

Information for Parents and Participants

Spring 2022

March 21st—May 16th

No classes April 15th & April 18th (Good Friday & Easter Monday)

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, on the right side of the courtyard.
- Entrance to the facility will be granted a maximum of 10 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 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.
- Any parents accompanying their child(ren) for Tumble Tots classes must wear a mask while inside the facility.
- Please see below for information regarding Vaccination requirements and how to access our viewing area.



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's 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, we will send an email to those classes affected. There will also be a message on the answering machine and our Instagram page. 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 coaches and parents will wear masks in the gym.
- Participants will wash their hands after each event.
- All hard-surfaced equipment will be cleaned regularly and the gym will be fogged at least once a 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.**

Please be aware that these protocols will often change and we will keep you updated as necessary.

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/school-screening/> 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 test and/or isolate.

Coaches with symptoms and parents/guardians of children with symptoms are directed to use the online Ontario Health assessment and follow the procedures as outlined.

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.

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.

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 12 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:

- All those 12 years of age and older who are accompanying children in a chaperoning capacity for Tumble tots classes.
- All those 12 years of age and older who are participating in any of our programs.
- All those 12 years of age and older who wish to access the viewing area.

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 using the Government of Ontario QR code 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.

Viewing Area Entrance

- Those who wish to utilize the Muskoka Limberettes viewing area must enter the facility at the Muskoka Limberettes entrance at the beginning of their child's class. Entry to the viewing area will not be available once the class has started.
- Those who are 12 years of age and older must present proof of vaccination (2nd dose plus 14 days) with identification showing name and date of birth every time you wish to enter. COVID screening will also be required.
- Once the check-in is complete, please follow the path to the exit through the Limberettes' side entrance and use the stairs located across the hall. The viewing area is located inside the track. Please remove your shoes before crossing the track.
- To exit, please use the same stairs and exit through the exterior doors leading to the playground. You can meet your child at our doors as his or her class exits.
- Please be aware that entry from our doors is for spectating only. If you wish to utilize the track or any other area of the facility, you will need to enter through the Sportsplex main entrance and purchase a pass.
- All spectators, including children, are asked to remain in the viewing area. The track is not to be used for viewing or playing.
- Please do not consume any food or beverages until you are seated in the viewing area.
- A reminder that there is no photography in the building.