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At this time, the office is closed and we are conducting business remotely.
Please email info@gymworld.ca with all inquiries.

Parent Handbook

Winter Mini-Sessions 2021

About Gymworld:

The goal of Gymworld is to provide children with a safe yet exciting opportunity to participate in gymnastics activities. We believe that childhood is a period of life when invaluable foundations are laid: personality and self esteem are fostered and physical and mental abilities are developed. Gymnastics is unsurpassed in its ability to develop strength, flexibility, balance and co-ordination as well as concentration, persistence, social skills and self-discipline, all of which form a strong foundation for lifelong activity, health and success.

Important Information:

Gymnasts

- gymnasts must wear their gymnastics clothes to the facility. Changerooms are unavailable at this time due to COVID-19
- girls should wear a body suit or shorts and a T-shirt (tucked in)
- boys should wear shorts and a T-shirt (tucked in)
- bare feet are required
- long hair must be tied back
- gymnasts must be screened for COVID-19 symptoms before attending class. We ask that you submit a screening form for each child by of the class to confirm their ability to participate. See the “COVID-19 Protocols” section for more information.

Parents

- With COVID-19 protocols, we **cannot allow spectators** during classes.
 - Children 6 & up will wait outside the facility with their parents/guardians until they are called in by the coach (5-10 minutes before class time).
 - **Children 5 & under must be accompanied in the gym** by a designated parent/guardian. All caregivers must be within arm’s reach and be interacting directly with their child for the duration of the class. Additional spectators are not permitted.
- If you wish to speak with your child’s coach, please email info@gymworld.ca to and we will ensure the coach receives your message.

NEW:

To better manage traffic in and out of the facility, we will begin **calling children in 5-10 minutes before their class time** to allow time to remove coats, shoes, etc. before the class starts. If possible, please arrive early to accommodate this entry procedure.

Registration Process for Classes:

Please register for classes online through our website at www.gymworld.ca. Due to COVID-19, we cannot accept in-person payments or registrations. Payments, including the use of Gymworld credits from our Winter and Spring 2020 sessions, are also to be made online. Successful online payments receive two detailed email confirmations, one from our site and one from PayPal.

Online registration will close after the first week of the session, but we will continue to accept registrations throughout the session. We pro-rate our prices, which can be viewed on the schedule of class at www.gymworld.ca/Classes.asp. On this schedule, only the “Full” classes are unavailable. You may be able to register for classes for which “Online registration is closed” by inquiring via email at info@gymworld.ca.

Important Dates:

| | |
|-------------------------|---|
| January 3-9 | Winter Mini-Session #1 classes begin |
| February 7-13 | Last day of classes for Winter Mini-Session #1 |
| February 14-21 | Winter Mini-Session #2 classes begin |
| February 15 | Family Day – CLASSES ARE RUNNING! |
| February 22 | Spring session registration begins for <u>Members</u> (for both mini-sessions) |
| March 1 | Spring session registration opens to the public (for both mini-sessions) |
| March 14-20 | March Break – NO REGULAR CLASSES |
| March 28-April 3 | Last day of classes for Winter Mini-Session #2 |
| April 5-11 | Spring Mini-Session #1 classes begin |

We are tentatively planning to run two weeks of Holiday Camp (Half-Day only) December 21-24 (Mon-Thurs) and December 28-31 (Mon-Thurs). Information and registration will be available in December. Spaces will be limited. We are also tentatively planning a March Break Camp the week of March 15-19, with details available closer to the date.

Office Hours:

Due to COVID-19, the office is closed and we will be conducting business remotely. Please email info@gymworld.ca with all inquiries. The email is monitored, and we will respond as soon as possible.

For the safety of the children in our programs, coaches will NOT leave them to perform office duties (i.e. payments, registrations).

Fee Policies:

Please note the changes to our class groupings relative to the Fall mini-sessions:

| Program | Age* | Class Length** | Fall Class Fees (6-week session) | Gymnastics Ontario / Annual Membership Fee*** |
|---------------------------|-----------------|-----------------------|---|--|
| Tumble Tots | 2 years & under | 45 minutes | \$115.00 | \$40.00 |
| Kindergym | 3 years | 45 minutes | \$115.00 | \$40.00 |
| Little Hoppers | 4 & 5 years | 45 minutes | \$115.00 | \$40.00 |
| Future Flyers | 6 & 7 years | 45 minutes | \$115.00 | \$40.00 |
| Advanced Future Flyers | 6 & 7 years | 45 minutes | \$115.00 | \$40.00 |
| Future Flyers Tumbling | 6 & 7 years | 45 minutes | \$115.00 | \$40.00 |
| Gym Stars | 8-9 years | 45 minutes | \$115.00 | \$40.00 |
| Senior | 10+ years | 45 minutes | \$115.00 | \$40.00 |
| Advanced Gym Stars/Senior | 8+ years | 75 minutes | \$155.00 | \$40.00 |
| Family Bubble | Any | 45 minutes | \$115.00 per person | \$40.00 |

***Denotes age as of January 3, 2020**

**** Classes are shortened this session to allow coaches time to clean as well as manage the ingress and egress into the facility. Please be mindful of these new start and end times.**

*****The G.O. / Annual Membership Fee for the 2020-2021 season is \$40 + HST and applies to all children registered in any of our recreational programs. Each child in our program must be registered with Gymnastics Ontario for insurance and administrative purposes. This membership fee will cover each child's registration from the day they begin programs until June 30, 2021. This fee is non-refundable.**

Fees are due in full before beginning any session.

COVID-19 Protocols:

Please read carefully through these protocols, as compliance is mandatory. You will also be required to accept a declaration of compliance and assumption of risk waiver upon registration, indicating agreement by you and/or your child to abide by these policies.

Parental Involvement

Children 5 & Under – Parent Participation

Children 5 and under **must** be accompanied by a designated parent/guardian in the gym. This applies to our Tumble Tots (2 & under), Kindergym (3 years) and Little Hoppers (4 & 5 years) classes. This is to aid with social distancing measures and provide hands-on assistance to children on the apparatus. **The parent/guardian must be within arm's reach of the child at all times.** Additional spectators are not permitted.

Children 6 & Over – No Spectators

For children 6 & up (Little Flyers and Gym Stars classes), *no spectators* are permitted. This is to ensure we do not exceed maximum capacity or violate social distancing protocols. Children will wait outside the facility with their parents until the coach invites them in 5-10 minutes prior to the class start time.

Pre-Class Screening

To ensure no participants show symptoms of the COVID-19 virus, we ask that everyone entering the facility complete a pre-screening questionnaire. An online form will be emailed to you the night before each class, and we ask that you complete one for each participant (i.e. if you have two children participating, you will need to submit two separate forms). ***Please do not attend class if your child or anyone in their household shows symptoms of COVID-19.***

Mask Protocols - NEW

Children aged 4 years & older will be asked to wear a mask for the duration of their class.

Children aged 3 & under are asked to wear a mask to enter and exit the facility, and to use the washrooms. At this time, they ***are not*** required to wear a mask while exercising in the gym, although we do highly recommend it.

All coaches will wear a mask. All parents/guardians must wear a mask while in the facility, including when assisting a child in the gym (i.e. during a Tumble Tots, Kindergym or Little Hoppers class).

Social Distancing Protocols

Everyone in the gym must adhere to social distancing protocols (with the exception of parents/guardians assisting their child age 5 and under). This means that coaches ***will not*** be spotting gymnasts or providing 'hands-on' assistance at this time.

Drop Off & Pick Up Procedures

Children will need to wait with a parent/guardian until a coach calls the children in one-by-one, 5-10 minutes prior to the class start time. The doors to the facility will be otherwise locked, but a volunteer can allow late access.

Similarly, to exit, children will be let out of the building one at a time at the end of class. We ask for your patience as this process takes time. It is expected that parents/guardians come out to meet their child and bring them to their vehicle. For safety reasons, children will not be let out of the building until the coach can clearly see the child's parent/guardian ready to receive them. Children will only be released to those designated with permission to pick-up. ***Please arrive on time for pick-up.***

PARTICIPANTS WILL ENTER AND EXIT THE FACILITY USING THE WEST-FACING DOORS AT THE FRONT CENTER OF THE BUILDING

Hygiene Protocols

- Children will be instructed to sanitize their hands between each rotation
- We recommend that children use the washroom just before leaving home. Although washrooms are available, limiting their use allows classes to run smoother (as they are cleaned between every use)
- To limit the use of washrooms, please ensure your child is dressed and ready for gymnastics ***before*** arrival

Cleaning Protocols

- Whenever possible, coaches and/or volunteers will clean apparatus between each rotation. This may include disinfecting surfaces, mats and blocks and/or fogging apparatus.
- Bathrooms will be cleaned/fogged after each use.
- Coaches and/or volunteers will clean of both the gym and entry/exit spaces in the 15 minutes between each class
- The facility will be thoroughly cleaned and sanitized at the end of each day

Information Privacy Policy (Updated August 28, 2020)

Gymworld Inc. is committed to protecting your privacy and the privacy of all our members, clients and visitors. Upon registering for any of our programs, you may be asked to provide information that personally identifies you, your child(ren) and other caregivers. This information is used to ensure the safe provision and quality of the program(s) for which you register and allows for the ability to contact you, if and when necessary, with information about your membership or additional programs or services provided by Gymworld Inc. Member or client information is used by Gymworld Inc.'s administrative staff for administrative purposes only, as well as by our coaching staff for the purpose of providing appropriate programs and services for each member or client. Files are kept for each member which include - but are not restricted to - registration forms submitted for programs, fee information for such programs, copies of progress reports, and notes or information we believe to be relevant to providing our programs and services to the best of our ability. Such files are kept for up to seven years following the latest date of registration and, when appropriate, are destroyed by shredding. Gymworld Inc. will not share any personal information with additional parties without your consent, other than if required to do so by law, or in good faith belief that such disclosure is necessary either to comply with the law, to prepare and defend the rights and properties of Gymworld Inc., or to protect a member or client of Gymworld Inc.

Registration in any of our programs or submission of any Gymworld Inc. form implies your agreement to our Information Privacy Policy statement.

Social Media Privacy Policy (Updated August 28, 2020)

New this session, we are looking to showcase our gymnasts on social media! The registration process includes a photo consent disclosure, which can be changed or revoked at any time. Please email info@gymworld.ca if you have any questions or concerns.

To see these and other great photos, Like us on Facebook and Follow us on Instagram!

www.facebook.com/GymworldInc

www.instagram.com/gymworldinc.london

Special Needs Policy (Updated August 28, 2020)

Gymworld Inc. is committed to providing an inclusive program for all children from eighteen months of age and up. Children with special needs are welcome to participate in our programs provided we can offer a safe environment for their particular special need.

Regardless of the level of integration (from fully integrated to requiring 1-on-1 support) it is imperative that we receive full disclosure from the family regarding the precise nature of the special need **prior to registration**. An additional form may be required to be completed by the parent or guardian of the child. For children with Down's Syndrome, a cervical x-ray must be completed and the results must be negative in order to participate. All children participating in our programs must be able to go to the bathroom independently or have their own support provided in the event that they need to use our bathroom facilities.

Due to social distancing measures, Gymworld staff **cannot** provide one-on-one support to children with special needs. We continue to welcome any child needing one-on-one assistance to participate in our programs, so long as they can provide their own support person (i.e. parent/guardian) and with that support are able to maintain social distance with other gymnasts. Please email info@gymworld.ca to arrange this accommodation.

FAQs

1. Is there a spot to put coats and shoes?

Upon arrival, children (and participating adults) will be asked to remove their shoes and place them on a shelf by the gym door. Coats may also be placed on these shelves or hung on hooks by the front door.

2. Should my child bring a water bottle?

There are no drinking fountains in the facility, and our vending machine will be closed. We suggest that children bring a water bottle, which they will need to carry with them to each gym rotation. *Only water is permitted in the gym.*

3. What happens if my child misses a class?

Unfortunately, there are no make-up days for missed classes. If classes are cancelled due to weather, a COVID outbreak, or any other unforeseeable event, we will update our website at www.gymworld.ca as well as our phone message and social media accounts. In the event of a closure or shutdown, we will make every effort to make programming available online.

Please do not bring your child to gymnastics if they or anyone in their household shows symptoms of the COVID-19 virus.

4. What happens if there are further government restrictions due to COVID-19?

We have planned the Winter session schedule to comply with the Provincial Government's *current* restrictions for green, yellow and orange stages. Classes would run as scheduled during each of these stages, apart from the potential that we would use physical barriers to divide spaces. However, please note that *both provincial and municipal regulations are constantly changing*, which means we cannot guarantee any sort of regularity. We are committed to working with you to find solutions and will make every effort to keep classes running as "normally" as possible.

5. What happens if there were to be a full COVID-19 lockdown?

If we were to encounter a full lockdown in the midst of a session, we are prepared to move classes online using Google Meet, a real-time video-conferencing software. We would also be able to adjust scheduling to avoid time conflicts for siblings. If there were to be a lockdown prior to the start of a session (i.e. January 3rd for Winter Mini-Session #1 and February 14th for Winter Mini-Session #2), we would offer the choice of online classes or a full Gymworld credit to be applied towards future sessions.

6. What happens if there were to be a COVID-19 case at the gym?

If anyone participating in our programs tests positive for COVID-19, they are to inform the gym *immediately*. Gymworld Inc. will follow the directions of the Middlesex-London Health Unit and cooperate with them for contact tracing. Everyone potentially affected by the COVID-19 case will be contacted as soon as possible. Gymworld Inc. will maintain the confidentiality of any person confirmed to have been infected with COVID-19.