

# Return to sport plan Aura Rhythmics /Richmond Oval

## Gym protocol and rules

Use The Daily Screening Checklist before coming to gym !

### Daily Screening Checklist

This checklist may be updated as the situation progresses over the next weeks and months.

#### Daily Screening Checklist

Today's Date:		Activity Start Time:	
Participant Name:			
Activity/Group:			

1.	Do you have any of the symptoms below? Please circle your answer.		
	• Fever (greater than 38.0°C) and/or chills	Yes	No
	• Coughing	Yes	No
	• Sneezing	Yes	No
	• Sore throat and/or painful swallowing	Yes	No
	• Stuffy and/or runny nose	Yes	No
	• Fatigue related to illness*	Yes	No
	• Loss of appetite	Yes	No
	• Shortness of breath	Yes	No
	• Loss of sense of smell	Yes	No
	• Headache	Yes	No
	• Muscle aches related to illness*	Yes	No
2.	Have you, or has anyone in your household travelled outside of Canada in the last 14 days?	Yes	No
3.	Have you, or has anyone in your household been in contact in the last 14 days with someone who is being investigated or who has a confirmed case of COVID-19?	Yes	No
4.	Are you currently being investigated as a suspect case of COVID-19?	Yes	No
5.	Have you tested positive for COVID-19 within the last 10 days?	Yes	No

Do not come to class if you are feeling sick or having any symptoms like fever, cough, shortness of breath !

Do not come to class if you are in contact with any individuals who are sick, have any of those symptoms or have been travelling outside the province or the country in the last 2 weeks !

The gymnast will be screened by the coaches as well before entering the gym.

## Gym entry

Enter the Oval through the parking doors.

There will be a gathering area just outside the doors. One of the coaches will be there to go over the daily screening for each athlete. Then, all participants will go to the court together, following the green arrows.

All gymnast should arrive 5-10 min before training. If anyone is late, the coaches will leave their name to the Oval personal at entrance and they will let them in.

**Parents are not allowed in the gym at this time !**

### **Gym rules**

Please, go directly to the designated spot on the carpet !

Try to bring only your apparatus and a water bottle. Do not bring unnecessary things. If you have a bag, there will be a disinfected area, where you can put it. Do not touch other people's things !

The coaches will be conducting the class from at least 2 or more meters distance.

Keep your distance !

Do not share apparatus or anything at all !

Do not touch each other !

Try to stay in your area only, do not run around and try not to touch anything in the facility!

Bring your water bottle !

Have your own hand sanitizer !

Wash or sanitize your hands regularly, before, during and after training!

The coaches will have a first aid kit, gloves, masks, sanitizing materials (for hands, apparatus and surfaces), available as well.

### **Exiting the Oval**

Exit the Oval following the markings, around the window, down the stairwell between the ice rinks to the parking lot.

Parents should pick up their kids from the parking lot on time to avoid any traffic.

Thank you!

Aura Rhythmics

Sent from my iPad