

Mask Requirements

Masks are mandatory for all individuals 5+ in gymnastics clubs. This includes coaches, athletes, and any other individuals who occupy the space. Mask is now required for all individuals 5+ in public spaces such as hallways, washrooms.

- Exceptions apply:
 - to athletes participating in gymnastics.
 - to a person who is less than 5 years of age.
 - if the face covering is removed temporarily for the purposes of identifying the person wearing it.
 - while consuming food or beverage at a location designated for those purposes by the operator of the indoor public space.
 - while communicating with a person who has a hearing impairment.

Proof of Vaccination

Proof of full vaccination (2 doses) is required from the following individual:

- Parents/guardians/accompanying personal entering the facility for all preschool programs
- Adult class participants

Gym Rules

- **DO NOT enter the facility if you are sick!** Flicka management reserves the right to send any participant home, should they enter the facility with any symptoms.
If you are unsure whether you are required to get tested or self-isolate, please submit the Covid-19 Self-Assessment.
- The viewing area remains CLOSED.
- There is no maximum group size (occupancy limit) for participants, coaches, volunteers, staff, and officials.
- Physical distancing does not need to be maintained but it is still encouraged in the facility.
- All spaces within facilities can be used – this includes washrooms, foam pits.
- Socializing before and after sport activities is now acceptable.
- Floor markings to direct traffic flow and physical distancing will be maintained.

Cleaning/Sanitizing Protocols

- Hand sanitizing stations will be maintained.
- Consistent cleaning processes will be maintained after each group and at the end of the day.
- Interprovincial travel is not recommended. International travel must follow federal restrictions and guidance.

Communication

Should FGC become aware of a Covid positive infection. Notification (see example below) with instructions will be sent out immediately to the group(s) affected.

Dear Parents and Guardians,

Flicka is concerned about the well-being of its staff and athletes.

We have been notified that someone who attended training/class with your child [insert date] has tested positive for COVID.

What to do if you have symptoms that may be COVID-19 or if you have had contact with someone who has COVID-19:

- *Use the B.C. [COVID-19 Self-Assessment Tool](#) to see if you need to be tested for COVID-19 or need to isolate.*
- *See the BCCDC page on [COVID-19 Testing](#) for more information.*
- *Once you have been tested you should [self-isolate](#) while you wait for the test results. This webpage also has Information for people who have been in contact with COVID-19.*
- *If your test is negative, you should still not return to the gym until you are feeling better.*
- *If you feel unwell and are unsure about your symptoms, contact your health care provider or call 8-1-1.*

Flicka is not able to give medical advice nor disclose any identifying information. If you have any questions, please refer to your health care provider or call 8-1-1.

Thank you for helping to keep our community safe.

Flicka Entrance

Flicka entrance remains the same:

- **Recreation/Xcel/Interclub:** SOUTH side of building from East 22nd (Directly behind the construction site.)
- **Competitive:** WEST side of the building from Lonsdale Avenue