

## **GLENMORE GYMNASTICS - REOPENING PROTOCOLS**

Thank you for registering your child for a class at Glenmore Gymnastics. We are excited to allow athletes back into the gym and hope to make this transition safe and easy for everyone.

You will notice, based on Alberta Gymnastics Federation and AHS guidelines, that we are doing a few things a little differently now.

First, we ask that you do a self-assessment of your child using the Covid screening checklist daily before coming to the gym. This screening can be found at this link:

[COVID-19 Alberta Health Daily Checklist](#)

If your child has any of the listed symptoms, please do not bring them to class.

If your child experiences any of these symptoms while in class, they will be isolated from the group and you will be called to come and pick them up immediately.

When you first arrive at Southland Leisure Center, you will need to find parking on the northeast side of the building near the arena entrances. All athletes and coaches will now enter the gym directly through the courtyard entrance (see map below). **DO NOT ENTER** through the main entrance as you will be redirected to the courtyard entrance.

Please do not show up more than 15 minutes before the start of your child's class as the doors will not be open.

Once you enter the courtyard, you will proceed along the path to the gym door where a coach will be waiting. If there is a lineup to enter the gym, there are physical distancing markers in place on the sidewalk. All athletes will have their temperature checked and will sanitize their hands before entering the facility.

Unfortunately, at this time, there will be no parent viewing available due to spacing restrictions within the Leisure Centre.

Once inside the gym, athletes will remove their shoes and coats and be led by a coach to the hallway to store these items while they are in class. Your child needs to come completely dressed for their class as locker rooms are not available at this time.

When they are ready, they will find a social distance marker on the gym floor and wait there for their class to begin. All games will be physically distanced.

While in class, the athletes will be encouraged to follow the directional arrows to maintain as much physical distance as possible. Stations will be set up to facilitate distancing as well.

Athletes will not be required to wear masks while training inside the gym. If a child needs to use the washroom, they will be escorted by a coach and both the coach and athlete must wear a mask. Please ensure your child brings a mask to each class as it will be required if leaving the gym area for any reason.

Coaches will wear masks when spotting athletes and they will be encouraged to hand sanitize between spotting each athlete.

Your child will need to bring a full water bottle as water fountains are not operational at this time. Please do not send any snacks or food items with your child.

When class is finished, all athletes will hand sanitize and be dismissed out the courtyard doors. Parents, please maintain your distance while waiting in the the courtyard for your child to come out.

The gym will be fully sanitized between each class and will be thoroughly cleaned monthly by our parent volunteers.

If you have any questions, please feel free to contact me.

Thank you,  
Karen Beresnak  
Technical Director  
competitive@glenmoregymnastics.ca  
Glenmore Gymnastic Club

MAP OF THE SOUTHLAND LEISURE CENTRE

