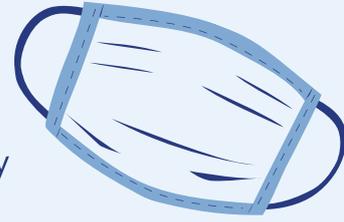


# COVID-19 PARENT/GYMNAST FACT SHEET

## ENTERING THE FACILITY...

- There is a **red strobe light** on the building that will be turned on when it is safe to enter the building, gymnasts must remain in their vehicles until the light has been turned on.
- Gymnasts will then line up outside along the **orange delineators** while maintaining a distance of 6 feet from other people.
- Gymnasts must be wearing masks to enter the gym.
- Parents and siblings etc. are not permitted to stay during classes. You may walk your child to the door, but only the gymnast will be able to enter.  
\***Exception:** Parent's must attend the Parent & Tot and Kindergym classes.
- The gym doors will be locked during class time, if you are late please ring the doorbell and a coach will come to unlock the door and let you in.



## ONCE INSIDE...

- Gymnasts will have to sanitize their hands, get their temperature taken (using a contactless forehead thermometer) and they will be asked the [COVID-19 Screening Questionnaire \(click to view\)](#).
- Anyone who answers "yes" to the Screening Questionnaire or has a fever of 38°C or higher will not be permitted inside the facility.

## EXITING THE FACILITY...

- Gymnasts will be able to leave in groups. Parents are asked to arrive on time & stand outside their vehicles so that it is easy for the child to identify their parent/guardian.

## WHAT DO YOU NEED TO DO AS A PARENT? (CHECK-LIST)

- Complete the Shared Health self screening tool with your child prior to classes. <https://sharedhealthmb.ca/covid19/screening-tool/>
- Keep your child home if: (1) anyone in your household is sick, (2) anyone in your household has gone for testing and is awaiting results, or (3) anyone in your household has been exposed to anyone waiting for results. Please do not attend gymnastics until negative results are confirmed and all symptoms have subsided for a minimum of 24 hours.
- Email [selkirselects@hotmail.com](mailto:selkirselects@hotmail.com) if your child is absent from class. This is important as we need to be made aware if our members are exhibiting cold & flu symptoms.
- Get your child a small bag with their name on it to bring to class. They will need this bag to store their mask when they are not using it so they can bring it with them during rotations. Masks must be worn to enter and exit the facility, in the changing area, and in the washroom.
- Write your child's name on their water bottle(s) & other personal items.

