



PARTICIPANT/PARENT/GUARDIAN EXPECTATIONS

Richmond Gymnastics Association appreciates your support and patience during these past few months. While many of us are eager to return to participate in the sport, we must progress in a careful and safe manner.

While we are all doing our best to minimize the risk of exposure to COVID-19, we appreciate that you understand that it is impossible to eliminate the risk while the virus circulates in our communities. Each participant/family 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, it is essential that we have your full cooperation with our **COVID-19 Safety Plan**.

This list may be updated as the training/situation progresses over the next weeks and months.

- Do not come to the facility if you or a member of your household have symptoms (fever, cough, sore throat, difficulties breathing) OR recent onset of fever and cough.
- Please do not visit the facility or attend training if you or anyone in your household has travelled outside of Canada in the last 14 days or have been in contact with someone who has COVID-19.
- Arrive no more than five minutes before your class starts and please be on time to pick up your child.
- Always maintain physical distancing of 3m while entering facility and while training so that you are mindful of your teammates.
- All athletes while entering, waiting for class to commence, and while leaving, **must wear a mask**. However, for safety reasons, athletes will not be required to wear a mask during activities.
- All individuals (exception of athletes) within the facility must wear a mask at all times.
- Viewing of classes by parent/guardian is not permitted. One parent/guardian of an athlete may be allowed to enter the facility on a per-case basis to assist their child if absolutely necessary. Please contact the office to get this facilitated.
- All participants will need to review the **Mandatory Daily Screening Checklist** to ensure they are healthy. Coaches will also be conducting Health Wellness Checks with all participants upon entry.
- If a participant experiences seasonal allergy, please declare/advise and you may be required to get a doctor's note explaining symptoms before entering the facility.
- RGA has provided sanitizing stations at entry to the training facility and at entry to the gym floor.
- Hand-washing or sanitizing will be required upon entering the facility, after using the washroom, and between apparatus changes.
- Participants will be required to bring all their items that they need for training **in a bag and take it back home and cleaned after every training**. RGA will not be cleaning, safeguarding or be responsible for any items left behind.
 - The bag can be a sling bag or a small box, whatever is convenient for the athlete to carry on their own. It should not be a big bag since space per participant in the facility will be limited.



- Areas have been marked in the facility where participants will be allowed to park their items.
 - Please make sure that the bag/box is clearly marked with your name.
 - Personal items that each participant will be responsible to bring to training for their own use: socks(non-slip preferable since some activities may require the participant to wear socks), gloves(thin, cotton/knit gloves), grips, water bottle, sport tape, band-aids, packet of tissues, sanitizer.
 - Big plastic freezer bag or small box for chalk. Participants who will be required to use chalk on bars will be given their own block of chalk to use with instruction for use and safekeeping.
 - Participants will be advised of any other tools required for training as needed such as yoga mats etc once training progresses
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- All participants should have their long hair neatly tied back. Long hair in a braid and shorter hair in a braid or ponytail. Please have extra hair ties in the bag since RGA will not be providing any.
 - Sharing of personal items, including but not limited to, food and beverages (e.g. water bottles) is forbidden.
 - Participants are not allowed to wear any jewelry while training or carry any valuables since no responsibility will be taken at the facility of items.
 - Individuals can use masks/gloves while entering the facility or may choose to wear masks at any time, at their discretion. However, for safety reasons, athletes cannot/ will not be required to wear a mask during activities. Masks must be worn in any situation where physical distancing of two meters is not possible.
 - Used masks/gloves should be placed in a separate bag by the user and left with personal items. The user is responsible for proper safekeeping and disposal of their own masks.

It is expected that all participants in all programs are always attentive and follow directions from their coaches. Please note that participants are subject to removal from activities/facility use should they fail to comply with outlined protocols.

PLEASE NOTE: Insurance claims related to the transmission of COVID-19 **will not** be covered by GymnasticsBC's insurance policies. Prior to participating in any programming, **all participants, parents/guardians, and Association personnel must complete all GymnasticsBC Risk Management forms** (Declaration of Compliance and GBC Release of Liability).