

Fall Programs Re-opening – Short Guidelines

Every Member must accept the NEW COVID_19 Waiver and Declaration and the mandatory protocols during Registration.

Starr Gymnastics will inform coaches, administrators, members, parents/guardians and participants of new protocols through email, website, receipts, telephone communications

For the time being all athletes will be required to wear indoor (running) shoes while attending classes

Parented (preschool) classes can have only one parent come into the facility. Parents must wear masks while in our viewing areas

Parents of Komet Kids (3-4 yrs olds) participants will be allowed to come into our viewing areas and must wear masks at all times

All parents of children's aged 5 yrs and up will be asked to drop off the children at entry and wait outdoors at pickup

A new COVID-19 Waiver and declaration must be accepted by all members attending our facility to declare their understanding of COVID-19 as well as their responsibility to self regulate. (SEE COVID-19 website page for full details)

Posters with Government of Ontario approved hand washing and physical distancing protocols will be posted in high traffic areas.

Ensure participants and their families are aware (entrance posters) that they may not enter the facility if either they or a household member has had any onset of illness with symptoms compatible COVID-19 in the prior 14 days.

Ensure physical distancing requirements are met. Please note: If a coach is required to attend to a child due to safety concerns, they will be instructed to attend to the child(ren)

Ensure respiratory etiquette is followed by advising individuals to cough or sneeze into one's arm or a tissue.

Clean/sanitize gymnastics equipment between each class, and at the end of each day.

Once classes are over for the day and all athletes have left, all surfaces will be cleaned and disinfected (mats, floors, counters, bathrooms); this will be done over and above cleaning the equipment between uses.

Prior to coming to work (daily), staff will be required to login to self-assessment online tool, and report to their designated supervisor to determine if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days; a log to record the self-assessment will be kept.

Prior to attending classes, parents will be required to use the self-assessment online tool and fill out the self-assessment report weekly; a log to record the self-assessment will be kept.

Hands free coaching (no spotting) will be followed- i.e. modify training needs to ensure athletes are only doing safe skills.

Starr Gymnastics will adhere to maximum numbers in the facility and training area as directed by the Province of Ontario. We are currently working with maximum 50 staff and members in the facility at any given time. Ratios for all classes are currently set at 1-6.

The use of foam pit is eliminated for the time being, until further instructed.