

Preschool Participant Guide Updated: February 14, 2021

IMPORTANT NOTICE:

As per AHS guidelines, **NO PARENT VIEWING** is permitted at this time and participants must maintain 3m of physical distance during their class. These guidelines present significant challenges when applied to preschool aged children, but we have designed a temporary solution that we feel will allow us to begin offering programming to our littlest of gymnasts again.

Until further notice, all Parent & Me and GymKids participants are required to have a caregiver accompany them into the gymnastic space for the duration of the class. Each participant must have a dedicated caregiver, with the exception of siblings who are in the exact same GymKids class where only one caregiver will be required. If you have a child in a Parent & Me and GymKids program at the same time, you will need to have two caregivers present.

Caregivers are expected to be actively involved and hands-on in all Parent & Me classes, while they will play more of a supporting role in GymKids classes. In order to meet all AHS guidelines, we simply need caregiver support to help keep students distanced and on task.

We are currently allowed to operate with multiple groups of 10 people in the gym, as long as 3m distancing is maintained. This number includes all participants, coaches and assistants and therefore, we will offer a maximum of 4 spots in each preschool class so we can adhere to these guidelines (4 students + 4 caregivers + 1 coach = 9 total).

We will also be combining the age ranges for these programs until further notice. Parent & Me students will range from 18 months – 3.5 years and GymKids will range from 3 – 6 years. In instances where multiple classes of a program occur simultaneously, we will divide the class groupings based on age.

We know that these are significant changes, but they are the only way we are able to offer programs to our preschool participants in the current climate.

We appreciate your cooperation and flexibility. Please know that we are advocating for change and we will update our plan as soon as restrictions are eased.

Arrival:

- **Please do not come if you are sick.** Please take your/your child's temperature before coming to the facility. If you/they have a fever of 38 degrees or higher, please do not come to class and contact us prior to your class to receive a one-time illness credit.
- Check in begins 10 mins before your class start time. Please arrive no earlier than 10 minutes prior to your class as our main doors will be locked until check in opens.

- Upon arrival, please line up on the distance markers outside or remain in your vehicle until a space becomes available in the line.
- All participants will be checked in curbside. Please be prepared for inclement weather.
- Please note that our change rooms are currently closed. Please come dressed for gymnastics. During colder weather, we recommend wearing gymnastics clothes under easy-to-remove winter clothing.
- As per AHS requirements, each participant must complete the daily health and wellness screening checklist (electronic or paper copy) before each class. Participants will not be permitted entry into the facility without this completed document.
- **All participants must be accompanied into the gymnastics space by a dedicated caregiver who will stay with them for the duration of the class. This is to help with AHS distancing requirements. One caregiver is required per student and we can only make an exception for siblings who are in the exact same GymKids class. If you have a child in a Parent & Me and GymKids program at the same time, you will need to have two caregivers present.**
- All participants must enter the facility wearing a face covering, which can be removed upon entering the gymnastics space. As per AHS guidelines, all caregivers must wear a face covering for the duration of their time in the facility.
- Upon arrival, all students will receive a colour coded name tag.
- After removing outerwear, please follow the one-way directional markers which will lead you to the gym doors. Please sanitize your hands when entering the gym and find a distanced coloured spot on the floor. Participants and caregivers must wait on their spot until class begins.

During classes:

- All participants will perform a distanced warm up on the floor.
- After warm up is complete, participants will be asked to follow their designated coach to their first apparatus zone.
- When arriving at your apparatus zone, please follow coach directions on where to stand while waiting and listening to circuit instructions.
- Participants will receive a spray of sanitizer at the beginning of each new rotation.
- Caregivers will help students maintain 3m distance and stay on task at each station.
- Coaches may provide hands-on assistance to students to ensure safety and proper technique.
- At the conclusion of a rotation, coaches and caregivers will wipe down all high-touch surfaces. Groups will rotate to their next apparatus zone at the same time while following a one-way traffic flow around the gym.
- High-touch areas will be sanitized in between classes and throughout the day.

Departure:

- We are not able to give stamps at the end of class until further notice ☹️
- All participants will be asked to come to a distanced spot on the floor at the end of class for dismissal.

- Participants will be released from class in a staggered format to ensure our front lobby area does not get congested.
- Please leave the facility promptly after your class. No lingering or socializing is permitted as per AHS guidelines and our staff must clean and sanitize all high-touch surfaces before the next set of classes.
- Please note that our facility will close promptly after the last class of the day.

Other:

- All washrooms are gender neutral. Please note that our accessible washroom has a change table and diaper genie.
- The water fountain is closed. Please bring a water bottle.
- No chalk is available. Anyone requiring chalk must bring their own in an individual sealable container.
- Our vending machine is closed until further notice.
- Our proshop remains open. Please wear a face covering while shopping.
- Our main doors will be locked in between classes. Please call 587-349-2004 for entry.

Face Coverings:

- Anyone who enters our facility must wear a face covering at all times, except for students while participating in class.
- Students will be required to wear their face coverings while using washrooms.
- Our coaches and staff are required to wear a face covering at all times.
- All caregivers must wear a face covering while assisting in the gym.