

Milton Springers Recreation Program

Parent Information

Who we are:

Milton Springers Gymnastics Club is a not-for-profit organization proudly serving the Halton region since 1974.

Our mission is to be the leader in teaching gymnastics excellence to children and youth using a progressive and encouraging manner that recognizes both effort and achievement. Through gymnastics we build a foundation for a healthy, active lifestyle.

What to wear:

- Comfy & stretchy clothes that are good for exercise (such as leggings, shorts, t-shirt, leotard, etc).
- It's best to avoid big buttons, buckles & zippers
- Long hair tied up
- **No** necklaces, bracelets, anklets, fit bits, etc.
- **No** dangling earrings (studs are okay)
- Bare feet in the gym (so we don't slip)
- **Please bring** a water bottle (fountains closed)



Fall session starts:

The week of September 19 to 25

Fall session ends:

The week of December 15 to 21



Arrival & exit procedures

We are currently working with the Town of Milton and Milton Sports Centre to finalize our entry & exit procedures. We will communicate final plans prior to the start of the Fall Session. In any case, our plan includes temperature screening (using a contactless temperature device) and mandatory hand sanitizing (or alternative). All class start times are staggered and access to the gym will be controlled.

Please pre-screen before coming to class

To ensure the gym is as safe as can be, we are asking that a parent/guardian pre-screens their gymnast before coming to gymnastics/trampoline class using these questions:



- Do they have any of the following symptoms: fever or feverish, new or existing cough and/or difficulty breathing/shortness of breath?
- Have you been informed by public health that they are suspected to or may in fact have contracted COVID-19?
- Have they traveled outside Canada in the last 14 days?
- Have they had close contact with a confirmed or probable COVID-19 case?

Important: If the answer to *any* of the above questions is yes, please stay home and seek medical advice (your family doctor, telehealth or health unit). Any disclosures of illness will be confidential.

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Some changes to our program to ensure safety



We've modified a few things in our program & registration as we navigate government mandates & Gymnastics Ontario recommendations to ensure the safety of all our families & staff. Here are a few of those things:



- **Reduced class sizes** (from 6:1 to 4:1 for children under 6 and 8:1 to 6:1 for age 6+) so we can spread out on the equipment safely



- **Fewer classes running at a time** so we have maximum room for physical distancing

- **Additional training for our staff** to adapt coaching for hands-off learning, as there is currently no spotting allowed in rec programs (mandated by Gymnastics Ontario)



- **Staggered start times for all classes.** Classes typically will have 8-12 children per class that will immediately be split upon entry into two smaller pods for the entirety of class.

- **Girls Rec classes have combined levels to allow more options for parents** to choose from. Classes will split into two pods based on participant levels.

- **To ensure our 3 year olds have support** to learn, we've adjusted the age of Parent & Tot to be 2-3 so that one adult comes into class with them to assist.

Keeping safe in the gym



Masks are optional for gymnasts. Coaches will wear them in the lobbies/hallways, but they are optional in the gym unless physical distancing is not possible.



Hand sanitizer (or hand washing) will be required on entry and between each rotation in the gym. If your child has a sensitivity, please bring an alternative.



All class activities are designed with physical distancing in mind! We can still have fun together while 2m apart!



Thorough cleaning & equipment sanitation between each pod's use. Washrooms are cleaned hourly and the entire gym is "fogged" with a hospital grade cleaner at the end of each day.



Hard-to-clean props & equipment have been put away until further notice. The foam pit is currently allowed for competitive athletes only (with lots of cleaning).



Coaches will be getting creative using their words & setting up fun drills as we are not allowed to "spot" gymnasts in the current phase.

Class Pods

- Each pod has one main coach + one support coach available if needed
 - Pods will not interact with other pods and mats & supplies will be cleaned between each pod's use
 - Pods will be based primarily on level, but age will also be taken into consideration.
 - Whenever possible, we will try to keep siblings in the same pod.
 - If you signed up with a friend, please let us know!
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Spectators in the Gym

We have a limited capacity in the gym so we've adjusted our spectator policy for the time being.



- Parent & Tot (age 2-3) - one adult may accompany child into the gym
- Kindergym (age 4-5) - one adult may stay to watch (if desired)
- Girls/Boys Rec (age 6+) - drop-off program only
- Trampoline (age 6+) - drop-off program only

Parents of children age 6+ who would like to watch on occasion must this arrange ahead of time, due to capacity restrictions. Further details on this will be provided prior to the start of the session.

A couple more questions you might have...



What happen if my child shows signs of illness during class?

As mandated, if a child shows signs of illness they cannot be in class. Any children who develop signs of illness during a class will be removed from their pod and isolated from others until they can be picked up by a parent/guardian. *If your child is sick, please stay home!*



What happens if my child struggles with physical distancing?

Our coaches will do their very best and employ multiple strategies to help your child(ren) understand & ensure physical distancing. If, despite all best efforts, a child is unable to comply, we will discuss options with the parent including additional support, changing classes or withdrawal from program. We recommend parents speak with their children about the importance of following physical distance before coming to gymnastics.



What are my withdrawal options if it turns out we aren't ready to come back?

Our usual refund policies are in effect - you can find them all on our website by clicking here or visiting <https://miltonspringer.uplifterinc.com/pages/About/Policies/>

Any questions?



No problem, reach out to us by email at info@miltonspringers.ca or call 905-878-5030. You can also find additional details about schedules, fees & policies are on our website.

Not signed up yet?

Visit our website to register - spots are limited!
www.miltonspringers.ca

