



TO: Recreational Families

From: Bryce Elliott, Recreational Director, PA Gymnastics Re: Return to Services Parent/Athlete Protocol

On March 16th, 2020 the PA Gymnastics club along with most other non-essential services suspended operations amid the Covid-19 global pandemic. Since then the staff has been working tirelessly to upgrade the facility, plan for return & work to put in place safeguards to protect all of our members. We resumed recreational services with a phased in approach starting Aug 4, 2020. We are looking forward to expanding our recreational program in September. The following communication is to brief you on protocols necessary to return to play.

BEFORE YOU COME TO THE GYM

Forms – All athletes and coaches must fill out and hand in the following forms:

- PAGC Assumption of Risk
- PAGC Waiver
- PAGC Declaration of Compliance
- Gymnastics Saskatchewan training waiver

Health Check – If your athlete or someone in your household is displaying symptoms consistent with Covid-19 (please see Sask Health website) please do not come to class.

Items needed for training:

- Personal water bottle filled there will be NO ACCESS to water fountain or water dispenser
- Mask in the event of inability to social distance
- Personal hand sanitizer (there will be some around the gym, but it is a good idea to have

one in your gym bag)

Hygiene- Please remind your athletes how to properly wash hands and ensure they are hygienically prepared for training in all the usual ways

Training Preparedness – There will NO ACCESS to change rooms. Athletes should show up ready for their class.

WHEN YOU ARRIVE

Punctuality – Please arrive in the 10 minutes before your training is scheduled to give the staff adequate check in time. A health screener declaration form will need to be completed and signed before the start of each class. **EVERY PARTICIPANT MUST HAVE AN ADULT ESCORT THEM INTO THE GYM EVERY CLASS TO SIGN THEIR DAILY SCREENER FORMS!**

Capacity – Due to building capacity and social distancing restrictions we ask that the number of viewers is kept to a minimum, and that social distancing is practiced while in the building. If as a parent, you want to check out the gym you may proceed up the NORTH stairway (one way UP) and use that viewing area. Red 'X's have been taped out for you to use for distancing. The viewing area on the south side of the gym is not open. When you are ready to leave please use the stairs on the south side (one way DOWN), turn left at the bottom past the men's washroom and use the glass door to exit the building.

AFTER CHECK IN

After check in your child will be sent to the washroom to wash their hands then they will be sent to their designated waiting area where their coach will pick up the class when it is time to start.

If an athlete or coach becomes ill during training and cannot be picked up immediately, we will send them to the isolation room as well until they can be handed to a guardian. The small birthday party room has been designated as the isolation room/area.

MASKS

As per Gymnastics Saskatchewan Guidelines, coaches will wear masks at any point that they are unable to keep adequate social distance between themselves and the athletes. We will **REQUIRE** that all parents on the gymnastics floor with parent and tot groups wear a mask during the class.

If a child is **unable to follow distancing protocols during training, they will receive one warning. Upon a second infraction their training is over, and they will be sent to the isolation room for pick up.**

PICK UP

You must be on time to pick up your gymnast – We have allotted specific times for turnaround between groups for cleaning and sanitizing gym equipment. Classes will end promptly at the designated time. **A LATE PICK UP CHARGE MAY BE APPLIED ON THE THIRD LATE PICK UP.**

If you will be late for reasons beyond your control, please contact the recreational director at

bryce.pag@gmail.com