



## COVID-19 Protocol - updated March 3, 2021

One of the core values at Perfect Storm Athletics is “safety first”. As this pandemic continues to affect us, we will do our best 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.

### Preparation

Before leaving for the gym, please ensure you:

1. Do not have any symptoms or feel unwell. If you do, please do not come to the gym.
2. Use the washroom at home before coming to the gym. The gym washroom is for emergencies only. Wash your hands.
3. Have clean indoor shoes to wear. Please do not wear these shoes outside.

### Arrival

1. Please pull into a parking stall. Front door drop offs block traffic and cause congestion.
2. Parents of younger athletes may walk them up to the front door. We ask that you wait outside until a coach or manager opens the door to welcome you in.
3. There is NO PARENT VIEWING at this time. Let's really try to keep the area outside the gym free from congestion. Parents are welcome to wait in vehicles.
4. Athletes must wear a mask from the time they leave their vehicle to enter the gym until they return to their vehicle after their lesson or class. Athletes will use hand sanitizer on the way in and the way out. Athletes will be kept distanced when active in the gym.

### Activity

1. During activity athletes will be kept 9 feet apart. Coaches will do their best to enforce this. Coaches will also do their best to stay 9 feet away from athletes.
2. If an athlete's safety is at risk, a coach may come closer than 9 feet and in a semi-private lesson a coach may spot an athlete.
3. When athletes are not “active” we still ask that they do their best to stay 6 feet away from each other but we recognize that this may not always be possible.
4. Masks will be worn at all times in the gym, regardless of level or intensity of activity.

### Cleaning Protocols

1. The gym has been and will continue to be treated between uses with a treatment system for superior coverage that inhibits and prevents the spread of virus, mold, and bacteria. Along with cleaning portable mats and equipment, we have a “mister” for cleaning all carpets and the tumble track between private lessons.
2. Any equipment that is used by a single athlete will be sanitized before any other athlete can touch it.

### Additional Notes

1. If an athlete becomes ill during practice they will be immediately removed from the practice area and parents will be called.
2. Parents must be waiting outside/in their vehicle at the end of lessons for pick up as we are unable to have multiple athletes staying in the lobby.
3. The Storm Seller will remain closed for all food, drink, and merchandise sales. Instead, all requests can be made online or via email for merchandise requests such as shoes, shorts, tanks, water bottles, hair accessories, etc.

4. All pre orders can be picked up in the lobby whenever lessons or classes are running.

**Should you have any questions about these protocols please do not hesitate to contact us.**

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