

Courtenay Recreation

Gymnastics FAQ

General information

Please stay home if you are sick. If you need to assess your symptoms, please call 8-1-1 or use the BC COVID-19 Self-Assessment tool: <https://bc.thrive.health/covid19/en>

Participants must stay 2 metres apart. Class sizes have been reduced and area/s will be marked on the ground to help with spacing. Physical distancing will be enforced. Those who are unable to follow the guidelines will be reminded of the rules and may be asked to leave if they cannot adhere to them.

How do I register for a gymnastics program?

Register **Online** at www.courtenay.ca/reconline

(Have your login ready or create a new account)

1. Select REGISTER ONLINE
2. Search for the Activity
3. Select Add to Cart
4. Select Enroll Now
5. Login if not already
6. Select participant, dates of enrollment (the classes you would like to attend), complete required field/s
7. Select Add to Cart
8. Review the information selected and complete any required fields
9. Select Check Out
10. Process payment

Register **over the Phone** by calling the Lewis Centre or the Filberg Centre with *Visa* or *MasterCard*.

Lewis Centre	(250) 338-5371
Filberg Centre	(250) 338-1000

Where do participants go for their program and when should they arrive?

Please do not arrive more than 5 minutes prior to your program start time. Participants will enter the Lewis Centre via the East entrance, closest to the Old Island Highway. There will be physical distanced spots, marked on the ground for them to line up and wait to check in.

How do participants check in?

Your instructor will check everyone in one participant at a time at the east entrance upon entry to the Lewis Centre. They will ask each participant if they have any symptoms of

COVID-19, then direct them to the gymnasium through the hallway located in front of the main office. If they have any symptoms, they will not be permitted to attend class.

What is expected of each participant?

Please do not attend class if any symptoms of COVID-19 are exhibited and follow health protocols. Participants will be expected to maintain at least 2 meters from others while in the Lewis Centre. They will be expected to use the hand sanitizer upon entry that will be provided before and after their program. Courtenay Recreation staff will ensure there is no congregating in groups before or after classes to ensure physical distancing.

What should participants bring?

Please come dressed in your gymnastics gear and wear appropriate footwear, change rooms will not be available. Bring your own water bottle as water fountains are not available. Keep personal items to a minimum, leave at home if possible. Each participant is required to bring a yoga mat to class, as this is what they will sit on and use for ground work. If your child is registered in a trampoline program, please make sure they bring trampoline socks, as these are mandatory for trampoline use at this time.

Is the Lewis Centre open?

The Lewis Centre is not open to the general public. Only participants who are registered in programs held in the Lewis Centre are permitted to enter.

Are parents allowed in the building?

Parents are encouraged to either drop their child(ren) off or wait with them outside of the Lewis Centre until an instructor greets them at the entrance door. To reduce hallway congestion, only participants will be allowed in the Lewis Centre unless otherwise requested. There is no access to the viewing area except by Lewis Centre staff.

Where do I pick my child up and when should I arrive?

Participants will exit the building through the same way they came in, the East entrance of the Lewis Centre facing the Old island Highway. Please do not arrive more than 5 minutes before the program is scheduled to end. Congregating in groups will be discouraged, so please be on time to pick up your child.

What steps are we taking to minimize risk?

The City of Courtenay is working diligently to ensure the Lewis Centre and its programs are in accordance to BCCDC COVID-19 guidelines. More specifically, the City of Courtenay's gymnastics programs are also adhering to Gymnastics BC's Return to Sport plan. Our Gymnastics Safety plan as well as the VIASport return to sport document and Gymnastics BC document can all be viewed on our Courtenay recreation website at:

<https://www.courtenay.ca/EN/main/community/recreation/safety-plans-and-guidelines.html>

If I have questions who should I contact?

For any questions regarding gymnastics programs, please call the Lewis Centre at (250) 338-5371.