

CAMPIA GYMNASTICS

COVID-19 SAFETY PLAN

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Overview

The health and safety of our members is of utmost importance. Campia Gymnastics Club Inc. Board of Directors and staff are working diligently to ensure that we can keep our members safe through the COVID-19 pandemic. Every decision, policy and procedure is made in the interest of our member's health and safety.

Mandatory Adherence to This Document

In the interest of protecting the health and safety of our members Campia will be enforcing all policies and procedures listed within this document. If a family, athlete or employee is unwilling to abide by these policies and procedures, they will not be permitted to attend classes.

MEMBER AWARENESS

Campia members will be informed of new COVID-19 protocols through email and website.

Stay at home if you are sick.

Maintain 2 metres of physical distancing when possible.

Members are asked to practice healthy habits, such as coughing/ sneezing into their arm, washing hands frequently, and maintaining physical distancing.

Members and guests age 5+ are required to wear a face mask that covers their mouth and nose at all times. It is not recommended for those under age 2.

Athletes are required to wear a mask at all times during training. The only exception is for advanced skill training.

If a member cannot follow staff direction or adhere to guidelines, they will be removed from the program and a prorated refund will be provided for any missed days (minus a \$25 administrative fee).

If you are a close contact of someone who has COVID-19 please refer to the chart below.
<https://www.gov.nl.ca/covid-19/files/Covid-Exposure-Flowchart-2021-FINAL.pdf>

ARRIVAL & DEPARTURE

All participants will be admitted 5 minutes before class start time.

Athletes are encouraged to arrive prepared for class.

All participants must sanitize hands when entering and exiting facility.

A separate entrance and exit will be identified to encourage one way traffic.

Parents will be required to meet their child at the designated exit door.

FACILITY SAFEGUARDING

Members can use the intercom system to request entry to the facility.
Enhanced cleaning of entire facility especially high traffic areas.
Air filters will be inspected and changed on the HVAC system on a frequent basis.
Hand sanitizing stations will be provided throughout facility.
No shared chalk will be available. Anyone requiring chalk must bring their own personal chalk container. Chalk is available for purchase at the front desk.
No rental groups permitted.
Staff will be disinfecting the gym with a Health Canada approved disinfecting product.

STAFF MANAGEMENT

Stay at home if you are sick.
Staff are required to wear a non-medical face mask at all times.
Personal safety measures are expected such as coughing/sneezing into arm.

VIEWING

Superhero & Sidekick - All athletes registered in our Superhero & Sidekick class must be accompanied by one parent/guardian.
Mini Heroes - All athletes registered in our Mini Hero classes must be accompanied into the facility by a parent/ guardian. Viewing is reserved for one parent/guardian.
Age 5 + Classes - Viewing spots are available through Uplifter. Maximum of one guardian per gymnast. The capacity for viewing will be reviewed on April 1, 2022.