

Protocols

What to bring

- A **filled water bottle** as the water cooler is closed.
- **Bring socks!** Per Gymnastics BC COVID-19 protocols, recreational athletes must wear socks except when the coach deems it unsafe for a particular activity. We recommend investing in some "grippy socks"(aka "non-slip socks", "yoga socks", "anti-skid socks"). Socks will not be required for beam activities but need to be worn before and afterwards.

This is what Drop off will look like!

- Arrive dressed, with hair tied back no more than 5-10 minutes early for scheduled class time.
- Line up outside the building at the cones.
- Daily Screening Checklists must be completed on an ongoing daily basis for any individual entering the facility (you may put multiple family members on the same form). We suggest completing this checklist prior to drop off to help streamline the drop off procedure. Daily Screening Checklists will be available at the door if necessary.
- Wait for the coach to bring the class inside.
- Athletes will sanitize upon entering the building.
- Waiting room is closed to parents at this time due to facility capacity limitations.
- **Parent access is restricted (except for Parent & Tot classes - 1 adult per child please).** Younger siblings welcome only if they remain in a car seat or baby carrier

This is what time in the gym will look like!

- Athletes will remove outside shoes and place them on the shoe shelf.
- Athletes will take their water bottles and socks into the gym.
- Coaches will lead athletes into the gym for a fun, energetic socially distanced warm up.
- Within their group, athletes will complete a series of circuits set up to maximize fun while socially distanced.
- Each group will sanitize before starting a new circuit.
- At the end of class, coaches will lead athletes upstairs and release them to parents in the pick-up area.

This is what pick-up will look like!

- Parents please arrive on time for pickup!!
- Coaches will release athletes to parents waiting in the designated area in front of gym entrance. Please make sure your athlete has all their belongings as left-over items will be discarded at the end of each day.

This is what in between classes will look like!

- All classes are scheduled 15 minutes apart to minimize traffic at drop off and pick up and allow for the gym and common areas to be cleaned.

LCG health and safety protocols

- Daily health screening checklists for staff and families.
- Reduced numbers in the facility and small maximum class sizes.
- Designated areas in the waiting room for personal items.
- Reorganized gym to maximize space and offer the most fun while practicing social distancing.
- Reorganized entrance and exit to limit gatherings.
- Frequent sanitizing stations.
- Effective August 24th the BC sport sector has moved into phase 3: Progressively Loosen. In phase 3 spotting is now allowed but coaches must wear a mask. LCG coaches will set up circuits and activities which limit spotting unless necessary for safety. Phase 3 also includes an increase in cohort size however, LCG has a maximum of 12 athletes and 2 coaches in the gym at one time.
- Enhanced cleaning procedures including the Vital Oxide fogger. <https://vitateksolutions.ca/>