoor running shoes in a big zipper bag** for **Ninja classes** only (please sanitize them before).
- A small labeled zipper bag for the mask to be store during physical activities.

Food and Water

NO FOOD ALLOWED.

The water fountain in the gym is OFF so the athletes cannot drink from it. Each athlete must have their own labeled (name) water bottle.

Cleaning Products Used

The Gym – Fogger and sprayers using Vital Oxide (Gymnastics Ontario Recommended)

Steam Carpet cleaning- weekly

Bathrooms– Lysol Disinfectant and Vital Oxide Spray

Change rooms: Spray with Vital-Oxide

The Lobby/Office: Lysol Disinfectant, Spray with Vital-Oxide

How Often Will Cleaning/sanitizing Happen?

Bathrooms – After each use

Eating Areas – After each use

Complete Event – After each group

Hands – Before entering facility, after each rotation, after bathroom use, before leaving facility, and on as needed basis

Communication

During this time, our office will remain closed. If you need to communicate with us please use the rec@tryumphgymnastics.ca and/or info@tryumphgymnastics.ca

If you need to pick your child up early or drop your child off late, you must give advance notice. If advance notice is not possible, you must remain outside. Do not enter the building. We will come to the door to begin the entry or exit procedures.

Tardiness cannot be accommodated.

Please take extra care in being on time.