



NEPEAN CORONA GYMNASTICS



PROTOCOLS & SAFETY STANDARDS FOR RECREATIONAL PROGRAMS

EFFECTIVE AUGUST 25, 2020

Our mission is to follow procedures to protect our gymnasts, employees, and community members and to help prevent the spread of disease.

FORMS

- Assumption of Risk Agreement signed by parent-once per season
- Facility Declaration signed by parent-once per season
- **Daily Declaration Form-required at every class occurrence.**

PRIOR TO ARRIVAL

- If child is feeling unwell, has a cough or fever, they may not come to the gym
- Carpooling. It is recommended that only members of the same family (household) should be in the same vehicle

ENTERING AND EXITING THE FACILITY

- **MASKS**-Gymnasts are required to wear a mask upon entering the facility. In the gym, they are to remove it and keep it in their backpack. Masks are not to be worn during training.
- Gymnasts and employees are required to sanitize their hands upon entering and exiting the facility.
- Entrance-through the front entry door only
- Groups will be given a specific time to arrive at the gym. No late entries will be allowed
- Line up at the door using the distancing lines. Enter the facility one at a time to allow for proper distancing
- Exiting the gym. A staff member will escort gymnast to the door beside the lounge/black trampoline. (in front of the handicap parking spots) Gymnasts may wait in the lounge for their parent. Parents must be punctual for pick up and drop off. You may wait by your car, or wait on the sidewalk, adhering to the 2m distance
- Only gymnasts and employees may enter the facility.
- Parents may watch through the windows-however, they must adhere to 2m distancing. Avoid touching the windows or doors
- Attendance logs will be kept for tracking purposes.

FACILITY & GYM POLICIES

- Class size-maximum 6 students
- Hands free coaching (no spotting)- i.e. modified training to ensure athletes are only doing safe skills, not learning new skills which might require spotting, unless required to prevent injury
- We will maintain social distancing of a minimum of 2m and where possible, will exceed this distance.
- The pit areas are strictly off limits and are covered.
- Changerooms are not accessible
- After each class, the equipment is cleaned and sanitized.
- Washroom in the hallway are open, cleaned and sanitized after each use.
- Water fountain is off-limits
- The lobby, doors and hallways are sanitized after each group enters and leaves.
- At the end of each day the washrooms and floors are cleaned
- If parents have questions, please call or submit them via email to tammy@coronagym.ca
- All fees are to be paid via Corona's Online registration system.



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GYMNASTS

- If a gymnast displays symptoms of Covid, they will be isolated in a separate room and parents will be contacted immediately.
- Arrive wearing the training attire. Wear socks with grippy dots (Yoga, Pilates, or barre socks).
- If the gymnast requires chalk, they must purchase one for the personal use. The chalk must be kept in a hard plastic container with a lid. The chalk is available at the office at a cost of \$5
- Bring a backpack to every training session. Please refer to the Backpack List. Backpacks will be sprayed with disinfectant when gymnast arrives.
- Required to sanitize their hands at the beginning/end of practice and each rotation.
- Although the washrooms are open, we request that gymnasts use their home washroom prior to arriving to minimize facility use.
- In the event of an injury, Staff will endeavour to use all appropriate protocols, while providing the necessary first aid treatment. In the case of an emergency Staff may not have time to put on gloves.

STAFF

- All staff are required to complete the daily declaration of Covid symptoms.
- All staff are required to wear a mask while in the facility.
- Staff are required to wash or sanitize hands on arrival, between rotations and after each class
- No physical contact with another person
- Indoor shoes only. If using public transportation, required to change their clothes before entering the gym area
- An additional staff member will be assigned to ensure athletes are washing hands or sanitizing before coming into the gym area, before and after using the washroom and prior to leaving the facility. This Staff member is also available to offer support to the coaching staff for any issue that may arise.

BACKPACK LIST

- Backpack-labelled with gymnast's name
- Socks with sticky spots. Gymnasts are required to wear sticky socks in the gym.
- Hand sanitizer for their personal use.
- Filled water-bottle
- Yoga mat with a tie or strap. Labelled with gymnast's name.
- If using chalk-Plastic container with a lid for individual block of chalk. The container should be large enough to hold a block of chalk and to use the lid as a tray to catch chalk dust.
- Spray bottle to be used with chalk. (labelled with name)
- Grips and wrist bands (if gymnast wears grips)