

KEEPING US SAFE FROM COVID-19

In alliance with the National Public Health Institute of Quebec (INSPQ), the CNESST and our sporting federations, please find the new guidelines we will be adopting to ensure the continuance of our programs and the safety of your children.

PLEASE COMPLETE THE RISK RECOGNITION DOCUMENT AND RETURN IT SIGNED AT YOUR FIRST SESSION NO PARTICIPANT WILL BE ADMITTED TO CLASS WITHOUT THIS WAIVER

- **Until further notice**, no parent or guardian will be allowed into the building, with the exception of 1 accompanying adult for “Boutchous” classes.
- **Arrivals and departures** Members of our team will greet your gymnasts at the entrance of the Gym and accompany them to the exit at the conclusion of class. We ask that you arrive on site 10 minutes prior to class (15 minutes ahead for under 4s) and are present and on time at the end of class. It is crucial to be punctual.
- **Parking** Please note that the front of the building is now primarily a drop off zone. During busy periods an allocated perimeter will be assigned for arrivals and departures. Cars can be parked either in the front or the back of the building.
- **Mask Wearing and Social Distancing** Masks are compulsory for all children over the age of 10 and must be worn in all communal areas of the gym. The mask will be removed for activities. Our staff will endeavor to remain 2 meters away from children at all times and will ensure all personal protective gear (mask, gloves, protective eyewear) is worn should they need to approach. Children will remain at 1 meter social distancing between them.
- **Locker room** Access to the locker rooms will be limited. It is imperative that your child arrived already dressed for class. Bathroom use will be reserved for emergencies only.
- **Personal effects** All gymnasts must have either a labeled backpack or a reuseable bag to store and carry their personal belongings. A labeled water bottle is also required.
- **Disinfection** Equipment, doors, ramps etc will be disinfected periodically and after each use. Coaches and participants assist in this task. Mandatory hand washing or sanitizing will take place upon entering and exiting the building.
- **Symptoms** No members of staff or participants will be allowed onto the premises if they are showing any signs or symptoms of Covid-19, the flu or the cold.

THESE PROCEDURES CAN BE SUBJECT
TO CHANGE AT ANY TIME.

