



Hello LGF Members,

On July 1st, the BC Provincial Government transitioned into Step 3 of their Restart Plan. This transition time is expected to end in September when Step 4 of the Restart Plan is introduced, a full return to normal operations.

We would like to continue to adjust our protocols like a dimmer switch, rather than completely changing all of our rules for operating overnight, as we know that the experience of transitioning back to our normal lives may cause increased stress or anxiety. We are committed to allowing each person to proceed through this transition at their individual comfort level, and we believe it is very important to make sure that our membership and staff **are safe, and feel safe.**

We have implemented a new [Communicable Disease Plan](#) based on the requirements of WorkSafe BC to ensure our continued commitment to safety at LGF, and until BC moves into Step 4 of the Restart Plan, we will be abiding by the following:

- **Physical distancing does not need to be maintained** on or off the field of play. Coaches may spot athletes, however, they must wear a mask and hand sanitize.
- **Daily screening and contact tracing are no longer required.** We will continue to take attendance.
- **Masks are no longer mandatory**, however, they are still recommended when off the field of play for those 12 and over who have not received both COVID-19 immunizations.
- **Staff and participants must continue to sanitize/wash their hands when entering our facility.** We will continue to offer hand sanitizing stations around the facility on tables and in the wall-mounted units.
- **Gym equipment and other high-touch areas in the facility will be cleaned twice a day**, including once in the afternoon, and once in the evening.
- **If participants are sick with a communicable disease, please stay home!** Symptoms include fever, runny nose, chills, coughing, diarrhea, etc.
- **We are not allowing spectators *for now*** because our viewing deck is currently being used as an equipment space. We are working on opening up our parent spectating area for the Fall.
- **All spaces within the facility are now allowed to be used**, including locker rooms, foam pits, and shared chalk stations. Regular facility entries and exits can be used as well.
 - **Locker rooms:** the athlete locker rooms will be cleaned over the summer and athletes will be able to use them in the fall time.
 - **Foam pits:** loose foam pits have been cleaned and are now available to use.
 - **Chalk stations:** shared chalk stations will be used, and LGF will no longer be giving out individual bags of chalk to athletes.
- **Floor markings** to direct traffic flow are no longer required and will be removed.
- **Socializing before and after** gymnastics is now acceptable.



- **There is no maximum group size (occupancy limit)** for participants, coaches, volunteers, staff, and officials.
- **Interprovincial travel is allowed.** International travel must follow federal restrictions and guidance.

If you have any questions or concerns, please do not hesitate to contact our office at info@langleygymnastics.ca or 604-455-8845

Thank you,

LANGLEY GYMNASTICS FOUNDATION