

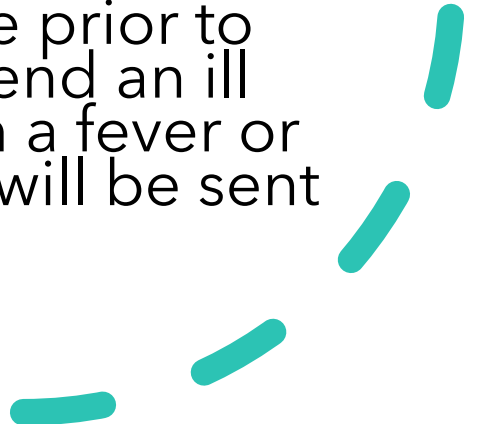


# Quantum

**PROCEDURES AND PROTOCOLS  
FOR 2020**



# BEFORE YOU COME TO THE GYM

- You will receive an email with a video outlining COVID-19 protocols being implemented at the gym.
  - 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.
    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

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.

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 and sr.kindergym. No siblings or extended family allowed.**
- All people entering the gym over the age of 5 must wear a face mask when entering and exiting the gym, or in common areas like the parents waiting area. Once inside the actual gym athletes masks may be removed during physical activity. Masks will be placed in an athletes bag. Quantum suggest a zip lock bag to help keep the mask clean.
- Athletes will have their temperature checked and 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. At this time masks may be removed and placed in their bag. Each athlete will bring their bag with them from event to event for the duration of their class.

# CLASS SIZE AND SOCIAL DISTANCING

- Small 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.
- Quantum will adhere to a building maximum occupancy of 50 athletes plus staff.



# 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 event the hands of each athlete will be sanitized. This procedure will continue as athletes move from event to event.
4. All equipment at an event is cleaned after each group before another group enters the space.
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. Athletes will receive instruction on vault, bars, beam and floor. They will also have use of the trampoline and or the tumble track during the session. Flexibility and strength training will also be an aspect of class. No pit play.
7. Starting Sept.1<sup>st</sup> Quantum's recreational coaches will be allowed to spot/use hands on coaching. Classes will be structured for safe progressive drills.
8. Quantum's recreational coaches will wear face masks or shields.




# 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, where possible, 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 over the age of 5 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.