



COVID-19 PROTOCOLS
MARCH 2021

Hello PCA Families and Guests!

Cheer Manitoba and Sport Manitoba have prepared guidelines for cheer programs to follow in order to protect ourselves from the spread of Covid-19. They have been approved by the Province of Manitoba and we ask that you follow these protocols when visiting our facility.

When arriving to the facility:

- We are currently only allowed to have a maximum of 10 athletes per group practicing. We are allowed to have more than one group practicing in the gym if they are not intermingling but we cannot exceed 25% capacity which, in our building, is 15 people.
- Please do not arrive earlier than 10 minutes before your class.
- Athletes and guests visiting the facility must wear masks at all times.
- A coach or parent volunteer will monitor the door and will let athletes in the building when it is appropriate to do so. One class may have to leave before another enters.
- There will be Covid-19 screening questions on the front door. If the person wanting to enter the building answers YES to any of the questions, they will not be allowed to enter the facility. Upon entry, coaches or staff members will ask if you have read through the screening questions and confirm you have answered NO to all the questions.
- No loitering in the parking lot please. We ask parents/guardians stay in the car until athletes have left the building. Please meet young athletes at the door.
- Please have athletes change into their practice gear before arriving to minimize the use of washrooms/changerooms.
- We ask that athletes bring minimal items into the gym: labelled water bottle, shoes, a mask and a small bag for personal items. Each athlete is given a sanitized bin when they enter the facility to help keep belongings separated.
- Our viewing area will remain closed in Code Red.

After entering the facility:

- Attendance will be taken in order to track possible exposure.
- Athletes' temperatures will be taken upon entry.
- Athletes will be asked to sanitize their shoes before stepping on the floor. Sanitizing spray will be available for athletes. They can leave their outdoor shoes in our front entrance vestibule.
- Anyone entering the facility will be asked to sanitize their hands when entering the gym. Sanitizer will be available near the front entrance at our sanitizing station and in the bathrooms.
- There will be signs around the building reminding athletes, coaches and staff about hand washing and sanitizing procedures.
- The floors will be marked so athletes know to stay within their own space on the floor unless directed otherwise by coaches/staff.
- Bathrooms are sanitized after each use including door handles, faucets, toilets, etc.
- Stunting is currently not permitted.

Thanks in advance for your cooperation as we keep our coaches and athletes safe and doing what they love!

Phoenix Cheer Athletics