

# Safety Guidelines

## BEFORE COMING BACK

All athletes will need a mask for when they are entering and exiting the gym, moving from event to event but not when training on the event. This can be cloth or disposable this is up to the parents.

## SCREENING

Anyone feeling unwell MUST stay home.

Athletes or parents, on behalf of athletes, will sign Gymnastics Ontario's declaration on compliance and waiver.

## 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 and the kitchen are closed for use at this time.

## ARRIVALS

Parents/Guardians will not be allowed to enter the facility. Exception will be made for athletes under 5 years where the parents will come in to wait in line for class entry and Parent and Tot programs. Parents will need to wear a mask. One child and one parent may enter.

- Parents/Guardians will drop off athletes at front of facility up to 15 minutes before class starts. Late entry will not be permitted. Unfortunately athletes arriving late can not be allowed into the gym.
- Athletes need to come to the gym ready to train, carrying a bag with their needed equipment for the day including water bottles. They must be able to fit their shoes/coat etc. into this bag.
- All athletes will enter through the main door (regular entrance door).
- A coach or TGI staff member will be in the designated zone out side of TGI to ensure athletes arrive and maintain their social distancing.
- 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.

No lingering or socializing should occur at departure, for those that wish to speak with a coach, please send an email to the head coach to arrange a call.

## 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 at a time.

Coach to athlete ratio will be 1 to 6-9 athletes for recreational and 1 to 3.5 – 4 for Kindergym. Parent and Tot will be 1 coach to 10 – 12 athletes with their parents.

- Government and GO 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 when walking around the gym, going to the washroom and in between events. When doing exercise, they can remove their mask and place it in their bags, we recommend having a ziploc.
- Athletes will be trained and reminded about respiratory etiquette, social distancing and their role within the gym.
- Equipment will be cleaned in between groups.

