



Cartwheels Information Memo Updated/revised: September 2022

Subject to change at any time if we receive updates from the provincial government, Gymnastics Ontario, or Halton Region Public Health. Cartwheels Gym Centre also reserves the right to require/enforce our own policies, protocols, and procedures.

Please take a moment to read the following information thoroughly and email us any questions that you may have to: info@cartwheelsgymcentre.com

What to wear:

Comfy-sporty clothing (no dresses, no jeans), bare feet, long hair up, and no dangling jewelry.

What you need to know before you arrive for class:

- 1) The viewing seating will be limited and remain optional for Kindergym and higher programming (drop-off allowed/encouraged). We are bringing our bleachers back Fall 2022. We ask that viewing adults (plus potential non-participating siblings) respect distancing preferences from other adults/families in our facility. Please do not allow non-participating siblings to be running around or distracting classes.
- 2) Cartwheels chooses to continue to keep our facility capacity numbers low. We ask that you arrive no more than 5-10 minutes before your child's class time as we will not allow "extra" people in the facility during classes.
- 3) Cartwheels Gym Centre will be following the province and shifting to "masks optional" for our members and staff. We support with kindness any athletes who choose to continue to wear a mask while in the facility.
- 4) When participants & family arrive at Cartwheels, they are required to clean their hands at our sanitizing station located inside the front door. Participants are welcome to bring their own 70-80% alcohol sanitizer if they choose. Sanitizer stations are also available in the gym for use and encouraged between stations.
- 5) Each participant or persons entering will be asked to remove their shoes upon arrival and place their shoes on our shelf in the lobby. Gymnasts will wait to be invited into the training area by their coach. All personal belongs (water bottles, bags, toys, extra clothing) must be left outside the training area. We encourage personal water bottles for gymnasts to be brought into the facility as we do not have a water fountain and not selling bottled water at this time.
- 6) We have intentionally spaced our class times to create a distanced stagger between arrivals and exits to our facility. We ask that everyone arrives on-time and does not hang around after class so that we may prepare the gym for the next classes or proceed to our closing preparations and deep cleaning at the end of the time slots.

Class structure/expectations:

- 1) We kindly ask parents not to “coach” from the sidelines and remain in our designated viewing area. Please do not view from the bathroom hallway as it is very distracting for the gymnasts on balance beam and trampoline.
- 2) Mini Gym is returning to independent from parents however if requested to join in one parent will be required to enter the gym to assist their child with following the coach’s instructions & structure for safety. Parent is not allowed to leave the facility during program.
- 3) Tiny Gym participating parents are asked to stay off their personal phones while in the training area.

Cartwheels Cleaning Promise and bathroom use

- 1) High touch services will be wiped down numerous times each day in the training space. Cartwheels uses VitalOxide and other approved products on our training equipment. VitalOxide is an approved, odourless, hospital grade disinfectant that kills 99.9% of virus, germs, and bacteria. Our equipment (bars, mats, blocks, trampolines), bathrooms and viewing area fixtures will be fogged various times throughout each day with VitalOxide.
- 2) Cartwheels will continue to employ EnviroMaster for a weekly sanitization service applying a germicidal spray barrier and electrostatic application of VitalOxide to our sinks and toilets.

Illness and sick policy:

Prior to attending our programs, we ask that you complete the Ontario.ca self-assessment if you feel you or your child should be screened for symptoms: <https://covid-19.ontario.ca/school-screening/>

If you or your child is feeling ill, or you’ve spent time with someone who is ill, PLEASE do not enter our facility. If a participant shows signs of sickness during their class, they will be removed from the program immediately. A parent will be notified for pick-up if not present in the gym.

Refunds/Credits: In the event of a forced closure of our facility in response to COVID-19 once a term has begun, a prorated credit will be applied to your account to be used toward future programming. If the closure is longer than fourteen days, we will adjust the term dates to resume the term. If make-up classes are available, then credit would not be offered. Refund for cancellation of a program is only given before the term begins, or if Cartwheels cancels the program. Due to coach/athlete ratios and scheduling, make up classes are not offered/available should you miss a class due to vacation, illness or other.

Cartwheels will continue to offer a refund of classes not yet taken to new members, if requested within the first two weeks of a term. The Gymnastics Ontario membership fee is non-refundable. Returning members are not eligible for a credit/refund once a term begins.

Thank you for taking the time to read through our memo. We appreciate everyone’s understanding and compliance of the rules/protocols Cartwheels has put in place to keep our members, families, coaches and staff safe.

Jenn Budgen and Patricia Murphy-Banna – co-owners, Cartwheels Gym Centre Inc.