

RHYTHMIC GYMNASTICS PROTOCOL

General	Practice proper hygiene – wash hands before 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 – 2 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	Do not assume that dressing rooms will be open. If dressing rooms are open, limit to only necessary uses.
General	Participants must wash their hands or use hand sanitizer prior to entering the program area, and after any trips to the washroom.
General	If SOBC is part of a club-organized session, follow club protocols and procedures.
General	If 2 metres cannot be maintained during entry or exit in the facility, wearing a mask is strongly advised.
Local Expectation	<p>Maximum number of athletes per program in Pilot Level: 12</p> <p>Maximum number of athletes per program in Level 1: If the program uses a facility similar in size to an elementary-school gym, maximum 10 athletes. If the facility is similar in size to a secondary-school gym, maximum 16 athletes. The program must be able to give each participant their own 4x4-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> <p>Athlete to coach ratio: 4:1 (Note: All programs must have minimum 2 coaches, or minimum one coach and one Program Safety Volunteer, to meet Safe Sport Rule of Two standards)</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.
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.
Athletes	Arrive ready to begin practice right away – i.e. put on practice wear before arriving, bring a pre-filled water bottle, etc.