



COVID-19 Protocols

We are following Sport Manitoba approved “RECOMMENDED BEST PRACTICES DURING COVID-19” from Cheer Manitoba with regards to safely resuming activity in our Gym.

Athletes Will be asked to complete the COVID-19 screening questions prior to entering the Gym.

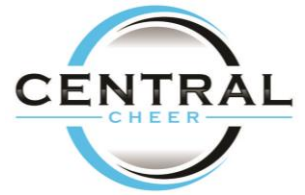
Please read through and adhere to all the following guidelines when visiting Central Cheer’s facility.

When Arriving at the Gym:

- Please do not arrive more than 10 minutes prior to your class
- Classes may not be allowed to enter until previous classes have left
- Do not loiter in groups in the parking lot
- Lobby is open but limited; unless athlete requires assistance, please limit time spent in lobby and preferably remain in vehicle when dropping off or picking up athlete



- Only bring in necessary items (water bottle, towel), leaving all unnecessary items in vehicle
- If you must bring a gym bag and change at the gym, return gym bag to vehicle once changed
- Read through COVID-19 screening questions posted on the door prior to entry of the facility
- if you answer YES to any of the questions, you may not enter the facility
- Use provided hand sanitizer upon entry
- Follow all signage to ensure proper hand washing and hand sanitizing
- Maintain social distancing upon entering the lobby (X's marked on floor)
- Change into gym footwear in lobby, use cubbies in lobby for all items that cannot be left in vehicle (water bottles and towels may be brought into the gym area)



When entering and using the gym area:

- Use provided spray sanitizer on footwear prior to entering the gym area
- All traffic is one way, always obey all signs and instructions from coaches/admins
- Once in gym, follow instruction/guidance of coach to your designated area
- Remain within your designated space unless instructed by coach
- Hand sanitizer is provided in the gym, as well as bathrooms
- Spray Sanitizer is provided to clean surfaces such as mats prior to and after use
- Contact, such as spotting, will be allowed to a minimum of 10 min per session at this time



COVID-19 Screening Questions

Do you have any of the following symptoms?

- New or worsening cough
- shortness of breath
- sore throat
- runny nose, sneezing, or nasal congestion
- hoarse voice
- difficulty swallowing
- new smell or taste disorder(s)
- nausea/vomiting, diarrhea, abdominal pain
- unexplained fatigue/malaise
- chills
- headache



Have you Traveled outside of Manitoba (excluding Western Canada* or Northwestern Ontario) or had close contact with anyone that has traveled outside of Manitoba in the last 14 days?**

*Western Canada means British Columbia, Alberta, Saskatchewan, Yukon, Northwest Territories and Nunavut.

**Northwestern Ontario means the portion of Ontario that is located west of Terrace Bay

Do you have a fever?

Have you had close contact with anyone with respiratory illness or a confirmed or probable case of COVID-19?

If you have answered yes to any of the above questions

**you may NOT enter the
building.**

