

OLYMPIA

ALLSTAR CHEERLEADING

SOCIAL DISTANCING GUIDELINES

ATHLETES

- Please arrive changed in work out attire.
- Please name water bottles.
- Sorry, no contact with anyone - no hugs or high fives.
- If you are not feeling well please stay home.
- Shoes should be carried in & changed in the designated area only.



PICK-UP & DROP OFFS

- Athletes will be dropped off & picked up at scheduled times to ensure social distancing. Athletes must wait outside until staff open door & allow entrance.
- Parents/Drivers are to remain in the car.
- Practices will be staggered to allow staff time to wipe down equipment in-between sessions.
- Athletes are not to be dropped off early or picked up late.



HEALTH & CONTACT UPON ARRIVAL

- Attendance will be taken on entry.
- If you have any flu symptoms, living with anyone sick or have traveled in the past 14 days, please don't attend.
- Anyone with symptoms will be sent home.
- Athletes must sanitize hands before entering gym. Hand sanitizing stations will be available.
- Please wash your cheer shoes & carry in your bag. You will be asked to switch shoes to your clean ones upon entry.



SOCIAL DISTANCING

- Numbers will be limited to the Health Canada & Gov. of NB guidelines including staff.
- We will maintain social distancing of 2 meters between each person.
- Bathrooms are for emergency. Each bathroom will be cleaned after each use.
- No congregating allowed by athletes, coaches, parents or friends in any area.
- All spectator areas closed.
- ONLY online and telephone registration will be available.



CLEANING

- Deep cleaning will be done each day.
- Hand sanitizing stations will be set up in the gym.
- All commonly used areas will be wiped down & sanitized after each class.
- All waste & disposable PPE will be securely & safely disposed of.
- Equipment will be wiped down after every lesson.



TRAINING

- Staff will ensure that they maintain appropriate social distancing from other coaches, athletes & staff.
- Staff will be provided with training & education preventing transmission of COVID-19
- Coaches will wear face masks.
- Coaches should try & avoid sharing equipment with others.
- Coaches are to sanitize all equipment used after each class or private lesson.
- Coaches will wipe down the equipment after each lesson.
- Coaches will not share equipment without first wiping it down.
- No stunting, lifting or partner work until cleared to do so.



For our Parents/Athletes

Please be aware that only athletes, coaches & staff will be permitted in the facility

Temperatures will be taken at the door

Staff will ask if you have any symptoms prior to entering the gym.

Please wear a mask while entering the gym.

Please be sure to wash/sanitize your hands upon entry to the gym.

Please consider storing your credit card information with the reception so that we can make the billing process easier

Please no spotting/physical contact while in the gym

Please respect social distancing of 2meters while in the facility



PHYSICAL DISTANCING

Distancing: Athletes will maintain 6ft/2m distance from each other and the coach. Please follow the markings and designated spots on the mats.

Guests: Lobby areas will be closed and no public washrooms. When washrooms are used, they are sanitized after each athlete.

Arrival times: Athletes may arrive 5 minutes prior to the start of practice/classes. Please remain in your car until that time. Athletes will be dropped off at the front door of the gym and enter one at a time.

Markings: Our gym will have clear markings for physical distancing in the entrance area and on the mats to maintain social distancing.

Reminders: Our gym will have printed reminders of measures to reduce the spread of COVID-19 posted in the clinic.

Unnecessary movements: Please ensure athletes are practice ready prior to entering the gym. This includes their own water bottle, extra hair ties (No cell phone)

Contactless payment: Please make any tuition/class payments prior to entering the gym. Cash payments must us an envelope. Log into your IClass Pro account today. Online booking is encouraged.

Departure: Athletes will exit through the back door.

CLEANING AND DISINFECTING

Our gym will clean and disinfect all items (i.e. shapes, tables, railings, chairs, exercise equipment etc.) that the athlete encounters using a surface disinfectant before and after each class.

Our gym will perform a scheduled clinic-wide cleaning and disinfecting every 2 hours during opening hours and at the end of the day, in addition to the cleaning and disinfecting mentioned above.

HAND AND RESPIRATORY HYGIENE

Staff must wear appropriate PPE. (gloves, face-shield & mask).

Athletes will be asked to wear a mask while entering/exiting the facility. This will be communicated parents via email, and they will be reminded when they enter the gym. We will do our best to keep in supply enough masks for those that may forget. Once they are on the practice mats and can maintain 6ft/2m, masks can be removed for the practice/class.

Our staff will wash their hands for at least 20 seconds with soap and water before & after private lesson or training class. Staff will use the hand sanitizers at the stations as well to avoid cross contamination.

Our gym will have sanitizing stations throughout the gym and at reception where contact with objects are required.

Proper hand hygiene / hand washing signs will be posted in all washrooms.

PRE-SCREENING FOR SYMPTOMS

Athletes will be pre-screened for symptoms using the “screening questionnaire for COVID-19” by email to parents.

Athletes will be screened for symptoms again the day of the appointment using the “screening questionnaire for COVID-19”

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Staff will be screened for symptoms at the beginning of their workday using the “screening questionnaire for COVID-19”

Covid-19 Waivers will be emailed to families.

Staff will ensure the COVID-19 screen was completed and negative.

Clients & staff will abide by the same recommendations as above if they meet even one of the following conditions:

Signs or symptoms such as fever, cough, difficulty breathing, diarrhea, or loss of taste or smell.

Return from a trip outside the Atlantic province within the last 14 days

Positive COVID-19 test within the last month or awaiting the results of a COVID-19 test

Close contact with a confirmed or probable case of COVID-19 within the last 14 days

Athletes will be privately isolated, and parents contacted if temperature or symptoms arise during practice. Public Health will be notified, and our protocols will be enforced.