

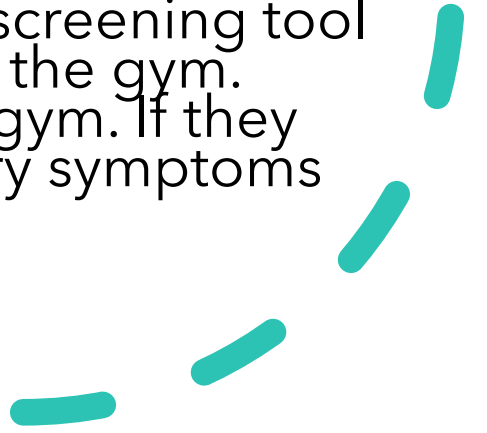


Quantum

**PROCEDURES AND PROTOCOLS
CAMP & CLASSES**



BEFORE YOU COME TO THE GYM

- You will receive an email outlining COVID-19 protocols being implemented at the gym.
 - No parent viewing in the gym until further notice.
 - Parents of mini kindergym or sr.kindergym athletes will need to complete two forms and bring them to the gym if they wish to enter. Only applicable when allowed by government regulations.
 1. Declaration of Compliance
 2. Informed Assumption of Risk.
 - Parents must screen their child through a self-assessment check list for COVID symptoms. Each participant will be sent an electronic screening tool they must complete prior to arrival at the gym. Please do not send an ill child to the gym. If they arrive with a fever or upper respiratory symptoms they will be sent home.
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WHAT TO BRING TO CLASS/CAMP

Each athlete will need a bag with the following items:

1. A full refillable water bottle. Water only! No drinking fountain on site. A refill station is available- athletes must clean their hands before and after use.
2. A mask with a zip lock bag to keep it clean when not in use.
3. Camp participants need to wear sunscreen as some activities will be outside.
4. Camp participants will need to bring a towel for water games
5. Camp participants will need a small snack

Please have your athlete come to class dressed and ready to go. To help facilitate a quick entering and exiting procedure limit outside clothing as much as possible.



ROUTINES FOR ENTERING THE GYM

ARRIVING AT THE GYM

- Check in/ assessment will take place outside the gym entrance with a Quantum staff member as long as weather permits. Social distancing rules will be in place. All staff members will wear masks or shields during check in.
- One parent may accompany each athlete during check in with staff. **No parents will be allowed inside the facility with the exception of mini kindergym No siblings or extended family allowed.**
- All people entering the gym must wear a face mask. Once inside the actual gym athletes masks may be removed during physical activity at the coaches discretion for safety reasons. Masks will be placed in an athletes bag. Quantum suggest a zip lock bag to help keep the mask clean.
- Athletes will have their hands sanitized upon entering the facility. Shoes and jackets will be placed in a clean color coded cubby in the entrance waiting area. Next athletes will be shown where to wait for all class participants to arrive. Each athlete will bring their bag with them from event to event for the duration of their class.

CLASS SIZE AND SOCIAL DISTANCING

- Small camp cohorts and class size to allow for social distancing. All activities will be designed to allow for social distancing.
- While close contact may be unavoidable between members of a class, physical distancing and general infection prevention and control practices will be encouraged.



WHAT A TYPICAL CLASS WILL LOOK LIKE

1. Meet and greet
2. Warm up on socially distanced spot
3. Move to first event(ie:bars) in a manner consistent with social distancing. Before and after each new activity the hands of each athlete will be sanitized. This procedure will continue as athletes move to new activities.
4. All equipment is sanitized regularly or as needed to ensure safety
5. If an athlete needs to use the bathroom, they will be accompanied by a staff member who will ensure proper handwashing/sanitizing takes place.
6. No pit play.




SOCIAL DISTANCING COMPLIANCE

All participants must be able to work independently and follow social distancing protocol which includes but is not exclusive to:

- Following coach instructions to ensure distancing and hand washing protocols are met
- Understanding the importance of proper hand washing and keeping hands away from their face
- Able to use the washroom independently

Athletes must adhere to all rules and procedures set out in regards to social distancing. If a participant does not follow the rules Quantum reserves the right to immediately remove a child from class. Parents will be contacted if this should occur.



FACILITY CLEANING

- Quantum Staff will clean/sanitize gymnastics equipment between classes, when needed, and at the end of the 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 is over and above cleaning the equipment between uses.
- All cleaning products are authorized disinfectants against SARS-CoV2, the corona virus that causes COVID-19.

EXITING THE BUILDING AND PICK UP PROCEDURE

- Everyone must wear a mask when exiting the building.
- The hands of each athlete will be sanitized on the way out of the building.
- One parent/adult must be outside waiting for their child. A staff member will wait with athletes until they are safely in a parents care or an adult that was designated for pickup.





CLUB PROTOCOLS

DETAILED CLUB PROTOCOLS
CAN BE FOUND ON OUR
WEBSITE UNDER THE COVID-19
TAB.