

Dear Mitchell Gymnastics Families,

- Please note NEW CLASS TIMES – REVIEW CAREFULLY the attached REGISTRATION FORM FOR CLASSES
- We have **staggered our start times for classes** – please be aware of your child’s times
- We are no longer allowed to offer a water fountain – all gymnasts will need to **bring their own water bottle fully labeled and will need to make sure to take with them at the end of their class.**
- **ALL REGISTERED GYMNASTS MUST SIGN THE *Assumption of Risk Agreement and Facility Declaration* supplied by Gymnastics Ontario; which must be completed by all participants/members before starting classes as well as their registration form and must be pre submitted or brought with them to the first class to participate**
- **Payments in full are due before the first week of classes and will be cashed the second week of classes**
- **ALL Kinder Gym gymnasts** if not fully toilet trained, please wear a pull-up to class to eliminate accidents
- Parents will be asked NOT TO ACCOMPANY THEIR GYMNAST into the building, as our lobby is now the Kinder Gym coat area, and our large main gym will have the hallway coat area. When possible, parents/guardians should pick up their gymnast outside. Instructors will greet your gymnast at the door and direct them accordingly as well when leaving the club
- **Each class to arrive ONLY 5 minutes BEFORE their class time dressed and ready to go (as we will not be able to use our washrooms as dressing rooms) and they MUST BE PICKED UP at 5 minutes before their designated class end to allow for separate entrance and exit of gymnasts as well as cleaning of equipment between classes. THIS IS A MUST ADHERE TO TIME REQUIREMENT and we ask all parents/drivers to abide by this please. We no longer can have children waiting in the lobby area before or after classes**
- *Children must wear a mask into the building and put it back on when leaving in the entrance/exit areas. If a parent must enter the facilities to drop off a child it must be ONE PARENT ONLY AND NO SIBLINGS. We no longer offer a waiting area for parents*
- *Gymnasts **DO NOT WEAR A MASK DURING CLASS** as it is deemed unsafe for our sport*
- *Once classes are over athletes need to leave the gym, no lingering around and chatting will be permitted*
- **ANYONE ENTERING THE FACILITIES MUST HAVE A MASK ON**
- We will no longer offer a lost and found and items left from one week will be kept until the following week only, so please be sure to pay attention to missing items not returning home from week to week as we are not allowed to retain them
- **NO ONE WHO HAS ANY SYMPTOMS OR FEELING UNWELL WILL NOT BE PERMITTED TO ATTEND CLASSES UNDER ANY CIRCUMSTANCES. If your child has any signs of any unwellness they will not be allowed to enter or attend classes. This is a zero tolerance – sorry, but we all have to do our part to get this virus under control and the protection of our gymnastics families and our coaching staff is paramount – so this is a must follow request**
- Participants and their families will not be able to enter the facility if either they or a household member has had onset of illness with symptoms compatible with suspected, awaiting a Covid test result or lab-confirmed COVID-19 in the prior 14 days or have been out of the country
- **By entering the building, you acknowledge that your child does not answer any of the posted questions with a ‘yes’. All individuals, participants, parents/guardians, staff, must be screened at home prior to arrival at the gymnastics club.** We will notify parents/guardians if their gymnast begins to show symptoms associated with COVID-19, or any illness during class and will call for immediate pick-up and the child will be isolated until pick-up

- Children entering will be required to hand sanitize before class – during class and upon exit as well. We have created pathways using visual cues i.e. colored tape, floor stickers, etc. to direct the flow of traffic within the facility and these are to be followed at all times
- We will be enforcing physical distancing in high traffic areas e.g. main entrance door, bathrooms etc.
- Personal chalk containers are to be used. No open chalk bucket is available (*each athlete who uses chalk on uneven bars should bring their own chalk container* and instructed not to share). Athletes are not permitted to share personal training equipment (e.g. grips, slippers, wrist bands, wrist supports, ankle braces, tape, etc.)
- Everyone must practice personal safety measures such as coughing/sneezing into arm
- If you have any protocol questions, please direct them to myself – as I am the Health and Safety person for the club so that way the answers are consistent

*We understand that this is a lot of protocols to follow for all involved. Our Staff will be working under these requirements as well and we appreciate your patience and tolerance as they maneuver through this way of doing classes. We ask that if you have a concern or question that you fill in the forms at the front door and leave in the mailbox and either Jen or myself will address them the next day. Due to the new set-up of the entrance/exit system we are limited to conversations ** appreciate your understanding!*

I know Jen and the staff are happy to be getting back into a 'routine' teaching your children the great sport of gymnastics, however, we also acknowledge that everyone is a little apprehensive. We understand this and want to try to make this session of gymnastics a fun and welcoming place to come, so with everyone's full cooperation to the new set of rules and procedures, I am positive this will be easier to accomplish.

Thanks Jen and Michelle

Mitchell Gymnastics Club, September 2021