

Dear Parents and Athletes

We are finally back, and couldn't be happier about it! Throughout the closure our club had been diligently preparing for when a reopening was possible and we are now happy to be moving forward with programming using a safety-first approach. We have developed and implemented a Return to Play strategy that complies with Government of Alberta, Alberta Health Services and Alberta Gymnastics Federation (AGF) guidelines.

Mountain Shadows Gymnastics Clubs COVID-19 Return to Play strategy has been developed to ensure:

- The health and safety of all individuals is prioritized
- Activities align with provincial health recommendations
- Activities have been modified to reduce the risk of infection and spread
- Alignment with AGF guidelines and that members are united and aligned on a plan to reopen throughout the province

While we hope things will return to normal soon, this COVID-19 Return to Play strategy will be the 'new normal' until we are advised otherwise by the government, Alberta Health Services or AGF. Please be aware that this is a live document and changes will be made as necessary.

If you choose to enter our facility and/or participate in any of our activities, you must follow these rules:

- Complete a Sessional Screening Checklist prior to beginning your program.
- Complete a COVID-19 Guidelines, Acknowledgement of Risk, and Release Waiver (this only has to be done once between July 1st, 2020 and June 30th, 2021).
- Self-isolate for a minimum of 14 days if you have traveled outside of Canada.
- Stay home if:
 - you are not feeling well or displaying symptoms of COVID-19
 - you live in a household with someone who has COVID-19 or showing symptoms of COVID-19
 - you or your children had close unprotected contact with someone who is ill with cough and/or fever
 - you or anyone in household has been in close unprotected contact within the last 14 days with someone who is being investigated for COVID-19
- Wash your hands before participating and frequently during participation.
- Arrive a maximum of 5-10 minutes prior to your activity.
- Daily temperature checks for all participants entering the building
- Bring your own water bottle (the water fountain is closed)
- The playroom area is closed at this time.
- If your child is in a parented program, mask wearing for the parent is OPTIONAL!
- All shoes, jackets, etc. will be placed in a bucket at the front door. You will pick up your belongings on the way out.

- If staying to watch in our viewing area, viewing is limited to 6 people (1 per household) and is first come, first served. MASKS ARE MANDATORY!
- Always comply with physical distancing measures (2 meters apart); no shaking hands, high fives, etc.
- Leave the facility as soon as the activity is finished.

Please remember that while we are all doing our best to minimize the risk of exposure to COVID-19 and following public health guidelines, the virus does continue to circulate in our communities and it is impossible to completely eliminate the risk of exposure. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. As such, you must consider your own circumstances and make a decision that is right for you.

Should you choose to join us, we require your full cooperation with our COVID-19 Return to Play Strategy and call on everyone involved - participants, coaches, officials, administrators, volunteers, families and the broader community - to take individual responsibility and respect the health of all those around you.

Sincerely,

Management and Staff

Mountain Shadows Gymnastics Club