

LETHBRIDGE GYMNASTICS ACADEMY



COVID-19 Return To Play Policies & Procedures

This is a live document and will be updated as the COVID-19 situation evolves and the government updates businesses



Updated June 25th

MEMBER INFORMATION

PARTICIPATION REQUIREMENTS

- Classes are offered for participants who are fully independent and able to follow specific directions for safe participation.

PARTICIPANT EXPECTATIONS

- Participants are required to pass the daily screening checklist to enter the facility.
- Participants must wash their hands and/or use the provided hand sanitizer upon entering the facility.
- Participants MUST follow staff instruction at all times without exception.
- Participants must wash/sanitize their hands after each rotation.

STAFF EXPECTATIONS

- Staff will have a daily screening checklist and cannot enter the facility should they show any signs of illness.
- Staff must wear a mask in the case of an injury or urgent assistance that requires them to be within 2m of the athlete.
- No spotting will be allowed at this time. When spotting resumes, staff will wear a mask.
- Staff are expected to sanitize the facility after each group leaves.

SIGNS OF ILLNESS

- Participants and/or family members exhibiting any symptoms of illness are not permitted in the facility.
- Participants or family members that have traveled outside of Canada within the past 14 days are not permitted in the facility.

ENTERING AND EXITING

- Drop off will be at the front entrance. Pick up will be at the back of the building.
- Athletes must remain in their vehicle until called to come in. Adults must stay until athlete is given permission to enter.
- BE ON TIME FOR PICKUP. Staff have a massive job of cleaning and we need the facility clear of athletes.
- Our physical office will remain closed to customers. If you need assistance, please book a time for a meeting or phone call.
- One adult may accompany a child into the gym at this time if ABSOLUTELY NEEDED but also must pass a screening check.

VIEWING PROCEDURES

- Spectating is not permitted at this time.

ARRIVING TO PRACTICE

- Participants are asked to arrive at the facility with clean hands and are provided with sanitizer prior to entering the facility.
- All participants will need to sign the acknowledgement of risk forms for COVID-19.
- Participants must remain in their vehicle until a coach comes to their vehicle for screening. If you arrive after class start time you will need to text 403-393-2062 to have someone come to the door.
- Participants must come ready in their gymnastics attire.
- Participants (or parents of participants) will be asked the daily screening checklist and get their temperature taken. If it is over 38.0 degrees C, the participant will not be permitted to enter.
- Participants are required to bring a bag that will fit all personal belongings (except for shoes). It will remain in a designated area throughout the class.
- Each participant will be provided their own chalk and ziplock bag to store it in.
- Each participant must bring their own water bottle. Disposable water bottles can be provided at a cost of \$1.

FACILITY INFORMATION

FACILITY PROCEDURES

Facilities are cleaned and disinfected between groups and at the end of the day. This includes but is not limited to:

- High touch surfaces, such as light switches, phones, doorknobs
- Bathrooms
- Both doors
- Equipment
- Offices

EQUIPMENT

- Equipment and stations will be sanitized after each group has left the facility.

WASHROOM PROCEDURES

- Participants are asked to use the washroom at home before arrival to limit the use of in facility washrooms.
- Participants must be completely independent in the washroom and able to follow proper hand washing procedures.
- Participants will have an assigned washroom.

PHYSICAL DISTANCING

- Due to our small space we will have a maximum of 12 kids in our facility at one time with a maximum of 16 people including coaches.
- Athletes will have distanced spaces to wait for instruction and between stations.
- Coaches will remain distanced from athletes unless in the case of emergency where a mask will be worn.

FOOD IN THE FACILITY

- The microwave will not be accessible for athlete use at this time. Please provide your athlete with a cold lunch/snacks.
- We are unable to provide additional cutlery at this time.
- Athletes must be able to open their food packaging on their own - staff are not permitted to provide assistance.
- Participants may not share food with other participants.

CLASS SCHEDULING

- Classes are staggered a minimum of 60 minutes apart to allow for facility cleaning in between each class.
- There will be no more than 16 individuals in the gym area at one time.

Please know that your family's health is of the utmost importance as we move forward towards our new normal.

We are committed to continue to provide a safe, welcoming environment for our community.



Thank you for supporting LGA as we navigate through this together.

Are we missing something?
Please let us know so we can
adjust our document.

 403-393-2062

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