

Daily Procedures - COVID-19

November 12, 2020

Please refer to our COVID-19 Safety Plan for more information.

- 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 possible, we ask that parents send us an email or call the gym office 604-485-0520 for any communication so it does not hold up the arrival process and class start time. 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 for the athlete. 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 in paper form at the entrance to the gym.
Online form: <https://bit.ly/32JCNkf>
- Before, during and after the training, children, as well as coaches, must maintain social distancing, avoiding physical contact. No gatherings outside or on the property are allowed.
- Spotting athletes will not be allowed, except in case of emergency. Coaches will 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 safely distanced group trip to the bathroom, in order to reduce the time needed with the cleaning process.

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

For email:

Office Staff - Karyne Bailey - office@orgymnastics.ca

Head coach - Paulo Pena - headcoach@prgymnastics.ca

Executive Director - Michele Dillon - prgymnastics@hotmail.com

GYM TRAINING ARRIVAL

1. Please arrive 10 minutes prior to your child's training time.
2. Upon arriving at the gym, parents will need to wait in the parking lot, in their vehicle, until the child is INSIDE the gym. Once the child is inside the gym, the parent may then leave.
3. 1 child at a time should wait on the gym's access ramp, respecting the lines and distance marked on the ramp.
4. 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.
5. Upon entering the gym, children should proceed as follows:
 - a. Competitive Athletes - Place your belongings (which you will not use during training) in the bin on the table with your name on located near the entrance of the gym. Bring your bag of belongings that you will use while at the gym with you and go to the floor. Wait for your coach by sitting down on one of the round velcro marked spots.
 - b. Recreational Athletes - Go up to the stairs to the stage area, find your table and bin that will be indicated with your name, place your belongings in your bin, and wait for your coach.

GYM TRAINING DEPARTURE

1. At the end of training, the athletes should proceed as follows:
 - a. Competitive Athletes –
 - i. Wait seated on the floor, the coach will be at the door of the gym,
 - ii. When the athlete's parents arrive, the coach will call him/her,
 - iii. The athlete goes to pick up their belongings in the bin and go straight to their parents.
 - b. Recreational Athletes –
 - i. Wait 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,
 - ii. When the athlete's parents arrive, the coach will call them by their name,
 - iii. The athlete should pick up their belongings and go straight to their 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.