



Shawnigan Lake Community Centre

Gymnastics

Participant Children Guidelines During COVID-19

We recognize that the opportunity to recreate, socialize, and stay active are an important aspect of your overall health and wellness. During this time, our primary focus is to ensure the safety of staff, instructors, and participants. In order to provide the highest level of care and safety, CVRD will follow guidelines set out by WorkSafe BC, Public Health, and BCRPA. We ask that you strictly adhere to the guidelines and directions provided to you. We ask that you strictly adhere to the guidelines and directions provided to you.

Prior to Attending

Prior to attending your session you must follow through with the following steps.

- ☐ You should assess your personal risk and motivation to ensure that attending a public recreation program is in your best interest. You may seek to ask your health care provider what is right for you.
- ☐ Review the provided guidelines for your program or activity (next page).
- ☐ Complete and submit the Assumption of Risk and Permission form and the Gymnastics participant waiver.
- ☐ Prior to the start of each session screen yourself to ensure that your attendance to the facility is appropriate.

Is/has your child or anyone in your family:

1. Showing signs or symptoms of respiratory infection, such as cough, shortness of breath, or sore throat?
 2. Experiencing a fever with a temperature of 38C or higher, or taken any fever reducing medications in the last 12 hours?
 3. Experiencing any flu-like symptoms including diarrhea in the last 24 hours?
 4. Travelled outside of Canada in the last 14 days?
 5. Been in contact with anyone that has displayed symptoms of COVID-19 in the last 14 days?
- ☐ Discuss any concerns or questions with Shawnigan Lake Community Centre programs staff or your instructor.

Please note that changes to Gymnastics have been put in place to minimize the risk to staff, participants and instructors. Additionally, greater health and safety precautions have been put in place to minimize the risk at our facility.

We look forward to greeting you soon, Shawnigan Lake Community Centre Staff

Program Guidelines for Gymnastics

Shawnigan Lake Community Centre Arrival/Departure

- Entry will be through the outside Gym doors from the paved parking lot.
- Exiting will be through the far Gym door leading directly outside to the paved parking lot.
- While signing in participants, instructor will ask verbal screening questions. Entry will be denied to any person who is suffering from symptoms or has travelled outside of Canada.
- Once you have entered the building, proceed to the washroom and wash your hands following the posted handwashing procedures, or use hand sanitizer. Following your class, proceed to the washroom and wash your hands following the posted handwashing procedures, or use hand sanitizer prior to leaving the building.

Program Guidelines

All classes will be following Gymnastics BC Guidelines

- No one is permitted to participate unless the COVID-19 Assumption of Risk & Permission form and the Gymnastics Waiver has been completed and returned.
- Parents are not expected to remain in the gym during classes, but may do so if coach approves.
- The Lobby is not open for parents to wait in while children are in class, you must leave the building, returning at the end of your child's class to pick them up and sign them out.
- Please bring minimal personal belongings with you, all personal belongings will be placed along the wall on a chair, spaced 6ft apart.
- There will be no sharing of personal belongings, or water bottles.
- There will be frequent hand washing or hand sanitization between every transition in the class.
- There will be bins to place used equipment in for sanitization after the class.
- Each participant will have their own mat to use during the class.
- No food is to be brought into the gym.
- Bring your own water bottle as water fountains are not allowed to be used.

While in the Facility

- Arrive only a few minutes prior to your session.
- Only program participants may enter the classroom.
- Follow all posted directional and instructional signage.
- It is expected that instructors and participants will only access parts of the building required for their permitted activities and will do so via the access points described (unless obstructed).
- Respect posted program and facility capacities.
- Maintain physical distance between yourself and others.
- Minimize the items and surfaces that you must touch.
- Practice appropriate respiratory and hand washing hygiene.

Physical Distancing in a class setting

Understandably, physical distancing is challenging in an active program setting. The focus in a program setting is to **minimize physical contact**. At the same time, it will be important that staff do what they can to assist children in learning about physical distancing. Staff will use creative ideas and visual cues, and split children into smaller groups sizes for activities throughout the class.