



Dreams Gymnastics  
ACADEMY

# COVID - 19 POLICIES

*Please note that this document is fluid and will be updated as the COVID-19 situation evolves*



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## Participant Expectations

Participants must use the provided sanitizer upon entering the facility.

Participants must wash or sanitize their hands after each station.

It is mandatory for all participants to follow staff instruction at all times without exception.

Participants are required to pass the daily screening checklist upon entering the facility.

Screening will include a daily wellness survey and temperature check

Encouraging strong personal hygiene at all times.

Participants are instructed to NOT wear masks during times of activity.

## Staff Expectations

Staff are expected to sanitize the facility after each group leaves. Staff that is responsible for cleaning, have been familiarized with the cleaning and disinfecting guidelines in Alberta's general relaunch guideline document.

<https://www.alberta.ca/assets/documents/covid-19-general-relaunch-guidance.pdf>

Staff will have 24-hour wellness checks and cannot enter the facility if they show any signs of illness.

Spotting can now be administered with the coach wearing a mask and sanitizing their hands between athletes.

Staff must wear a mask and gloves when tending to an injured athlete.

Encouraging strong personal hygiene at all times.

Staff have been educated about COVID-19 and how it has been transmitted ie. Droplet and contact transmission. Resources for sharing; [www.alberta.ca/coronavirus-info-for-albertains.aspx](http://www.alberta.ca/coronavirus-info-for-albertains.aspx)

## Signs of Illness

Participants and/or family members exhibiting any symptoms of illness are not permitted into the facility.

Participants and/or family members that have travelled outside of Canada within the past 14 days will not be permitted into the facility.

Staff reserve the right to send a participant home if they are showing signs of illness upon entry or during practice.

Parents must be available by phone and be able to pick up their child at any time during the duration of training should their daughter show any signs of COVID.

Parents/Guardians must not leave the Dreams drop off area until their daughter's temperature has been taken and they have been cleared to train that day.

Athletes, coaches, staff and spectators who become symptomatic are being asked to leave immediately and instructed to isolate.

DGA is keeping records of any illness, should the data be required by the Alberta government. If there is an active DGA member that tests positive for COVID-19, an email communication will be sent out to our membership, and the club will follow AHS guidelines if a 14-day club closure is necessary.

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## Participation Requirements

Classes are offered for participants ages 6 and up who are fully independent and able to follow specific directions for safe participation.

Participants are not permitted to share personal items or equipment ie grips, tape, hair supplies, water bottles, etc.

Participants are instructed to bring their belongings in a bag, come dressed for training as locker and changeroom facilities will not be available.

Participants are encouraged to refrain from touching their eyes, nose, mouth or face.

Participants are reminded to sneeze or cough into their elbow.

## Arriving to Practice

Participants are asked to arrive at the facility with clean hands and will be provided with sanitizer prior to entering the facility.

All participants will need to sign the acknowledgement of risk form for COVID-19.

Participants must come ready in their gymnastics attire, as changing rooms will be closed.

Participants will be assigned an entrance depending on their discipline of gymnastics.

Participants cannot enter the facility without being instructed to do so.

There will be line up and wait areas outside that will allow for physical distancing.

Participants will need to fill out the daily screening checklist and get their temperature taken. If it is over 38.0 degrees, the participant will be sent home for the day.

Participants are required to bring a bag for their personal belongings that will remain in a designated area throughout the class. Cubbies will not be used.

Participants are encouraged to bring their own hand sanitizer to class.

DGA is working on solution to complete this survey online.

Link for health and wellness screening:

<https://abgym.ab.ca/content/download/9982/66578/file/Daily%20Screening%20Checklist.pdf>

Bathrooms will be numbered and each group will be assigned a bathroom (1-5) and that group will only use that specific bathroom during practice. All bathrooms will be sanitized in between training sessions.

## Entering and Exiting

Designated drop off and pick up areas for participants with physical distancing. You can drop off your child from the parking lot. We will bring your child to the parking lot for pick up. You must be on time for pick up as the staff will have cleaning to get done between groups.

The Dreams office will remain closed to customers at this time. If you need assistance, please contact the office staff, call or email your questions and concerns.

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## Viewing Procedures

The parent viewing area will be open at 50% capacity for those who wish to view. Parents will be required to wear a mask and remain 6 feet apart during viewing. They must hand sanitize when entering and exiting the building.

Viewing is on a first-come, first-serve basis. The maximum capacity to adhere to physical distancing is 8 spectators on the "Dreams" side and 5 spectators on the "Hopes" side. The seating has been spaced out and labelled accordingly.

We are doing our best to keep the facility clean and sanitized. We are encouraging our members to limit viewing and we are not allowing other children or siblings to watch at this time.

## Facility Procedures

A physical barrier has been put in place to separate the front desk attendant and patrons.

Hand sanitizer 60% alcohol has been placed at all entry and exit points. Members are encouraged to also bring their own hand sanitizer.

Physical contact is limited through the use of online payment, registration or hands free check-in.

Facilities are cleaned and disinfected between groups and in the evenings. This includes but not limited to:

- High touch surfaces, such as light switches, phones, doorknobs
- Bathrooms
- Both entrances
- Equipment
- Offices

Additional sanitization stations have been set up in both gyms.

At each event, we will have sanitization stations that the athletes are expected to use before moving to the next event.

We have purchased 2 vital-oxide cleaning systems to disinfect the gym.

[Vitalenvironmentalsolutions.com](http://Vitalenvironmentalsolutions.com)

Other cleaners that will be used on a daily basis will be: Bleach, Mr. Clean all purpose cleaner, Clorox wipes and windex.

Whenever possible, doors and windows will be open to increase air flow in the facility.

All unnecessary communal items have been removed or shut down ie. chalk buckets, lobby toys, water fountains, couches and chairs.

Appropriate government of Alberta posters are displayed throughout the facility.

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## Physical Distancing

Participants have designated spots to stand on before, during and after each training.

Directional flows have been identified to accommodate physical distancing.

Participants and spectators are prompted and monitored by staff to ensure physical distancing of 2 meters or more is maintained in lobbies, bathrooms, gym space and viewing areas.

Procedures have been put in place to allow for contactless drop off and pick up.

## Equipment

Equipment and stations will be sanitized after each group has left the facility.

Each participant will need to have their own chalk, water bottle, spray bottle, skipping rope, weights, blocks, wrist bands. Anything they need for their training will be communicated to the membership.

The foam pit will not be used for the foreseeable future. The foam pit will be covered with tarps and mats that can be cleaned if required.

## Washroom Procedures

There will be a maximum of one participant in the washroom area at a time.

Participants are asked to use the washroom at home to limit the use of in facility usage.

Washrooms will be sanitized after each class.

We have 5 bathrooms and each group will be assigned a washroom to use during that time. Then will be cleaned and wiped down after each practice. Bathroom 3 will be coaches and spectators only.

Hands free sensor lights have been installed in all bathrooms.

## Food in the Facility

Snacks and meals are prohibited in the facility at this time.

Both kitchens are currently closed to the athletes and spectators.

All water fountains are out of order. Each athlete must bring their own filled water bottle labelled with their name to each practice. Any water bottles left at the end of practice will be discarded. They will be stored in the cubbies by the floor area or in the bar area.

Vending machines will be cleaned frequently as part of the cleaning schedule.

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## Class Scheduling

Classes are staggered by 30 minutes to allow for facility cleaning between groups. There are no more than 50 people in the facility at one time as per the current AHS regulations.

Whenever possible conditioning will be relocated to an outdoor setting. No training camps or guest athletes will be attending DGA or going out to the other clubs to train in phase 2.

Please know that your family's health will remain the utmost importance as we move forward towards our new normal. We are committed to providing quality gymnastics in a family-friendly environment for our community.

Thank you in advance for supporting Dreams Gymnastics as we navigate through this together.

#DreamBig  
#DreamsGymnastics  
#StrongerTogether

