

CAMPIA GYMNASTICS

COVID-19 SAFETY PLAN

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Overview

To help prevent the spread of COVID-19, Campia Gymnastics Club Inc. is working to manage the risk for our community. Campia continues to take measures to protect our members and employees.

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.

ARRIVAL & DEPARTURE

- All participants should enter 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.
- Wearing a non-medical mask that covers the nose and mouth is **strongly recommended** for people ages 5 years or older while in the facility.

VIEWING

- Superhero & Sidekick - All athletes registered in our Superhero & Sidekick class must be accompanied by one parent/guardian. A second parent/guardian is permitted to view the class from the designated viewing areas.
- Mini Heroes - All athletes registered in our Mini Hero classes must be accompanied into the facility by one parent/guardian. This individual is required to stay for the duration of the class.
- Age 5 + Classes - One parent/guardian per family is permitted to view from the second floor during designated times.

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.

WHAT ELSE CAN YOU DO?

In an effort to prevent the spread of COVID-19 within communities and across the country, all Canadians are advised to follow national and provincial guidelines including:

- Get vaccinated against COVID-19
- Limit contact with people at higher risk, such as older adults and those in poor health
- When you leave your home, always keep a distance of 2 metres/6 feet from others
- Practice proper hygiene, which can help reduce the risk of infection or spreading infection to others:
 - Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food (use alcohol-based hand sanitizer if soap and water are not available).
 - When coughing or sneezing, cough or sneeze into a tissue or the bend of your arm, not your hand. Dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards.
 - Avoid touching your eyes, nose, or mouth with unwashed hands

If you exhibit COVID-19 symptoms, please **call 811** and adhere to the advice given.

We encourage everyone to stay informed by following credible sources of information.

To learn more, please visit: <https://www.canada.ca/coronavirus> or <https://www.gov.nl.ca/covid-19/>