

Pegasus Gymnastics

COVID-19 POLICIES

PLEASE NOTE THAT THIS DOCUMENT IS FLUID AND WILL
BE UPDATED AS THE COVID-19 SITUATION EVOLVES.



PEGASUS MEMBERS

Participant Expectations

Participants must use the provided sanitizer upon entering the facility.

Participants must wash/sanitize their hands after each station.

Mandatory for participants to follow staff instruction at all times without exception.

Participants are required to pass the daily screening checklist to entering the facility.

Participants are required to wear a mask when entering the facility and in all common areas.

Participants do not need to wear a mask while in the gym.

Staff Expectations

Staff are expected to sanitize the facility after each cohort up to 50 people.

Staff will have 24-hour wellness checks and cannot enter the facility should they show any signs of illness.

Spotting will be done with a mask. Coaches will clean their hands before and after.

Signs of Illness

Participants and/or family member exhibiting any symptoms of illness are not permitted in the facility.

Participants or family members that have travelled outside of Canada within the past 14 days are not permitted in the facility.

Participation Requirements

Classes are offered for participants who are fully independent and able to follow specific directions for safe participation.

Arriving to Practice

Participants are asked to arrive at the facility with clean hands and are provided with sanitizer prior to entering the facility.

All participants will need to sign the acknowledgement of risk forms for COVID-19.

Participants must come ready in their gymnastics attire.

Participants cannot enter the facility without being instructed to do so.

There are line up and wait areas outside that will allow for 2 meters physical distancing.

Participants will need to fill out the daily screening checklist and get their temperature taken. If it is over 38.0 degrees, the participant will be sent home for the day.

Participants are required to bring one bag for their personal belongings that will move with them from event to event. All of the participants belongings must fit into the bag, including foot wear.

Cubbies will only be used if a participant is assigned a one.

Participants are encouraged to bring their own hand sanitizer to class.

Entering and Exiting

Designated drop off and pick areas for participants with physical distancing.

All participants will enter through the front doors at Bay #18, the main front entrance at the southside of the building.

For competitive athletes, pick up will be at the back of the building. For recreational athletes, pick up will be at the front at Bay #10.

You must drop off and pick up on time. As the staff will have check all athletes in and clean after each cohort.

Pegasus office will be open at designated times to help our customers. If you need assistance, please book a meeting with the office staff, or call the office or email in your questions.

Viewing Procedures

Parent viewing room will be open September 8th.

A timeslot must be booked in advance online.

Viewers must wear a mask while in the facility.

One person per athlete. No siblings are allowed in the viewing room.

Viewers will also need to fill out the daily screening checklist and have their temperature taken. If it is over 38.0 degrees, you will not be allowed into the facility.

OUR FACILITY

Facility Procedures

Facilities are cleaned and disinfected between cohorts and in the evenings. This includes but not limited to:

- > High touch surfaces, such as light switches, phones, doorknobs
- > Bathrooms
- > Both entrances
- > Equipment
- > Offices

Additional sanitization stations have been set up in both gyms.

Physical Distancing

Participants have designated spots to stand on before, during and after each training.

Facilities are mapped out in a 6ft x 6ft grid. Directional flows have been identified to accommodate physical distancing.

Athletes must maintain 2-meter social distancing. If this can't be done the athlete will be sent home.

Equipment

Hands will be cleaned before and after using shared equipment.

Each participant will need to have their own chalk, water bottle, spray bottle, skipping rope, weights, blocks, wrist bands. Anything they need for their training will be sent out by the program head.

The pit foam cubes will not be used for the foreseeable future. We will continue to use the pit area, but it will be covered.

Washroom Procedures

There will be a maximum of one participant in the washroom area at a time.

Participants are asked to use the washroom at home to limit the use of in facility washrooms.

Washroom will be sanitized after each cohort.

Food in the Facility

Snacks and meals are prohibited in the facility at this time.

Class Scheduling

Classes are staggered to allow for facility cleaning in between each cohort.



Please know that your family's health will remain of the utmost importance as we move forward to our new normal. We are committed to providing quality gymnastics in a family-friendly environment for our communities.

Thank you in advance for supporting Pegasus Gymnastics as we navigate through this together.

#pegasuspride

 587-352-8685

 info@pegasusgym.ca

 www.pegasusgym.ca

Unit #18, 11166 42 St SE, Calgary, AB T2C 0J9