

# **Safety Procedures**

Premier Gymnastics is committed to safeguarding the safety of our Members. If you have any questions about the items mentioned below, please do not hesitate to contact us.

## **Steps Premier is taking to keep your child safe**

- The mats and equipment will be sanitized between each class and professionally cleaned every evening. Doorknobs, light switches, and bathrooms will be sanitized multiple times throughout the day.
  - Premier is allocating cleaning/sanitizing time that will take place during &/or between each class.
  - The number of gymnasts in the gym area will be greatly reduced so that we may easily maintain 6 feet social distancing.
  - We will take the temperature of students and ask them a series of wellness questions at the beginning of practice. These general questions will be "How are you feeling?" "Are you having trouble breathing?" "Do you have a headache?" "Any unusual body aches?" Please remember that this should not replace the parent's diligent wellness checks. No one knows your child better than you and can more easily tell if something is not right.
  - If your child's temperature is 99.8 or shows any other symptoms you will be called.
  - Gymnasts will always be required to wear a mask (except while actively participating on the equipment, tumbling, or vaulting AND it is felt by the coach that the gymnast's vision may be obstructed). This will be a coach's decision not a family option.
  - Your child will enter at the front of the building on time for their class. There will be designated spots in the lobby for your child to stand. If the gym is still being cleaned by the coaches your child will wait on their designated spot until they are called by a coach.
  - When the children enter the gym, they will go directly to their assigned socially distant space to prepare for their lesson. When practice ends, gymnasts will exit through the lobby and come out to the drop off point at the front of the building. Please be on time for pick up so that children are not spending unnecessary time in the lobby area or in the drop off area.
  - There will be limited designated spots for viewing so that parents can maintain social distancing. Therefore, we must request no more than one family member per child in the lobby area. Please respect these guidelines, if there is not an open spot kindly wait outdoors until a space becomes available. We have removed all tables and chairs in the lobby.
  - Masks will be required for anyone entering the building for the protection of all our families, gymnasts, coaches, and spectators.
  - The use of the drinking fountain will be prohibited. Please bring a water bottle labelled with your child's name. Water will be the only beverage allowed in the gym.
  - Coaches will be required to wash their hands, have their temperatures taken, and have their health status checked by a staff manager at the beginning of their workday.
  - Coaches and office staff will be required to wear masks while on Premier premises.
  - If for any reason your child's coach will not be in attendance and a substitute coach will be in place you will be notified via email.
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## **Our first line of defence is to keep it out of the gym. Our second is to prevent the spread through social distancing should it come in. Here is what you should do:**

- Follow social distancing guidelines outside of the gym
  - Avoid large gatherings
  - Limit travel
  - Wear masks
  - Always monitor your child's health, watch for symptoms (fever, cough, headache)
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## **Steps to prepare your child for their return to Premier**

- All students should have their temperature checked at home by a parent before going to the gym. If your child is not feeling well or even has a mild temperature, please keep them home. If in doubt, we prefer you error on the side of caution and keep them home.
- All students should wash their hands or use hand sanitizer before arriving at Premier.
- The cubbies are open. To be extra safe, we will supply sanitizing products for you to clean your child's cubby area before and after each use. We want you to feel comfortable at Premier! If you prefer not to use the cubbies, you may continue to bring a bag for your child's belongings or you can hold onto your child's coat and shoes during their class time.
- Gymnasts must bring a small personal bag to hold their required items to participate. Gymnasts will keep all needed items in that bag: water bottle, hand sanitizer. All items should be labelled with your child's name. This bag will travel with the gymnasts to each event.
- Please arrive on time, not early. If you arrive early, we ask that you kindly wait in your car until the start of your child's class. Please enter from the front door of the building and use the front door to exit. Pick up will follow the same guidelines as drop off.

## **Will Premier notify you of possible exposure?**

**A gymnast or immediate family member thinks they may have been exposed to someone who tested positive. (co-worker, cousin)**

The gymnast should voluntarily self-quarantine for 14 days and notify the gym. We will not relay this to other members of the gymnast's group.

**An immediate family member tests positive for COVID**

The family member should isolate themselves from the family and the gymnast should quarantine for 14 days from the day they had close contact with the family member. Please notify the gym and we will communicate this to the other members of the gymnast's group via email.

### **A gymnast tests positive for COVID**

The gymnast will quarantine for the required 10-day period following a positive test AND 3 days of no symptoms. Please notify the gym and we will communicate this to the other members of the gymnast's group via email.

### **A coach tests positive for COVID**

The coach will quarantine for the required 10-day period following a positive test AND 3 days of no symptoms. All members of that coach's group will be notified via email.

**In the case that a parent, gymnast, or coach tests positive, that individual will be kept anonymous. We will continue to update and adjust our policies as new information comes out.**

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We understand that there are a lot of changes to adapt to, but we guarantee you will be returning to the same happy, healthy, energetic atmosphere you know and love, and to our incredible Premier coaching staff!