

# Safety Guidelines Indoors (Dec 31)

## MASKS

All athletes (3 years of age and up) 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. A cloth mask should be at least 3 layers or 2 layers with a filter. If using disposable mask, we recommend double masking at this time.

## 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.

## 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.

- Parents/Guardians will not be able to stay in the gym to watch at this time.
- Athletes or parents, on behalf of athletes, will sign Gymnastics Ontario's declaration on compliance and waiver once a year.

## VACCINATION

All athletes over the age of 12 years and staff are required to be double vaccinated to participate in programs at TGI.

For athletes turning 12, you will have 12 weeks to submit your proof of vaccination from your birthday to continue in the program.

At this time we are not requiring vaccinations for those 5+ but it is highly recommended.

## ARRIVALS

- Parents/Guardians will not be able to enter the facility at this time. The exception will be those with children under 5 years for drop off, those parent will need to leave the facility when athletes enter for class. A Parent or Guardian of Parent and Tot athletes will also be expected to stay with their child and participate in class.
- 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 a mask, 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

TGI is operating at 50% capacity as of December 19, 2021.

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.

## 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 should arrive on time for the end of class.

