



Cartwheels Information Memo Updated/revised: January 2022

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 bare feet, long hair up, and no dangling jewelry. Please do not send your child to class in a dress or “tu-tu” for safety of both them & our coaches. No jeans please.

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). Please do not allow non-participating siblings to be running around or distracting classes.
- 2) We ask that you arrive no more than 5-10 minutes before your child’s class time as we do not encourage “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) Each participant or persons entering will be asked to remove their shoes upon arrival and place their shoes on our shelf in the lobby. Please help us keep our floor clean and dry during the winter weather by removing boots on rubber mats before stepping onto carpet or wood floors. Gymnasts will wait to be invited into the training area by their coach. All personal belongs (bags, toys, extra clothing) must be left outside the training area. Coat hooks are available in both viewing areas.
- 5) Participants may bring a water bottle into training area but must be left on the available shelves on grey carpeted area. Tiny Gym parents please do not carry your child’s water bottle around the training area 😊

Class structure/expectations:

- 1) We kindly ask parents not to “coach” from the sidelines and remain in our designated viewing areas. Please do not view from the hallways as it is very distracting for the gymnasts, leads to crowding in those areas, and creates an obstacle for gymnasts needing to get to a washroom.
- 2) Mini Gym Parent/Adult must not leave the facility during their child’s program. Kindergym and up parent/adult are welcome to step-out for errands if the child is comfortable with that.
- 3) Tiny Gym participating parents are asked to stay off their personal phones while in the training area. We ask that you stay within arms reach of your child within the training area at all times.

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.