**FLIPS COVID-19 FAQ’s**

1. My child has **symptoms of Covid** what do I do?

*You are required to keep your child home for a* ***minimum of 10 days*** *OR until the symptoms resolve, whichever is longer.*

1. Can my child return once they have a **negative test result**?

*If the child is tested negative and has****no known exposure****to the virus, they must stay home until their symptoms resolve.*

*If the child is tested negative and has****had an exposure to the virus****, they are legally required to quarantine for 14 days from the exposure date.*

1. Do we need to **prove a negative test** before returning?

***No,****however it is always recommended to get a test if your child is showing symptoms.*

1. What will happen if a child **tests positive**?

*The child will be legally required to isolate and* ***not return to FLIPS for 14 days*** *from when the symptoms started and until symptoms are gone (whichever is longer). AHS guidelines will be followed.*

1. What if a **coach** is in direct contact with a **positive case** and/or has been **tested for Covid**?

*FLIPS will follow direction from AHS which would most likely* ***result in cancelation*** *of all gymnastics (including tumbling & ninja warrior) classes for a* ***minimum of 14 days****.* ***Cheerleading*** *classes would not be affected (unless a Cheer coach had been affected). This is due to the fact that while all of our gymnastics coaches are certified, insurance coverage requires the presence of a certified adult coach at all times*.

1. My child has been **directly exposed to a positive case** but has no symptoms. Can they still attend?

***No****. If the child is tested negative and has had an* ***exposure to the virus****, they are legally required to quarantine for 14 days from the exposure date.*

1. My child has been **indirectly exposed** to a positive case, can they still attend class? (for example, a sibling has had direct exposure from a classmate, a parent has had direct exposure from a co-worker)

*They can still attend IF they****do not have any symptoms****.*

1. Does my child need to **wear a mask**?

*Your child is* ***NOT*** *required to wear a mask. However, it is recommended that masks be worn in common areas (ex. foyer, hallways, entrance, etc.). Coaches will wear masks when spotting and any other time social distancing cannot be practiced.*

1. Are **parents/guardians/siblings allowed in the facility** and/or viewing area?

*We kindly ask that only* ***1 family member****/parent/guardian per athlete enter the facility and/or viewing area during their athlete’s class. However, it is* ***advised to wait outside*** *the facility whenever possible.*

1. Where can athletes place **personal belongings** during their class?

*At this time, the club is* ***discouraging any type of personal belonging*** *being brought into the facility other than a* ***prefilled water bottle****. FLIPS is currently working to create ‘safe’ areas that can be sanitized between classes where participants will be able to store outdoor wear (ie. Jackets, toques, etc.)*

**Refund Policy:**

Any classes cancelled due to facility closures will result in a credit on account to be used at a future date. No Refunds will be issued in the event of closure due to Covid-19. If registering for a program after the start date, you will not be prorated.

**What to Know:**

* Encourage your child to use the **washroom** prior to coming to class.  Washrooms are available if needed, however it is limited to one person at a time.
* FLIPS has allowed **15 minutes** between every class for enhanced cleaning and **sanitization of high touch surfaces** to ensure participant safety.
* We ask that participants **enter the facility no sooner than 5 minutes prior to their class beginning**. This will assist with decreasing the number of people occupying the foyer/entrance area between class changes and the sanitization procedures.
* Bring a **filled water bottle** or fill your bottle at the facility as opposed to drinking out of the fountains
* **Come dressed** in active wear to class and **long hair must be tied back**
* No **jewelry** (small stud earrings are permissible), no zippers or metal on clothing
* **Bare feet** are best. However, if you have **warts**, please wear socks
* Athletes will are expected to bring **personal chalk containers** and wash or disinfect hands after using equipment. Athletes are encouraged to bring their own **hand sanitizer**
* Upon entering the FLIPS facility, **hand sanitization** will be enforced before class begins. Handwashing/sanitizing will be enforced between apparatus rotation changes.
* A Covid-19 **online screening form** must be completed before each session. An online version of this form can be found here: <https://www.athabascaflips.ca/agf-fees>.
* Athletes and spectators will be prompted and monitored by coaches to ensure **physical distancing** of 2 meters or more is maintained
* Measures are in place (ex. Directional arrows) that **promote one-way traffic flow** to avoid individuals from inadvertently interacting
* If athletes participate in activities where physical distancing is not possible and where athletes are required to have physical contact, those **groups will remain as one cohort** within the facility and not mix or change with other cohorts that may be utilizing the facility at the same time.