

The COVID-19 PROTOCOL

The safe return to gymnastics remains our collective priority. This informative document is meant to be used as a reference for coaches and athletes to further refine the plans for return to training. We remain committed to supporting you all and wish you all a safe and happy return to gymnastics!

As Ontario works towards recovery, acting responsibly and respectfully towards each other will help everyone to be safe.

Everyone can make STAGE 3 a success by:

1. **All participants must complete Declaration of Compliance-Covid-19 and Informed Consent and Assumption of Risk Agreement (attached to registration forms) before training at our facility. If a participant, staff member or their household member has onset of illness or symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days, they may not enter the facility.**
2. **Anyone feeling unwell MUST STAY HOME!**
3. The Ministry of Ontario Covid-19 Self-Assessment can be found on link: https://covid-19.ontario.ca/?utm_source=Google&utm_medium=CPC&utm_campaign=COVID-19&gclid=CjwKCAjw34n5BRA9EiwA2u9k36Hpv5_MaMfp0qREnEOIM1t2lyLqrQOROdlwo_Y7kxgkVXQP8xTRxoCzLQQAxD_BwE
4. If at any time after re-opening your child or someone in your household develops symptoms compatible with suspected or lab-confirmed COVID-19, you must notify the office immediately so that we can take the necessary steps to sanitize the facility.
5. All persons in the Olympium facility must properly wash their hands with soap and water or sanitize hands upon entering the facility. Hand sanitizers will be available throughout the facility.
6. We have 2 main carpets in the gymnasium. A maximum of 14 participants plus a coach (total of 15) will be allowed per carpet.
7. At any time, there will be a maximum of 30 people in the training area
8. All staff are required to complete a daily screening via the online self-assessment prior to coming in to work
9. The number of classes occurring at the same time will be reduced.
10. Hands free coaching (no spotting) for recreational programs i.e. mainly circuits, unless required to prevent injury
11. Hands free coaching (no spotting) for competitive programs – i.e. modify training needs to ensure athletes are only doing safe skills, not learning new skills which might require spotting, unless required to prevent injury
12. All coaches and staff are required to wear facial covering
13. Gloves are required for people cleaning equipment between rotations or at the end of day, and hands need to be washed between each new set of gloves.
14. Personal safety measures such as coughing/sneezing into the arm.

Cleaning

1. Before opening our doors in August, our facility will be thoroughly cleaned and sanitized by a professional cleaning company. (Floors, carpets, bathrooms, etc...)
2. After each class, carpets will be sanitized or steam cleaned
3. At the end of the day, bathrooms and frequently touched surfaces will be cleaned and sanitized.

Entry/Exit:

1. Gymnasts should arrive dressed in their training outfits.
2. All gymnasts must have their own reusable water bottle. All bottles must be labelled with the gymnast's name.
3. All pre competitive and competitive gymnasts must bring **their own apparatus**. Olympium hand apparatus will not be available for common use at the gym at this time. If you do not have your own apparatus, they may be purchased at the websites provided: <https://shopgymnastics.ca/> or: <https://www.romsport.com/>
4. **All recreational gymnasts must have their own rope.** It may be purchased at the website provided above or our office.
5. **It is strongly recommended to have your own yoga mat for warm up.**
6. Participants will line up outside and await their coach to invite them inside the facility one by one
7. Gymnasts will place their shoes in the designated area, change into indoor shoes, disinfect their hands and enter the gym area. Entering the carpet only white clean socks must be worn.
8. A maximum of one parent (and no siblings) per gymnast is allowed inside the facility (not a gym area) and should remain physically distant.
9. Anyone inside the facility that is not a gymnast must wear a facial covering.
10. Please pick up the gymnast outside the gym. If the gymnast needs supervision while waiting for pickup, adults should be practicing physical distancing.