

## Recreational Participant Guide Updated: February 12, 2021

### IMPORTANT NOTICE:

**As per AHS guidelines, NO PARENT VIEWING is permitted at this time. All students must also maintain 3m of distance from others during their class.**

**Gym360 classes have been categorized into Beginner, Intermediate and Advanced and the equivalent Gym360 Level is listed in the registration portal. We will not offer Gym360 skills/level testing or report cards until further notice.**

**Please ensure these restrictions/modifications will work for your family before choosing to register for a program.**

#### 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 call us prior to your class to receive a one-time illness credit.
- Check in begins 10 mins before class start time. Please arrive no earlier than 10 minutes prior to your class start time as our main doors will be locked until check in begins.
- Upon arrival, please line up on the distance markers outside the facility or remain in your vehicle until an open space becomes available.
- All students who are minors (under 18) must be checked in by a caregiver. **Students aged 9+ may self-check in/check out with written parent/guardian consent.**
- All students 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 cold 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 use hand sanitizer before entering the facility.
- Please put all belongings in a colour coded cubby. Please remember your cubby colour for a quick exit.
- No lingering in the shoe area.
- Please follow the one-way directional markers which will lead you to the gym entrance. Please sanitize hands before entering the gym and proceed to the floor area.
- Please wait on a distanced coloured spot until your class begins.

#### During classes:

- All participants will perform a 3m distanced warm up on the floor.
- After the warm up is complete, coaches will call their groups and move to their first apparatus zone while maintaining 3m distance from one another.

- Participants will receive a spray of hand sanitizer at the beginning of each new rotation.
- When arriving at apparatus zones, each participant will be assigned a designated station and will remain at this station while listening to coach directions.
- Participants will stay at their assigned station until the coach instructs the group to switch stations.
- As per AHS guidelines, all participants must maintain 3m distance.
- At the conclusion of a rotation, all groups will rotate to their next apparatus zone at the same time and will follow a one-way traffic flow around the gym, while maintaining 3m distance.
- Coaches and team leads will sanitize high touch surfaces at the conclusion of each rotation.
- Our team lead and administrator will be sanitizing high-touch areas throughout the day.
- Groups will consist of a maximum of 9 students and 1 coach.
- Coaches may provide hands on assistance to students to ensure safety and proper technique.

### Departure:

- At the end of the class, all students will be brought to the floor for dismissal, which will be staggered.
- All minor students must be signed out by a caregiver, with the exception of those 9+ who have received written consent to self-check out.
- **Caregivers: please have your pick-up password ready.** Anyone picking up a child must provide the correct verbal password listed on the participants account or provide an ID that matches a legal guardian listed on their account. We are not able to release a minor without a matching password or ID so please ensure anyone picking up your child has the correct password or is listed as a guardian on your child's account.
- Please leave the facility promptly after classes. No lingering in the gym or shoe area as our staff must clean and sanitize all high-touch surfaces before the next set of classes.
- **Any late pick-ups will be assessed a \$50 late pick up fee.** Please note that our facility will close promptly after the last class of the day.

### Other:

- All washrooms are gender neutral.
- 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 covering while leaving the gymnastics space to use the washroom.
- Our coaches and staff are required to wear a face covering at all times.