

# PEGASUS CHEER ATHLETICS

## *Covid 19 Re-Opening Plan*



## PREPARING FOR RE-OPENING

With Premier Ford's announcement about Phase 1 of reopening, we want to let our Pegasus family know we are working hard to prepare for reopening. We want to say a HUGE thank you to the community for your love and support during this time. You continue to show us how amazing you are.

As we prepare for reopening, the number one priority for our gym is the health and safety of our athletes, families, and staff. We will continue to follow provincial guidelines to keep everyone safe.

With this in mind, we have created this document to help families understand our plan as we navigate this situation.

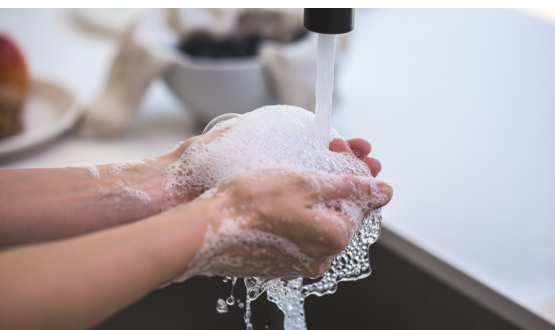
*\*This plan can change based on provincial guidelines.\**





# KEEPING SAFE

## *General Precautions*



### HAND WASHING

All athletes will be required to wash hands upon entry of the facility and use hand sanitizer after participation.



### CLEANING

The gym will be cleaned and sanitized multiple times a day to help minimize the spread of germs.



### PARENT ROOM

To help minimize the spread of germs, the parent room will remain closed until we have entered Phase 3.

### FACE MASK GUIDELINES

We have been informed that doctors recommend athletes NOT wear masks due to inhaling too much carbon dioxide, which can lead to The Bohr Effect.

Doctors do recommend physical distancing, which we will already have in place.







# KEEPING SAFE

*Additional Precautions*



## FACILITY

Athletes will enter through the main entrance and will exit through the front door  
Parents will be able to drop off and pickup in the parking lot only.



## VIRTUAL CLASSES

Virtual classes will remain in effect. Households can purchase a monthly subscription with unlimited classes for \$69. Or get May and June free when you lock-in for a Season 7 team.



## EQUIPMENT

Equipment used will be sanitized between each lesson and will not be shared amongst athletes who have lessons happening at the same time.

## ADDITIONAL GUIDELINES

In addition to the general safety guidelines listed above, during the first two phases of opening, all athletes and staff will be required to complete a daily self assessment. This includes, but is not limited to, taking daily temperature readings to ensure there is no evidence of a fever and monitoring for any other COVID-19 symptoms.



# Phase 1

## WHAT TO EXPECT

Phase 1 Opening allows the gym to open while maintaining appropriate physical distancing.

We will offer PRIVATE/SEMI-PRIVATE LESSONS and SMALL CLASSES only. These programs will be offered with the following guidelines:

- Tuesdays and Thursdays from 4 p.m. to 8 p.m.
- A maximum of 4 coaches and 10 athletes in the building at once, allowing us to physically distance.
- Athletes and staff will be required to complete a self assessment before entering the facility.
- All athletes must register for classes. We will not allow any "Drop Ins" to maintain physical distancing.
- No physical contact, including spotting, will be taking place.
- Washrooms will be closed, except for emergencies.
- Athletes must bring their own water bottle.
- Parent waiting area, coaches' lounge, and the Party Zone will be closed.

## BASIC HEALTH REMINDER

*Before you come in, ask yourself...*

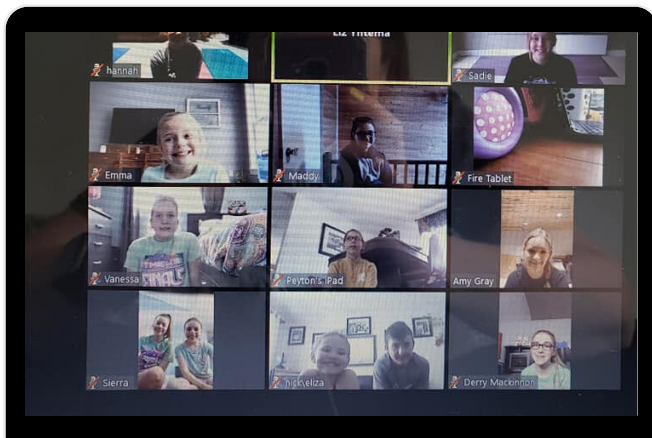
Are you or your child demonstrating any type of illness, including:

- Fever
- Cold or flu symptoms
- Running nose
- Cough, new or worsening
- Shortness of breath or difficulty breathing
- Muscle pain
- New loss of taste or smell

Any athlete or staff who have symptoms of COVID-19 will not be allowed to enter the facility. They should remain at home until they have been cleared by a doctor or until the 14-day isolation period has passed.

It is the responsibility of all of us to keep the gym safe.

If you have any questions or concerns, please let us know immediately.



*Virtual classes will remain in effect.*

*These training sessions are included in the lock-in pricing for Season 7.*

*Households can also purchase a monthly pass if they have not yet saved their spot for a Season 7 team.*

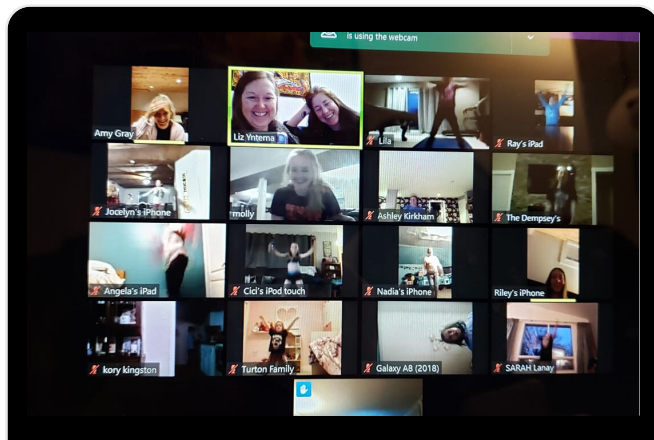


# Phase 2

## WHAT TO EXPECT

Phase 2 allows us to continue with classes and private and semi-private lessons in the gym. Guidelines from Phase 1 will be followed along with some changes:

- The parent area, coaches' lounge, and the Party Zone will continue to be closed. Parents are asked to drop off and pick up their athlete(s) outside of the building.
- Tours will be limited to ensure we are not overfilling the building and will be scheduled outside of class hours.
- Class sizes will increase, but will be limited to no more than the recommended number of people per provincial guidelines.
- Washroom access will be limited. Athletes are asked to use personal facilities before coming into the gym.



*Some virtual classes will remain in effect.*

*New training schedules are released for the first of the month.*

# Phase 3

## WHAT TO EXPECT

Phase 3 allows us to open back up to full operation. We will continue following Phase 2 guidelines with a few small changes:

- Parent waiting area, coaches' lounge, and the Party Zone will re-open.
- Open Gym and special events will resume.
- Programs will begin preparing for Season 7 assessment clinics.
- We will continue with our cleaning schedule and procedure for disinfecting.
- Should there be changes to provincial guidelines, we reserve the right to close the parent room to ensure the safety of our athletes and staff.
- Any temporary closure deemed necessary by the governing bodies will result in all classes being delivered virtually.



## Season 7

We are excited for Season 7!

Based on the current situation and how it has affected families, we are making changes to help our families save money.

Watch for the new season info packet to come out soon.

## #unfinished business

