

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.
- Parents, please keep distance from each other and do not loiter at drop off and pick up.
- Athletes need to wear a mask until they enter the gym.
- Athletes wait outside at the small cones until the coaches' stagger athletes into the waiting room, coaches will continue staggered entry into the gym.
- 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.
- Athletes will sanitize upon entering the building.
- Athletes are permitted to take their mask off once they find their warmup dot.
- 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 and masks are mandatory for all adults).**

This is what time in the gym will look like!

- Coaches stagger athletes into the waiting room to 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 on the spot warm up.
- Within their group, athletes will complete a series of circuits set up to maximize fun while socially distanced.
- Circuits will consist of at least 6 stations in a circular formation. Each athlete will remain at their station until the coach signals a switch. At this time athletes will move to the next station within the circuit eliminating standing in line.
- Each group will sanitize before starting a new circuit.
- At the end of class, coaches will lead athletes upstairs, sanitize their hands, 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/safety protocols and updates

- 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/>
- **November 19th PHO update:**
 1. Masks must be worn in the facility and **only athletes** are permitted to take their masks off while in the gym, parents/guardians in parent and tot class must wear a mask while in the gym.
 2. Coaches will continue to implement hands free training and will not spot athletes unless participant safety is at risk.
 3. Hardcopy screening sheets are required. We ask that all families complete a hard copy screening checklist for their child before they enter the facility.

Attachment: [Daily Screening Checklist Nov 19.pdf](#) (540.8kB) To ensure flow and limit gatherings at drop off please have the updated screening checklist completed prior.

Please keep your child home if any of the following symptoms are present:

- o fever (greater than 38.0°C) and/or chills
- o coughing
- o sneezing
- o sore throat and/or painful swallowing
- o stuffy and/or runny nose

- o fatigue related to illness*
- o loss of appetite
- o shortness of breath
- o loss of sense of smell
- o headache
- o muscle aches related to illness*
- o nausea or diarrhea

*Note: fatigue and muscle aches may be expected as athletes return to sport. All participants, parents/guardians or minors, and club personnel must determine the difference between this and symptoms of illness.

We ask that you also stay home if any of the following apply:

1. If you, or anyone in your household has travelled outside of Canada in the last 14 days.
2. If you, or anyone in your household has been in contact in the last 14 days with someone who is being investigated or who has a confirmed case of COVID-19.
3. If you are currently being investigated as a suspect case of COVID-19.
4. If you have tested positive for COVID-19 within the last 10 days.

Please be advised that if your child feels unwell during training one of our staff members will contact you to pick them up.

- **December 3rd PHO update:**

1. Physical distancing increase from 2 meters to 3 meters.