

## RHYTHMIC GYMNASTICS PROTOCOL

General	Practice proper hygiene – wash hands before, during, and after practice, do not touch your face, and avoid touching frequently touched surfaces when at practice.
General	All members of the group must practice physical distancing – 3 metres between their gear, themselves, etc. at all times.
General	No loitering in venue or parking lots before/after practice. Following practice, exit the training venue as promptly as possible and avoid excess socializing in the lobby and/or parking lot after your practice.
General	If SOBC is part of a club-organized session, follow club protocols and procedures.
General	Where permitted or able, doors and windows must be left open to allow adequate air flow. Ventilation systems – if in place – must be on for the duration of the practice.
Local Expectation	<p><b>Maximum group numbers per program in Level 1:</b></p> <p>OUTDOOR – Must have a ratio of 1 coach to up to 4 athletes, up to a maximum of 10 people in a training group. One of these 10 individuals needs to take on the Program Safety Volunteer role.</p> <p>INDOOR – If one or more athletes is 22 years of age or older, there can be a maximum of 1 athlete for a total group size of 2. If all athletes are under the age of 22, must have a ratio of 1 coach to up to 3 athletes, up to a maximum of 12 people in a training group. One of these individuals needs to take on the Program Safety Volunteer role.</p> <p>The program must be able to give each participant their own 6x6-metre area to ensure space for physical distancing. If there is a discrepancy between the facility's maximum group size and SOBC's requirements, the smaller of the two group sizes must be the required cap for that program.</p>
Coach	Inquire about facility protocols prior to practice and be familiar with procedures. Ensure athletes are aware of these protocols and everyone follows them.
Coach	No crossover between training groups once the season starts. Coaches must only train the group of athletes they have been assigned to, no substitutions. If a coach is sick or unwell and the coach ratios cannot be maintained, they will need to inform the athletes that particular practice has been cancelled.
Coach	Use tape, chalk, floor markers, hula hoops, cones, or other equipment to help create a physical space for each individual athlete.
Athletes	Arrive ready to begin practice right away – i.e. put on practice wear before arriving, bring a pre-filled water bottle, etc.
Equipment	Floor stretching and conditioning exercises must be done on a yoga mat.

Equipment	All participants must use their own equipment or be assigned program equipment (yoga mats, hoops, balls, etc.) for the entire duration of practice. No sharing is allowed. If equipment is stored by the program, it must be sanitized after every practice.
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