



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 will resume recreational services with a phased in approach starting Aug 4, 2020. 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
- Gym Sask Online 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 15 minutes before your training is scheduled to give the coaches adequate check in time. **If you are late you will NOT be permitted in the building.** The door will be locked, and no coach will be able to leave the floor to let you in.

Capacity – Each athlete is permitted one adult to accompany them inside. No siblings, friends or extra adults will be allowed in. No exceptions.

Entryway – The stairs in the front of the building have been closed off – you will need to use the ramp to access the facility. There will be social distancing markers for line ups spray painted on the ramp. Please abide by these when you are in cue. Once you have reached the area between the two entrance doors there is a ‘Readiness to train’ survey that must be completed if it has not been done online and sent to us before-hand. Please use the hand sanitizer and the pens in the ‘clean’ area. Once complete place your pen in the ‘dirty’ area and proceed to the check in table in the lobby for further instruction.

AFTER CHECK IN

Your athlete will be assigned a number which corresponds with their social distance “locker”. After he/she is assigned their number they will be sent to the washroom to wash their hands and then proceed into the gym to find their locker (the “lockers” are taped out areas for them to put their stuff down).

Bathrooms have been cleaned and every other sink/stall/urinal has been closed to accommodate social distancing.

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.

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.**

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.

PICK UP

You must be on time to pick up your gymnast – we have allotted specific times for turnaround between groups to disinfect and sanitize all common area and the gym equipment. Classes will end promptly at the designated time and the gymnasts will be escorted one at a time to the glass doors to exit. They will not be allowed to leave if you are not in the parking lot waiting for them.

If you will be late for reasons beyond your control please contact the recreational director at bryce.pag@gmail.com

