

## **Skyriders' New COVID-19 Policies/ Rules:**

### **1. Fixed Training Groups/ "Bubbles"**

Athletes will train in fixed groups or "bubbles," each with a designated coach. Each person in the bubble is responsible for the health of everyone in their bubble and in the households of their bubble-mates. **There is NO switching groups and no make-up classes.**

### **2. Screening**

If you think you, or someone in your household may be infected with COVID or have come into contact with someone who is suspected of having, or has tested positive for COVID, *please stay home!*

**Upon arrival at the gym, the coach will conduct a temperature check and a screening questionnaire for each athlete prior to entering the facility. The coach and any other individual entering the facility will be required to do the same.**

### **3. Hand-Washing**

Upon entering the facility, athletes are to **use sanitizer at the door** as they complete the screening. Once screening is done, athletes must wash their hands with soap and water prior to entering the gym.

Athletes must also wash hands prior to departure.

Automatic soap dispensers have been installed.

### **4. Change Rooms**

**Change rooms are closed.** The doors are propped open because the change rooms are available only as a corridor to the washrooms.

Outdoor shoes should be left at the door in your own bag. Bring items necessary for training into the gym.

### **5. Training**

Bubbles will be allocated 1.15-hour time slots to warm up, train and cool down. There will be a minimum of 30 minutes scheduled between each bubble providing sufficient time for cleaning, and to ensure no intersection of the bubbles.

**Each athlete will have a designated warm up and cool down space (a mat). Athletes will be required to sanitize their individual space at the end of each training.**

**There is a maximum of one athlete per trampoline (6). Each athlete will have their own trampoline for the duration of the class, no rotation.**

Each athlete will bring their own water supply.

Athletes must wear **slippers or socks** at all times on the trampoline.

Athletes must wear shirts at all times while in the gym.

No cell phones.

## 6. Distancing

Athletes are required to stay 2 meters apart, though if you stay 3 meters apart, you will always be at least 2m!

We advise that you do not socialize with athletes from a different bubble, in the parking lot. If you do make sure you stay 3m apart.

The primary means of infection is through the air, and although most of the droplets fall to the ground in less than 2m from an infected person, a sneeze can project particles up to 50 ft. And some virus gets aerosolized.

## 7. Parent Observation

**In classes with all participants under 18, we will require one parent to be an observer** in the viewing lobby, to satisfy Safe Sport guidelines. This one parent can be a different one on different days.

## 8. Masks

**Coaches and observers will wear masks at all times in the facility.**

Athletes are not required to wear masks when they jump, but may wear them at other times.

## 9. Pooping

Please try and refrain from pooping at Skyriders unless absolutely necessary. Please use only the washroom in the lobby. Close the toilet seat lid prior to flushing and leave it down. Leave the fan and light on in the washroom. Write the date and time for the washroom was used on a post-it and place it on the door. (Urine is not a concern as it has not been shown to carry virus particles.) The lobby washroom will remain closed for 30 minutes following such use. After 40 minutes, please remember to turn the fan and light off.

## 10. End of Class

**Each athlete is to disinfect their designated warm up/cool down area and remove all items that they brought into the gym.**

Parents should wait outside for their athlete to be done.

**The coach will disinfect the equipment and the gym with VitalOxide (a disinfecting fog) once athletes have departed.**

*We have read and agree to be bound by all statements above.*

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Name of Participant (print)

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Parent or Guardian (print)

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date