

## Preschool Participant Guide

### 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 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.
- To facilitate a quick check in process on the first day, please pre-read our Health and Wellness Screening Checklist, bring a copy of your class confirmation and know your child's pick-up password listed in your Amilia account.
- Participants in an un-parented program who are under the age of 4 must be accompanied into the facility by a caregiver who must remain at the facility for the duration of the class. We request that you book in your viewing session online prior to arrival to help with us adhere to capacity limitations and AHS contact tracing requirements.
- Upon arrival, all students will receive a colour coded name tag. Please place all belongings in the corresponding colour coded cubby.
- After removing outerwear, please follow the one-way directional markers which will lead you to the gym doors. A KSG team member will sanitize the participant's and guide them to a colour coded spot on the floor. Please wait on your spot until your class begins.
- Any caregivers who are signed up for viewing may enter the facility at the same time as their child (*please see 'viewing' section*).
- Participants are welcome to sit with their caregiver until the class start time if they prefer. Any participants who are hesitant to enter the gym on their own are welcome to have their caregiver join them until they feel more comfortable.
- Non-participating caregivers must wear a face covering while in the facility.

### During classes:

- All participants will perform a distanced warm up on the floor with their specific group and coach.
- After warm up is complete, participants will be asked to line up and follow their coach to their first apparatus zone.
- When arriving at your apparatus zones, please stand on a waiting 'X' while listening to coach directions.
- Participants will receive a spray of sanitizer at the beginning of each new rotation.
- 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.
- 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 Parent & Me classes will be dismissed from their final apparatus zone.
- All Parent & Me classes are scheduled to end 5 minutes *before* GymKids classes to facilitate a quick and smooth exit. If you have children in a Parent & Me and GymKids class at the same time, please wait in the shoe area for your GymKids participant.
- All GymKids participants will be brought to the floor area for dismissal.
- Those who have a viewing caregiver or a sibling in a Parent & Me class will be released first.
- Those who were dropped off will be signed out via curbside pick-up.
- **Caregivers: please have your pick-up password ready.** Anyone picking up a child curbside 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 your class. No lingering 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. 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 is welcome to wear a face covering at any time, except while participating in class.
- Our participants and coaches are exempt from the [mandatory face covering bylaw](#) because they are engaged in an athletic activity and because our programs require enrollment and a membership.
- Caregivers assisting in parented programs are not required to wear a face covering as they are actively participating in a class, however all caregivers are welcome to wear a face covering if they choose.
- Our staff are required to wear a face covering while close contact spotting, providing first aid and while interacting with public and guests who are not considered to be a part of the class cohort.
- All viewing guests must wear a face covering.

## Viewing Guide

- Any non-participants age 2+ who enter our facility for viewing must wear a face covering as per the City of Calgary mandatory face covering bylaw.
- Where possible, we request that only the caregiver who will be actively participating in a Parent & Me class attend with their child.
- Please be aware that each viewing spot consists of one single chair.
- We have a maximum of 24 viewing spots available per class time.
- **All viewing spots must be booked online prior to attending.**
- Viewing spots will become available online one week in advance at 9am.
- If online viewing booking is full, please put yourself on the waitlist. We will do our best to accommodate.
- All participants under the age of 4 who are in an un-parented program must be accompanied into the facility by a caregiver who is required to remain at the facility for the duration of the class. We request that all viewing sessions be booked online prior to arrival to help us adhere to capacity limitations and AHS contact tracing requirements.
- To keep things fair, we can accommodate only one viewing spot per participant per class. Please be courteous to others and refrain from booking more than one viewing spot per week. We reserve the right to deny viewing entry to anyone who does not respect this policy.
- Please leave siblings at home if possible. If you must bring a sibling(s), please be aware that they must remain with you in your viewing spot for the duration of the class. Please bring your own entertainment and toys as our communal toys have been covered/removed until further notice.
- Anyone who enters our facility for viewing must verbally confirm they are free of any symptoms on the Health and Wellness Screening Checklist.
- All viewing guests must sanitize their hands as they enter the facility.
- Once checked in for viewing, all belongings should be placed in the same cubby as your child.
- Please follow the directional arrows and find a chair in our viewing lounge. Chairs are available on a first come first served basis.
- A new viewing spot must be booked online for each viewing day. This is to help with AHS required contact tracing.
- Our doors will be locked once classes begin. Please let a staff member know if you need to leave.
- We are finalizing an online streaming solution which will allow family members to enjoy their child's specific class from the comfort of their vehicle or home. We are also installing an additional wifi hotspot that extends to most of our parking lot. We will communicate details pertaining to these enhancements as soon as installations are complete.