

# NEW POLICIES & PROCEDURES - COVID-19

One of our core values is “safety first” and as we return to training following the COVID-19 pandemic, Perfect Storm Athletics has made several changes in order to ensure we are following all Alberta Health Services (AHS) recommendations and that we are doing everything we can to ensure the health and safety of our athletes, our staff, and our families. Please read through this carefully as we expect everyone to follow the guidelines set forth.

1. We will follow all recommendations given by AHS and will display signs and instructions throughout our gym. We will also be following return to play recommendations as outlined by the Alberta Cheerleading Association and Cheer Canada.
2. Health screening will occur before every class, practice, or lesson until further notice. Anyone not completing the screening will not be permitted to participate. Screening will be done through a google form that will be made accessible to everyone through email and our website.
3. If you are sick and/or exhibiting any symptoms of COVID-19 you must stay home. Anyone displaying symptoms or complaining of illness after entry into the gym will be sent home immediately.
4. The gym will be closed to all spectators including family members until further notice. Only participating athletes will be permitted inside the gym. Athletes 6 and under may be walked into the gym by a parent.
5. Drop off and pick up will be 5 minutes before and after practice. Athletes arriving earlier must remain in their vehicles until just before their start time. Perfect Storm may stagger some start times to assist with traffic flow and parking.
6. Athletes must come to the gym changed and ready to practice as change rooms will be closed except for the use of the bathrooms.
7. Everyone entering our gym will be required to wash/sanitize their hands. We will provide sanitization stations throughout our facility.
8. Athletes will be kept 6 feet apart and will be reminded to remain in their own space and to not touch their faces.
9. Coaches will stay 6 feet away from athletes. There will be no spotting of skills until further notice. The only time a coach may have physical contact with an athlete is if the coach feels the athlete’s safety is at risk.
10. The Storm Seller/store will remain closed. There will be no sale of food or drink until further notice. Athletes may bring a water bottle (must be labelled with their name) to practice and it will remain with them at all times.
11. Sanitization of all gym equipment will follow AHS requirements.
12. We will have PPE on hand to be used if first aid needs to be administered.
13. Cohorts may be used during training.

Our staff will all be trained in proper protocols and will be expected to follow guidelines at all times. As mentioned above, coaches will not have any physical contact with athletes includes hugging, pats on the back and high fives. However, our staff are creative and fun and you can rest assured that there will still be plenty of “distanced celebrations” in our gym!

## STRONGER TOGETHER

As we navigate through this unprecedented time, we ask for your continued patience and understanding. We always do our best to put the safety and needs of our athletes and their families above all. Communication is paramount at Perfect Storm Athletics and will continue to give you as much notice as we can to changes in training schedules, fees, and other information outlined in this handbook. Please remember that these changes are often out of our control.

We hope that once training for the 2020-21 season starts in July that we will continue to be able to train inside our gym; however, should indoor training be put on hold, we will continue to train outdoors where and when we can, and if that is not possible, we will train virtually. We will not be offering refunds or credits for classes moved outdoors or on-line. We will always endeavour to do our very best to provide a positive, fun and valuable training experience for our athletes. If events are cancelled we will pass along any refunded money to our athletes/families. Please note that full refunds are not always possible.

