**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.)*

**Covid-19 Policy:**

Cancelled classes are not eligible for a refund.

If the gymnastics facility needs to close for 14 days (or longer) due to a positive Covid case, members may request that a prorated credit be applied to their FLIPS account and used toward future classes.  Members will need to contact FLIPS to make this request.

Please respect that FLIPS will act in an abundance of caution and abide by all Alberta Health protocols. Classes will likely be cancelled at times during the fall and winter sessions if our coaches experience cold or flu symptoms similar to those of Covid-19.  Make up classes will be offered whenever possible and are at FLIPS’ discretion.

**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.