

SOCIAL DISTANCING

FREEZE ATHLETICS PROTOCOLS



PICK-UP & DROP-OFFS:

- Please drop off & pick up from outside building
- Parents please remain in cars
- Staggered Start & Finish Times implemented
- Separate entry and exit doors (entry through main door and exit through far gym door)

HEALTH SURVEY & HEALTH MEASURES:

- Attendance taken on entry
 - for contact tracing purposes
- Health survey on entry
 - flu symptoms, living with anyone sick or travel in past 14 days, not able to attend.
- Anyone with flu symptoms sent home
- If any attendee or staff member has a positive COVID19 result we will follow all health guidelines
- Anyone who coughs or sneezes will be expected to wash hands immediately
- Masks may be worn if desired, but should not be touched while wearing
- Shoes must be worn in the facility



SOCIAL DISTANCING:

- Practice times changed to allow for change overs to maintain number limits.
- We will maintain social distancing of 2M between everyone within the facility.
- Spots will be assigned on floor to reinforce social distancing during classes.
- No congregating allowed by athletes, coaches, parents or staff in any areas including bathrooms, front desk or outside facilities.
- 1 person in the bathroom at a time.
- All spectator areas closed.



ATHLETES:

- Please arrive changed (changing rooms & lockers will be closed)
- Limit belongings brought in
- Bring filled water bottle with name on it (these will be safely positioned during practice to avoid others & accidental sharing).
- Please take all belongings, do not leave anything behind.
- No contact with anyone
 - no hugs, high fives or handshakes.
- If unwell or living with anyone unwell please stay home
- If you have travelled outside of Canada in the last 14 days, please stay home



CLEANING:

- Deep clean daily will be done at the end of classes.
- Athletes required to wash hands at the start and end of class.
- All commonly used areas, surfaces, handles and touch points will be cleaned & disinfected after each class.
- Curtains removed from women's washroom and a lock added to the door for fewer contact points.
- Cleaning & disinfecting equipment will be available.
- Athletes are asked to wipe down stations if circuit training.
- Practice times changed to allow for cleaning between classes.



TRAININGS:

- Coaches to ensure that they maintain appropriate social distance from other coaches, athletes & staff
- Coaches ensure they do not have any physical contact with athletes (no spotting)
- Coaches to amend their use of whiteboards so that athletes do not congregate around them
- Coaches to disinfect all equipment after each class
- When circuit training, athletes will wipe down mat prior to moving to next station
- No stunting, lifts or partner work

