

Entering (south end of building) and exit (North end of building) procedures

- Participants must be ready for class dressed with hair tied (if hair is shoulder length or longer) and to arrive 5 minutes before class with adult present
- Participants will be asked to sanitize hands at entrance
- Screening questions will be ask
 - “Did you travel outside of Canada in the past 14 days”
 - “Have you been tested positive for COVID-19 or had close contact with a confirmed case of COVID19 without wearing appropriate PPE”
 - “Do you have any of the following symptoms? Fever, New onset of cough, Worsening chronic cough, Shortness of breath, Difficulty breathing, Sore throat, Difficulty swallowing, Decrease of loss of sense of taste or smell, Chills, Headaches, Unexplained fatigue/malaise/muscle aches, Nausea/vomiting/diarrhea/abdominal pain, Pink eye, /runny nose or nasal congestion without other known cause”
- Participants will remove shoes and be lead to designated area keeping social distancing (no viewing available unless necessary)
- Participants will follow the coaches instructions during class following social distancing procedure.
- There will be no access to arena lobby for use of water fountain, you must bring own water bottle and not share.
- No access to washroom unless necessary
- End of class participants will collect shoes and clothing and asked to sanitize hands
- Exiting North end of the gym, adult must present for pick up

Coaches and staff responsibility

- Coaches and staff will be screened and will wear a masks at all times
- Hand sanitizing and hand washing stations will be located in several designated areas in the gym.
- Equipment and frequently touched surfaces with be cleaned and disinfected in between each class
- Classes will be instructed verbally with various stations keeping social distancing.
- Coaches will not spot any participants unless the chance of injury. Learning new skills will be in progressions.
- Coaches and staff are responsible to make sure adult is present during pick up.

Class changes

Due to COVID-19 this year Timiskaming Tumblers Gymnastics Club will be offering classes to ages 6 and up.

Classes Burgundy to Tan will be 45 minutes long with 15 minutes allowing to clean and disinfect the gym, the entrance and exit

Classes Bronze and up will be 1 hour and 15 minutes.

We will be offering a longer session to allow the same amount of hours in a session Fall session from mid September to mid December and Winter session from January to April. Cost per session will not change.