

Safety Guidelines Indoors (Feb 22)

SCREENING MASKS

All athletes and parents will need to wear 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.

Anyone feeling unwell MUST stay home and if anyone in your household has symptoms of Covid-19 you should not attend. We follow Toronto Public Health school guidelines for isolation.

Before attending each day athletes will need to submit an online screening. You will not be welcome to participate without it.

- Parents/Guardians who are spectators will need to fill out the online screening/contract when ever they are in the gym to watch.
- Athletes or parents, on behalf of athletes, will sign Gymnastics Ontario's declaration on compliance and waiver once a year.

ARRIVALS

- Parents/Guardians who are double vaccinated will be asked to show QR code proof of vaccination with their ID to enter the facility for up until the 5 minutes after the start of classes. We will not be checking vaccination status throughout classes so we will not permit late entry. Parents will need to wear a mask. No eating or drinking will be able to take place while watching classes. We ask that you limit the number of parents/guardians watching to 1 per family to keep numbers low in the gym. Only QR code vaccine exemptions will be accepted for entry if over the age of 12 and not vaccinated.
- Parents will need to sit on the bleachers and avoid area marked by stickers in the lobby to allow for easy entry and exit of athletes in the space. If the bleachers are full you will not be able to stay to watch the class that day. We ask that parents remain respectful of staff and follow the rules laid out inside the gym.
- Parents/Guardians will still be able to drop off athletes at front of the 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).
- Athletes and parents will sanitize their hands upon entry.

DURING TRAINING

There are no capacity restrictions in place as of February 17, 2022.

Coach to athlete ratio will be a maximum of 1 to 8-9 athletes.

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. We will reinforce social distancing throughout the class.

- Athletes will wear masks at all times when in the gym .
- Equipment will be cleaned in between cohorts.

FACILITY PREPARATION

Facility has been disinfected and sanitized in preparation for return. Facility will continue to be fully 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 and water fountains are closed for use at this time. Water bottle filler and taps are available for filling personal water bottles.

DEPARTURES

Athletes will be reminded to make sure they have their belongings at the end of each class.

Athletes will sanitize their hands when training ends.

Athletes will put on their shoes, and additional clothing in the gym, then be lead outside to the pick up area of the parking lot for pick up (in the case of rain or snow, 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 who are in the building will be able to collect athletes and leave via another exit door.
- Parents should arrive on time for the end of class.

