

# Parent FAQ Sheet

## KANATA GYMNOSPHERE FREQUENTLY ASKED QUESTIONS

### Hello everyone!

We have set up the gym in accordance with **Gymnastics Ontario and Public Health COVID-19 safety regulations to ensure the safety of all athletes and staff:**

#### 1. **What to Bring:**

- Comfortable clothing (i.e.: bodysuit, shorts, tight fitting t-shirt)
- Hair elastics, as needed (long hair must be tied back)
- An extra set of clothes—just in case (especially for our younger athletes, who may have accidents’).
- Water Bottle—clearly labeled, as the water fountain is not in use for drinking.
- Bare feet!
- Fabric or Disposable Face Mask. All athletes 3 and up **MUST** wear a mask to enter the gym.

#### 2. **Where/when should I drop off/pick up?**

- Pick up (on the stairs/lower area) and drop off (line up along the ledge/railing) on the outside of the building. Due to COVID Regulations, Parents will not be allowed in the gym for any reason. If you wish to pick up your athlete early, please let us know at drop off and call us once you arrive at the gym in the afternoon at (613) 518-1128.
- Upon your arrival, you will be completing the screening form verbally, if you did not do it prior to class online. We use hand sanitizer at the door upon entry.
- Please arrive no more than 10 mins prior to the class time, and if you arrive late, there may not be anyone at the door. You will have to call to be let in (613) 518-1128.

#### 3. **Will I be able to watch my child do gymnastics?**

- Due to COVID Regulations, Parents will not be allowed in the gym for any reason. If your athlete is in a parent and tot class, one parent/caregiver will be permitted to do the class alongside the little one.

#### 4. **What is your Mask Policy?**

- All staff will be wearing face masks to ensure the safety of all athletes. All athletes 3 and up **MUST** wear a mask to enter the gym, unless a predetermined health condition prevents them from doing so (asthma, etc.)

### **Other Questions/Concerns**

For General inquiries please feel free to email us at [admin@kanatagymnastics.ca](mailto:admin@kanatagymnastics.ca) or call us at (613) 518-1128. For Recreational Classes or Drop-In inquiries please feel free to email us at [chenae@kanatagymnastics.ca](mailto:chenae@kanatagymnastics.ca) or call us at (613) 518-1128.

**Looking forward to a fun experience at Kanata GymnoSphere!**