

YOUR CHILD'S SAFETY IS OUR TOP PRIORITY

Since our founding 39 years ago, the Hamilton Gymnastic Academy has always prioritized the health and safety of our members. Your child's safety is our top priority!

The gym will look a little different when your child returns. Please take time to discuss these changes with your child, as well as reviewing what physically distancing is prior to your first visit back.

New Health & Safety Protocols



Increased Cleaning/Sanitization:

Our facility is cleaned and sanitized thoroughly numerous times each day, specifically before and after use by each group. All surfaces are sanitized using non-harmful Vital Oxide approved to kill Covid-19 virus, including training equipment, washrooms, hand-hygiene stations and all high-traffic surfaces, such as entrances and exits. The gym has also secured an electro-static sprayer, which can sanitize all surfaces efficiently, ensuring excellent coverage.



Daily Wellness Checks:

Prior to arriving at the gym, all athletes and staff will complete a Daily Health Screening questionnaire online (Simply log into your Uplifter Account in the morning before coming into gymna



Physical Distancing:

Gymnast will use the physical distancing markers inside and outside the gym to ensure a 2 meter distance between one another.



Masks:

"Wearing is Caring" All coaches will be wearing masks while at the Hamilton Gymnastic Academy. Masks are optional for gymnasts, if you choose to wear one, you must bring your own.



Handwashing:

Once in the gym, gymnasts will be directed to one of our 4 hand wash stations. Gymnasts must wash their hands upon entering the gym, between equipment rotations, after washroom use, and before exiting the gym.

Hands Free Coaching:

There will be no spotting for gymnastics skills at this time. Don't worry, gymnasts can still learn new skills with all the gymnastic specific equipment we have.



Reduced Numbers In The Gym:

We will still maintain our group ratios of 8:2, but we will only have 4 groups at a time in the gym.