

Glenmore Gymnastics

COVID-19 Information and Protocols for Parents and Athletes

UPDATED March 12, 2020

As you are aware, COVID-19, or “Coronavirus”, has become a very high-profile public health issue in the last month. Although the risk of transmission in Calgary, and Alberta, is still very low, it is imperative that individuals remain vigilant in the prevention of the spread of this, and other, communicable diseases.

Some useful websites for information on preventing the spread of communicable diseases are the Center for Disease Control (CDC) in the US and Health Canada. Alberta Health Services has regular updates on the current risk level in Alberta and any new guidelines:

Alberta Health Services COVID-19: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>

Government of Canada website: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

Some key preventive behaviours noted by each of these organizations are:

- Cough or sneeze into your arm or elbow, not your hand.
- Wash your hands thoroughly, and often, and use hand sanitizer.
- Stay home if you are sick.
- Avoid higher-risk areas such as large, tight crowds or conferences with diverse crowds.

Travel Protocols:

As Spring Break approaches, many families will be heading out on vacation. Please inform your coach and Head Coach if you are going on vacation at any point and what your expected travel plans are. Please note that, if you are planning to visit a higher-risk location or travel on a cruise ship, your athlete may be requested to remove themselves from the gym for a specified period of time until it can be shown that you are clear of any communicable disease. This decision will be made by the Head Coach Board of Directors based on the information available at the time.

MARCH 12 UPDATE: AHS is stating that travel outside of Canada – to any country - is not recommended at this time. Returning travelers – from any country – are now expected to monitor for symptoms and self-quarantine if required.

What we can do in the gym:

The Board of Directors of Glenmore Gymnastics is implementing the following guidelines to ensure that the risk of contracting any communicable disease while in the gym remains low.

These guidelines are designed to complement, and mesh with, those put in place by the City of Calgary in the Southland gym. As the gym contains many surfaces that are touched by all the athletes who enter the gym, the key point of control for disinfecting hands will be the entry points to the gym.

- All athletes and coaches entering or re-entering the gym should use hand sanitizer each time they enter the gym. This includes returning from snack, bathroom breaks, or the back gym. Hand sanitizer bottles will be placed at each entrance to the gym.
- All parents entering the gym will also be expected to use hand sanitizer upon entry.
- All door handles to the gym, inside and out, will be wiped with disinfectant wipes (Lysol) before the beginning of each session.
- Coaches will monitor their athletes to ensure that there are no signs of symptoms such as fever, lethargy, severe coughing, or runny noses. If an athlete is noted to have symptoms of a potentially communicable sickness, they will be isolated from the group and the Technical Director informed so that the athlete can be picked up by their parents.
- Most importantly, if your athlete is showing any of the symptoms listed above, PLEASE DO NOT BRING THEM TO CLASS. This is the easiest and most effective way to prevent the spread of any communicable sickness.

Each of these small steps will help us maintain a safe and healthy gym environment for everyone and we thank you for your cooperation in helping us keep it that way.

I will make myself available for questions at the AGM on Monday March 16 as well as at the end of the evening sessions at the gym on March 18-21 . I am also always available by email at: info@frostadphotography.com. Please do not hesitate to ask if you have any questions or concerns with any of this information.

Thank you,

Brett Frostad, Vice President
Glenmore Gymnastic Club
On behalf of the Board of Directors