

## Recreational 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 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.
- 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. *\*This may change as restrictions ease.\**
- 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.
- 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. A KSG team member will greet you, sanitize your hands and direct you to the floor area.
- Please wait on a coloured 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 choose. Any participants who are hesitant to enter the gym on their own are welcome to have their caregiver join them in the gym until they are comfortable.
- Non-participating caregivers must wear a face covering while in the facility.

### During classes:

- Most participants will perform a distanced warm up together on the floor or around the gym (with the exception of our adult class and some specialty classes – don't worry, our team will let you know where to go once you've entered the gym!).
- After the warm up is complete, coaches will call their groups and move to their first apparatus zone.
- Participants will receive a spray of hand sanitizer at the beginning of each new rotation.
- When arriving at your apparatus zone, please stay on a waiting spot while listening to coach directions.
- We ask that participants maintain distance where possible during rotations.
- 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.
- Our team lead and administrator will be sanitizing high-touch areas throughout the day.

## Departure:

- At the end of the class, all students will be brought to the floor for dismissal (except those in the adult class).
- Those who have a caregiver in the viewing lounge will be released first.
- Those who were dropped off will be signed out via curbside pick-up.
- All minor students must be signed out by a caregiver.
- **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 your class. 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 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.
- 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.
- 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.
- 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, please put your belongings 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.