

Gym protocol and rules , RJDS

Gym participation

Use The Daily Screening Checklist before coming to gym !

Daily Screening Checklist

This checklist may be updated as the situation progresses over the next weeks and months.

Daily Screening Checklist

Today's Date:		Activity Start Time:	
Participant Name:			
Activity/Group:			
1.	Do you have any of the symptoms below? Please circle your answer.		
	• Fever (greater than 38.0°C) and/or chills	Yes	No
	• Coughing	Yes	No
	• Sneezing	Yes	No
	• Sore throat and/or painful swallowing	Yes	No
	• Stuffy and/or runny nose	Yes	No
	• Fatigue related to illness*	Yes	No
	• Loss of appetite	Yes	No
	• Shortness of breath	Yes	No
	• Loss of sense of smell	Yes	No
	• Headache	Yes	No
	• Muscle aches related to illness*	Yes	No
2.	Have you, or has anyone in your household travelled outside of Canada in the last 14 days?	Yes	No
3.	Have you, or has anyone in your household been in contact in the last 14 days with someone who is being investigated or who has a confirmed case of COVID-19?	Yes	No
4.	Are you currently being investigated as a suspect case of COVID-19?	Yes	No
5.	Have you tested positive for COVID-19 within the last 10 days?	Yes	No

Do not come to class if you are feeling sick or having any symptoms like fever, cough, shortness of breath. Do not come to class if you are in contact with any individuals who are sick, have any of those symptoms or have been travelling outside the province or the country in the last 2 weeks.

The gymnast will be checked by the coaches for temperature or any other symptoms before entering the gym.

Gym entry

Enter through the blue gym doors only!

Only gymnasts are allowed in the gym.

There will be a coach on the door, making sure the gymnasts are entering one by one, keeping 2 m distance.

Once in the gym, our second coach will direct each athlete to a “personal area”, which will be visibly bordered with tape.

Gym rules

The coaches will be conducting the class from at least 2 or more meters distance.

Keep your distance !

Do not share apparatus or anything at all !

Do not touch each other !

Try to stay in your area only, do not run around and try not to touch anything in the facility!

Bring your water bottle !

Have your own hand sanitizer !

Come to gym in your gym clothes, try not to bring any extra and unnecessary things !

There will be sanitized area where you can leave your gym bags one by one as you are entering

the gym. Be careful to leave your belongings on a distance, not touching other people's things !

Using the washroom and hygiene

We have disinfectant sprays and wipes and will use it before and after on all surfaces and objects that our kids may be touching. In the washroom and everywhere on high-touch surfaces.

Only one person at a time in the washroom!

Ask your coaches to help with disinfecting surfaces.

Wash your hands !

The coaches will have plenty of everything for disinfection.

There will be a dedicated garbage bag, which will be disposed by the coaches after training in the on-site garbage bin.

We will have available face masks and gloves as well.

Wash hands regularly, before and after training!

End of gym and exiting

The coaches will make sure the gymnasts exit the gym from the same door, in the same safe manner, one by one, keeping distance.

Parents, please keep appropriate distance while dropping or waiting for your kids!

Please, be on time picking up !

Thank you for your understanding!
Aura