



Kelowna Gymnastix  
COVID-19 Safety Plan  
Acknowledgement of Risk

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I, \_\_\_\_\_, understand and agree to all of the following:

- Any individual who answers YES to any of the questions within the Daily Screening Checklist will be denied access to the gym and will be asked to go home. This is for the safety and well-being of all participants. I understand that facilities are required to keep a record of all responses in case government tracing is required.
- Participants must stay home if they or anyone in their household is displaying the following symptoms: fever, coughing, sneezing, sore throat, runny nose or fatigue.
- The athlete must access the facility at the designated entrance and exit, and arrive dressed for the class.
- Activity start and end times are staggered to provide time for cleaning between classes and to allow participants to enter and exit the gym safely.
- Viewing or seating areas are closed (at this time), to reduce the total occupancy of people within the facility.
- Parents should be punctual to drop off and to pick up their child. If the athlete has not been picked up by the designated activity end time, staff will contact the parent/guardian via phone.
- No activities that require hands-on spotting will take place, until otherwise directed by Government of BC.
- These procedures will change and evolve over time. I will follow any new standards required by the Government of BC and/or by Kelowna Gymnastix.
- If any procedure, safety protocols and new standards are not followed by the athlete, parents, or guardians, the athlete can be removed from the activity and will not be allowed to participate any further.

**As an Athlete and Participant:**

- I will adhere to the physical distancing standard of 2 meters while at the gym.
- I will wash or sanitize my hands regularly and when asked to by my coach or club staff, including every time I enter or leave the facility, and before entering the gym.
- I will bring a gym bag clearly marked to the gym each day with all required items including a full water bottle (other items for example: grips, chalk, yoga mat, etc.). I understand that any items that I forget at the gym may be disposed of at the end of the day.
- If I don't follow my coach or the club staff instructions, safety protocols and new standards, I will be removed from the activity and will not be able to participate any further.



I, \_\_\_\_\_, acknowledge, understand, appreciate, and agree that participation may result in possible exposure to and illness from infectious diseases, including, but not limited to COVID- 19. While rules and personal discipline may reduce this risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others and assume full responsibility for participation and exposure and release the facility, its employees, officers and directors from any liability related thereto.

Name of the Athlete: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Signature of the Athlete: (all ages mandatory) \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Cell Phone (emergency): \_\_\_\_\_