

# Safety Guidelines Indoors

## MASKS

All athletes will need a mask for the duration of their time in the gym. This can be either cloth or disposable. Coaches will teach indoors in a mask and face shield or glasses.

## SCREENING

- Anyone feeling unwell **MUST** stay home. Before attending each day athletes will need to submit an online screening. You will not be welcome to participate without it.
- Athletes or parents, on behalf of athletes, will sign Gymnastics Ontario's declaration on compliance and waiver.

## ARRIVALS

- Parents/Guardians will not be allowed to enter the facility unless their child is 5 years or younger. Parents will need to wear a mask. One child and one parent may enter if entering the facility.
- Parents/Guardians will drop off athletes at front of facility up to 15 minutes before class starts.
- Athletes need to come to the gym ready to train, carrying a bag with their needed equipment for the day including water bottles, sunscreen, etc.
- All athletes will enter through the main door (regular entrance door).
- A coach or TGI staff member will be in the designated zone outside of TGI to ensure athletes arrive and maintain a safe distance.
- Athletes will sanitize their hands upon entry.

## DEPARTURES

- Athletes will be reminded to make sure they have their belongings at the end of each class.
- Athletes will sanitize their hands after training ends.
- Athletes will put on their shoes, additional clothing in the gym and then be lead outside to the pick up area of the parking lot for pick up (in the case of rain, they will be inside the gym and let out by a staff member as parents arrive).
- Athletes will leave via a new exit door, clearly marked.

Parents should arrive on time for the end of class.



## FACILITY PREPARATION

Facility has been disinfected and sanitized in preparation of return. Facility will continue to be deep cleaned and sanitized after any day training occurs.

TGI will be using cleaning products that are on the list of approved chemicals for Canada that disinfect for SARS-CoV-2 that are safe for frequent use that will be used throughout the day.

- Hand sanitizer stations will be located throughout the gym and athletes and coaches will be encouraged to use frequently.
- Change rooms, water fountains are closed for use at this time. Water bottle filler and taps are available for filling personal water bottles.

## DURING TRAINING

There will be a reduced number of participants and coaches in the gym at any given time, a maximum of 50 athletes will be in the facility. Athletes will train in cohorts for the week.

Coach to athlete ratio will be a maximum of 1 to 8-9 athletes. No athletes under the age of 5 years will be in the gym in July. Ages TBD for August.

- For athletes at full day camp there will be a snack break, lunch break, and afternoon break for food. Snacks will be provided and groups will be socially distanced inside or outside at tables or on the bleachers.
- Government and Gymnastics Ontario occupancy policies will be followed to ensure social distancing, 6 ft markers will be on the floors for common areas and on the floor for safe warm up. Events and rotations have been set-up to ensure social distancing can take place.
- Athletes will wear masks at all times when in the gym .
- Athletes will be trained and reminded about respiratory etiquette, social distancing and their role within the gym.
- Equipment will be cleaned in between cohorts.

# Safety Guidelines Outdoors

## MASKS

All athletes will need a mask for walking to the park. This can be cloth or disposable this is up to the parents.

## SCREENING

- Anyone feeling unwell **MUST** stay home. Before attending each day athletes will need to submit an online screening. You will not be welcome to participate without it.
- Athletes or parents, on behalf of athletes, will sign Gymnastics Ontario's declaration on compliance and waiver.

## ARRIVALS

- Please make sure to go to the washroom before coming to outdoor training. There is no guarantee we will have access to washroom facilities.
- Parents/Guardians will be able to watch training from the parking lot if desired. Parents can't not stay in training area to ensure gathering numbers remain appropriate.
- Athletes need to come to the park ready to train, please make sure to have water and put on sunscreen. Athletes will be asked to keep their shoes on during park training.
- For outdoor competitive training please also bring a yoga mat.
- Athletes will sanitize there hands upon arrival

## DEPARTURES

- Athletes will be reminded to make sure they have their belongings at the end of each class.
- Athletes will sanitize their hands after training ends.
- For athletes departing from the park, coaches will lead the athletes back to the parking lot for dismissal.
- Athletes continuing training at the gym will walk to the facility under the supervision of coaches.
- Parents should arrive on time for the end of class.

## FACILITY PREPARATION

Items used for outdoor training and play will be disinfected between cohorts.

TGI will be using cleaning products that are on the list of approved chemicals for Canada that disinfect for SARS-CoV-2 that are safe for frequent use that will be used throughout the day.

Hand sanitizer will be brought to the park to be used as needed.

## DURING TRAINING

From June 14<sup>th</sup> to June 30<sup>th</sup> groups with their coaches will not exceed 10 people. Two coaches will always be present for training outdoors.

For camp and outdoor training after July 5<sup>th</sup> groups will be no larger than 25 including at least 2 coaches.

It is possible that lunch for camp will occasionally be at the park picnic style.

- Everyone will be expected to socially distance while outdoors.
- Athletes will be trained and reminded about respiratory etiquette, social distancing and their role while travelling to and in the park.
- Equipment will be cleaned in between cohorts.

