

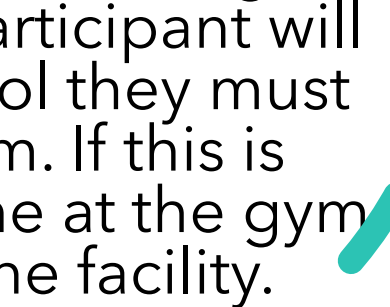


Quantum Summer Classes

**PROCEDURES AND PROTOCOLS
FOR SUMMER 2020**



BEFORE YOU COME TO THE GYM

- You will receive an email outlining COVID-19 protocols being implemented at the gym.
 - In order to participate all parents must complete two forms that will be emailed prior to the first day of class. The forms are mandatory and must be returned before any person can enter the facility.
 1. Declaration of Compliance
 2. Informed Assumption of Risk.
 - Class participants must be screened through a self-assessment check list. Each participant will be sent an electronic screening tool they must complete prior to arrival at the gym. If this is not possible screening will be done at the gym setting prior to athletes entering the facility.
- 

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 beach towel - occasionally used to help mark social distancing space.



ROUTINES FOR ENTERING THE GYM

ARRIVING AT THE GYM

- Check in/ assessment will take place outside the side gym entrance with a Quantum staff member. 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.**
- We ask that athletes and staff wear a face mask when entering and exiting the gym. Once inside masks may be removed.
- Athletes will have their hands sanitized upon entering the facility. Next they will wait on a socially distanced spot 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 1 person per 144 square foot.



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. Quantum coaches will be using hands off coaching. No spotting will occur during Phase 2 of reopening. Classes will be structured for safe progressive drills.




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

- Athletes will be asked to 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. athletes will exit from the side of the building either from the upstairs door or the one below. A staff member will wait with athletes until they are safely in a parents care or an adult designated for pickup.





CLUB PROTOCOLS

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