

## Daily Procedures - COVID-19

**August 3, 2020**

- For everyone's safety, there will be no viewing area allowed and the office will be closed. We will only be allowing the athletes in the gym.
- If parents/guardians need to communicate any information prior to dropping off their child, please stand outside, wear a mask, keeping social distance, and when the child is the next to go inside, speak to the coach or staff member then.
- Daily Screen Checklist - COVID-19 - Parents will be required to answer a questionnaire, DAILY. Athletes will only be able to access the gym after their parents have completed this questionnaire. If filling it in online is not possible, parents will be asked to complete the questionnaire at the entrance to the gym.
- Upon arriving at the gym, parents will need to wait in the parking lot, in the car, until the child is INSIDE the gym.
- Children should wait on the gym's access ramp, respecting the distance marked on the floor.
- The coach will verify the questionnaire, check the child's temperature, ask the child to disinfect their hands with alcohol gel, and then authorize the child's entry into the gym. If the athlete presents a high temperature (above 37.5 degrees), with no symptoms, they will be asked to sit for 5 minutes to cool down and then retest. If their temperature is not lower on the second try, they will not be allowed to enter the gym that day.
- Upon entering the gym, children should proceed as follows:
  - **Competitive Kids** - Place your belongings (which you will not use during training) in the bin at the entrance of the gym, then go to the floor and wait for your coach by sitting down on one of the round velcro marks.
  - **Rec. Kids** - Go up to the stage, find your seat that will be indicated with your name, and wait for your coach.

## Daily Procedures - COVID-19 continued...

- Before, during and after the training, children, as well as coaches, must maintain social distancing, avoiding physical contact.
- Spotting athletes will not be allowed, except in case of emergency. Coaches should use progressions to avoid the need for spotting.
- The use of cleaning products by athletes is PROHIBITED. The coaches are responsible for all of the cleaning and disinfecting processes.
- As the washrooms need to be disinfected after use, whenever possible, the coaches should make it a group trip to the bathroom, in order to reduce the time needed with the cleaning process.
- At the end of training, the athletes should proceed as follows:
  - **Competitive Kids** - Wait seated on the floor, the coach will be at the door of the gym, and when the athlete's parents arrive, the coach will call him/her, the athlete should pick up his belongings in the bin and go straight to their parents.entrance of the gym, then go to the floor and wait for your coach by sitting down on one of the round velcro marks.
  - **Rec. Kids** - Wait while seated at their designated spot at the table, on the stage (all their belongings should be packed up), the coach will be at the door of the gym, and when the athlete's parents arrive, the coach will call them by their name. The athlete should pick up your belongings and go straight to the parents.
- If you need to pick up your child early, there is a doorbell to the right side of the entrance door, by the mail door slot. Please ring the bell, and someone will assist you.

**If you need assistance or to book an appointment, please call the gym at (604) 485-0520 and leave a message.**

### For email:

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