

# Dear Mitchell Gymnastics Families 2022/23

- **PLEASE DO NOT HAVE YOUR CHILD ATTEND CLASS IF THEY ARE UNWELL**
- ANYONE WHO HAS ANY SYMPTOMS OR FEELING UNWELL WE ASK YOU DO NOT ATTEND CLASS. If your child has any signs of any unwellness PLEASE KEEP THEM HOME. **Please ask them prior to attending class.** If your child becomes sick during class, we will make a call to the phone number we have on file as soon as we are able to make the call – if unsure keep them home please
- Participants are asked not to attend classes if either they or a household member has had onset of illness or tested positive to Covid or awaiting a Covid test result or lab-confirmed COVID-19
- We have **staggered start times for classes** – please be aware of your child’s times – if the door is closed when you arrive, please wait for a coach to open it to start classes. If you are late, please ring the door bell to the right of the door so a coach can let you in
- 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; must be completed by all participants/members before starting classes with their registration form 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 are asked **NOT TO ACCOMPANY THEIR GYMNAST** into the building as we no longer have a lobby. Parents/guardians will pick up their gymnast outside. Instructors will greet your gymnast at the door help them with their coats etc. and take them to their class, as well when leaving the club, a coach will be at the door
- **Each class to arrive ONLY 5 minutes BEFORE their class time dressed and ready to go and be PICKED UP 5 minutes before their designated class end to allow for separate entrance and exit of gymnasts and cleaning of equipment between classes. We ask all parents/drivers to abide by this schedule please**
- *Parents and Tots class is ONE PARENT per gymnast only please, we do not offer a waiting area for parents*
- *Once classes are over athletes are asked to gather their belongings and wait in the designated area at front door for parental pick – we ask that they do not run across the parking lot as it tends to be busy*
- Lost and found 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
- Children entering will be required to hand sanitize before class. We have created pathways using visual cues i.e., colored tape, floor stickers, etc. to direct the flow of traffic within the facility
- Personal chalk containers are suggested – chalk is available (*each athlete who uses chalk on uneven bars should bring their own chalk container*). 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 ask that if you have a concern or question that you email myself and I will address them as soon as possible, we appreciate your understanding and co operation!*

I know Jen and the staff are happy to be teaching your children the great sport of gymnastics, and look forward to making gymnastics a fun and welcoming place to come, so with everyone’s full co operation to these procedures, I am positive this will be easy to accomplish.

Thanks Jen and Michelle Mitchell Gymnastics Club, June 2022