

November 13th, 2020 Update

Mountain Shadows Gymnastics Clubs COVID-19 Return to Play strategy has been updated and 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

The safety of our athletes, staff and families is our top priority. We take being open and the opportunity to continue to offer gymnastics to our members very seriously. We must do our best to adhere to all the guidelines set out by AHS and AGF to keep our doors open. Please see below for some reminders and a few new items that have been implemented for everyone's continued safety.

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

- **Parents attending with a child for a Parent/Tot class or anyone remaining in the facility to view a class will have to sign in and complete a Daily Screening Checklist.**
- Children must complete a Sessional Screening Checklist prior to entering our facility (once per session).
- Children must complete a COVID-19 Guidelines, Acknowledgement of Risk, and Release Waiver (this only has to be done once from July 2020-June 2021).
- **MASKS ARE MANDATORY in all common areas of the building. It is recommended that parents also wear them in all Parent/Tot classes, but not mandated. Children do not need to wear masks while in the gym area.**
- Please arrive a maximum of 5 minutes prior to your activity.
- Daily temperature checks will be done upon entry.
- Wash/sanitize your hands/feet before participating, frequently during participation and upon exiting the building.
- Bring your own water bottle. The water fountain is out of order.
- Equipment will be sanitized between groups.
- Please stay home if your child is sick!
- We have opened 7 spots in our viewing area. It is first come, first served. Please allow ONE person per "X". We are limiting it to one person/family in the viewing area.
- Always comply with physical distancing measures (2 meters apart) throughout the facility; 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, 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