

Covid-19 Protocols 2020/2021

Subject to change

Before your Arrive

- All members will be required to agree online to the Covid-19 release waiver as set forth in the terms and conditions (done as part of registration).
- Prior to coming to the gym/entering the building parents will have to complete the “Daily Self Screen Assessment” online (posted on the home page of the website). This will create a daily electronic document that will be timestamped so should the need arise can be passed on to health officials to ensure quick and efficient contact tracing.
- Remove any unnecessary items from your bags, coats etc. so you enter the gym with only required items.

Upon Arrival

- Entering the facilities: coaches, gymnasts and staff must abide by all measures put in place by Panthers, Sport Manitoba/MGA and MPHA.
- Drop off will be at either the front doors or door 5 at the back dependent on start time of your class. You will be notified of your specific door via email and it will be posted on the website.
- Children will be greeted by a staff member and guided to their appropriate storage cubby and floor marker to wait for entry into the gym.
- Drop off time will begin 15min prior to class start time and dismissal will be promptly at the end of class. To this regard it is imperative that parents arrive on time.
- No early or late drop off or pick up will be permitted.
- Doors will remain locked from the outside (not the inside to adhere to fire regulations).
- Children will be screened daily – temperature check – and parents should remain in the parking lot for an appropriate period to ensure their child has met the recommended standards (see below).
- Anyone who does not meet the criteria (red zone) will be asked to return home.
- Children will wait in the appropriate lobby distance waiting for coached to get them for gym entry.

In the Gym

- When entering the gym, participants must sanitize their hands at the touchless Purell station.
- Coaches will not be permitted to have prolonged contact and will be maintaining physical distancing protocols.
- Coaches will be wearing masks and in some cases face shields as well. Children are recommended to wear masks at the lower levels where high skills are not involved.
- Athletes must be able to tape themselves or have it done prior to arriving at the gym if required.
- Communal chalk buckets have been removed; athletes that require chalk will have to use their own block of chalk that they will carry around in their bag for personal use only NO SHARING!
- Water fountains have been disabled; gymnasts are required to bring appropriate amount of water for training. Water bottle should be clearly labeled with child’s name.
- Viewing area is closed except for pre-school children which is limited to one adult per child and no siblings etc. It still must follow physical distancing and occupancy guidelines so we will be working on a rotation system so all may have an opportunity to view part of the class on busier days.
- During class, any persistent symptoms associated to Covid-19 or if the participant becomes unwell, will result in gymnast being removed from class to be sent home immediately. Parents must ensure all parties involved with driving to and from gymnastics are listed in the Amilia profile with all pertinent cell phone numbers where they can be reached should it be required. Return to gym may require confirmation of a negative Covid test.
- Staggered break times will be in place when applicable (groups that train over 2 hours at a time). All food or packaging will return home to be disposed of. No garbage disposal will be available at Panthers.
- Prior to going to each event, participant must sanitize their hands
- If anyone touches their face, they must go and sanitize their hands.

Please stay home when sick!!

BODY TEMPERATURE CHART

Age	Normal	°C to °F Temperature Conversion Chart
Body Temperature for a Baby	A normal temperature in babies and children is about 36.4C (97.5F) , but this can vary slightly. A fever is usually considered to be a temperature of 38C (100.4F) or above .	36.4 °C = 97.6 °F 36.5 °C = 97.7 °F 37.0 °C = 98.6 °F 37.4 °C = 99.4 °F
Body Temperature for Children	The average normal body temperature for children is about 37°C (98.6°F) .	37.6 °C = 99.6 °F 38.1 °C = 100.6 °F 39.0 °C = 102.2 °F
Body Temperature for Adults	Normal body Temperature under the arm (axillary) is about 36.5°C (97.7°F)	40.0 °C = 104.0 °F 41.0 °C = 105.8 °F