



May 21, 2020

Dear Adrenaline Gymnastics Team Families,

We hope all of our gym families and students are staying safe and remain optimistic. Your health and well-being continue to be our top priority. Over the next 2 weeks, our staff will be working hard to prepare the re-opening of the gym on June 1<sup>st</sup>, 2020.

Due to the impacts of COVID-19, many new procedures to conform to social distancing are required and the need to maintain high cleanliness standards. Under Gymnastics Ontario and government guidelines, Adrenaline will be taking a phased approach to reopening.

Please keep in mind, these are our anticipated phases which many or may not change, as COVID-19 regulations further develop. We encourage you to follow our Website, Instagram, and Facebook pages, as well as staying up to date with checking your emails, to view any changes regarding Adrenaline protocols.

### **PHASE 1**

We will be bringing all and only competitive athletes back as of June 1<sup>st</sup>. As a result of COVID protocols, groups will be defined with 6 to 7 athletes in each group to a 1 coach ratio, with a staggered schedule. To start training, athletes will train reduced hours as seen fit by the Head Coach. These are temporary groups to review skill and conditioning levels based on levels competed this past year. This approach is to ease athletes back to a full training schedule by mid to late June as well as for coaches to ensure athletes have proper group placement. The Head Coach will begin to schedule group parent meetings via zoom over the next 2 weeks.

A training schedule will be available towards the end of this week to allow a week's time for parents to prepare for any adjustments in current family routines. Please note there will be no changes or accommodations to the schedule given. If you are unable to accommodate the times, please contact us for an alternative start week.

**\*\*Note\*\*** As a parent, if you feel that it is safer and best for your athlete to start later, your athlete will not lose their spot on the team.

### **THINGS TO KNOW TO RETURN:**

- GO insurance has been extended to August 31, 2020
- No tryouts will be permitted for any athletes that was not previously competitive
- No spectators/viewing has been recommended by GO during training times
- Club is permitted to keep group ratios as previously done, however Adrenaline will have reduced group ratios
- Birthday Parties will not be permitted



### **UPON RETURNING, YOUR ATHLETE WILL REQUIRE:**

- A mandatory startup kit for all athletes for \$10 that includes:
  - For bars: spray bottle, a pair of gloves for strap and a Ziploc bag for grips; the grip bag will contain the grips in Ziploc, spray water bottle and gloves, hanging at the gym
  - For injury prevention: theraband, lacrosse ball
  - A notebook for journaling
  - Adrenaline button for Team Backpacks

Please note that the purchase of these items will be required if an item is lost, damaged or depleted. Each athlete is required to have their own kit to comply with COVID protocols (i.e. no sharing between athletes, including siblings)

### **WHAT YOUR ATHLETE WILL NEED TO BRING TO RETURN**

- Declaration of Compliance and registration form will be sent out and required to complete/sign by the parent(s) before returning to the gym
- To complete the startup kit, your athlete will need the following 3 items that will remain at the gym in their individual cubby:



approx. 24" massage foam roller



muscle massage stick



Ankle weights, 1 to 2 lbs

- Spill-proof resealable water bottle that will be carried from even to event
- Team Backpack required to support COVID protocols. The backpack must hold clothes, shoes and snack.

### **PHASE 2 – dates dependent on the success of the re-opening protocols, as early as June 8<sup>th</sup>**

Pre-Team and Interclub competitive groups will be called to train reduced hours. Please follow Phase 1 directions, with the exception of the startup kit.

### **PHASE 3 – dates being reviewed by the government**

Recreational athletes, ages 6+ only back to the gym for regular recreational classes (ie. evenings and weekends), as well as for day camps (i.e. Monday to Friday 9am to 4pm, with extended care).

Adult open gym to re-open.

Competitive athletes may return to full normal training hours as early as June 15.

### **PHASE 4 – dates being reviewed by the government**

Recreational classes for children ages 5 and under (i.e. Kinder Gym, Parent & Tot, Pre-School Room) to re-open. Day camps will allow children ages 4 and 5 to attend.

There is an abundance of information communicated and it can be overwhelming. We are here to answer any questions you may have.



We very much look forward to reconnecting with everyone and we are optimistic that we will all emerge from this ready-to-flip and cartwheel once again.

Until then...Stay safe, get strong, and remain vigilant.

Sandra Perkins  
President, Adrenaline Gymnastics

Note: All Information will be posted in the Google Drive