

Information for Parents and Participants

Winter 2021-2022

November 22nd—December 18th &

January 3rd— January 29th

Entry to Facility

At this time, we do not have access to the Bracebridge Sportsplex. Please read instructions on how to enter our facility.

- Please park in the Northeast end of the lot, closest to Douglas Drive and follow the service road on foot to our outside entrance. **Please do not drive vehicles on the service road, as it must be kept clear for emergency vehicles.**
- All participants enter through our doors across from the playground.
- Look for the lines on the sidewalk to follow physical distancing protocols when signing in and picking up your children.
- Only parents of participants under the age of 5 will be granted access to the facility. ALL participants under the age of 5 will require parent accompaniment at a 1:1 ratio.
- Entrance to the facility will be granted a maximum of 5 minutes prior to the start of the class.
- Prior to entry, parents must complete the COVID self-assessment log for their child (and themselves if participating in Kindergym/Tumble Tot programs)
- Upon entry, all participants will remove their shoes and wash their hands. Physical distancing must always be adhered to during these procedures – there are lines on the floor to guide them.
- Children must wear masks when entering the facility. Coaches will advise when masks can be removed.



Start and End of Class

Your child's coach will meet them at the doors and welcome them into the gym. Please have your child come changed for class, as we only have one washroom for our use. At the end of class, your child will wait in their seat. Their coach will dismiss them when a parent or assigned adult arrives to pick them up at our door.

Trampoline Soreness

Many new trampolinists find the trampoline rough on the skin of their knees, elbows, and palms. This will get better and their skin will get tougher with time. If they have scabs, we will cover them with tape to prevent bleeding. Please encourage your child to continue and explain that it will improve after a couple of weeks of participation.

Behaviour Issues

It is very important that the children in the gym listen to the coach, follow instructions carefully, and stay with their group. Gym rules are reviewed regularly for each class. In the event a child misbehaves or is disregarding instructions, they may be given a "time out" on the bench. If behavior problems persist, the coach may contact the child's parents to discuss options.

Cancellation of Classes

Classes are rarely cancelled due to weather. In the event that we are required to cancel, there will be a message on the answering machine, our web page, and our Instagram page. We will also contact Moose FM to have them announce the cancellation on-air. Classes cancelled for reasons beyond our control will not be rescheduled.

COVID-19 Protocols

As directed by the Government of Ontario, Gymnastics Ontario, and the Simcoe-Muskoka District Health Unit, we will be adhering to the following protocols:

- All participants will adhere to physical distancing. This includes the coaches. As a result, spotting will only be for the purpose of safety in our recreational program. Stations will be set up to aid in the progression of skills.
- All coaches and parents will wear masks in the gym.
- Parents are not permitted in the facility unless they are accompanying a child under the age of five.
- Participants will wash their hands after each event.
- All hard-surfaced equipment will be cleaned after being used by a group. The gym will be fogged several times during the day.
- Participants are to stay home if they are unwell.
- Anyone entering our facility must complete a Waiver and Declaration.
- **Proof of Vaccination—please review the attached information on the requirements for entry.**

In the event that the Province of Ontario mandates a facility closure due to COVID-19, a credit will be placed on your account for any remaining classes. **Refunds/credits will not be issued for classes missed due to illness.**

Withdrawals and Refunds

- If you choose to withdraw from a class before the program begins, you can request a refund for the class amount less a \$15.00 administration fee. You may also request a credit on your account for future use with no administration fee. Credits may be used by any member of your family for classes, camps, or pay-as-you-go classes. The G.O. fee is non-refundable.
- If you choose to withdraw from the class up until four weeks into the session, you may request a refund less the pro-rated classes and the administration fee or you may transfer the unused fees to your account as a credit, with no administration fee.
- If you choose to withdraw from a class AFTER four weeks of the session, you will only receive a credit toward future classes.

Any participants or coach who develops COVID-19 symptoms while at home will be asked to complete the online Ontario Health assessment - <https://covid-19.ontario.ca/self-assessment/> - and follow instructions. Any participant or coach who develops COVID-19 symptoms while at gymnastics will be immediately separated from others until they are able to go home and see their healthcare provider and/or visit an assessment centre.

Coaches with symptoms and parents/guardians of children with symptoms will be directed to use the online Ontario Health assessment and follow instructions. Anyone who tests positive for COVID-19 may not return to gymnastics until they are cleared by public health guidance. Anyone who retests negative (after an initial positive test) may return to gymnastics once they are symptom free.

General Clothing for All Participants

- All athletes can wear shorts and a t-shirt, a gymnastic leotard, leggings, or jogging pants.
- **No** spaghetti strap tops, skirts/tutus, or shorts with buckles, buttons, or belts are allowed.
- Please leave all jewelry at home. Dangling earrings, necklaces, bracelets, anklets, and watches are not allowed. **We are not responsible for any items left in the gym.**
- All long hair must be tied back (boys and girls).
- Trampoline athletes may wear **CLEAN** socks; gymnastic participants must have bare feet.

If you have any questions, please contact us at (705) 640-0099 or muskokalimberettes@gmail.com

Proof of Vaccination for Entry

As per the Government of Ontario and the Simcoe Muskoka District Health Unit:

Youth under the age of 18 who are actively participating in our programs are exempt from providing proof of vaccination.

Vaccine certificates **will** be required for the following patrons for entry to the Muskoka Limberettes:

- Adults (18 years of age and older) and/or Youth (ages 12 and older) accompanying children in a chaperoning capacity for Tumble tots and Kindergym classes.
- Adults (18 years of age and older) and Youth (ages 12 and older) accessing the facility for any purpose, including parents and guardians of youth participating in our programs.

Starting September 22, 2021, in accordance with the Government of Ontario, patrons (as listed above) will need to be fully vaccinated (two doses plus 14 days) and provide proof of vaccination along with Government issued ID at each visit to access our facility. Individuals who choose not to share the required information will not be permitted to enter the Muskoka Limberettes facility unless proof of exemption is provided.

Please make sure you are on time for your class and have the required documents at the ready, so that the start of class is not delayed.

More information can be found on the Government of Ontario website:

https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/guidance_proof_of_vaccination_for_businesses_and_organizations.pdf?utm_source=newsroom&utm_medium=email&utm_campaign=%2Fen%2Frelease%2F1000807%2Fontario-releasing-guidance-to-support-proof-of-vaccination-policy&utm_term=public&fbclid=IwAR3C6wVpsU6MpGafIJ1mT-BUEi0ngEdYaftVvBu9AtVKL3F574lc2s957Ew