

Updates will be
added if needed



Back to Gym
♡

Organize

Drop off

Covid

Masks

What to bring

Pick up

CAMPER HANDBOOK



Summer[?] 2020
at Supernova Gymnastics

Book Early! Space is limited.

The sun is shining and summer is underway! Better late than never. We have limited weeks available currently; additional weeks will be added as necessary. We run an outstanding summer camp that fills up fast so planning early is beneficial. Covid 19 precautions are now in place.

If you require additional information please email the office at supernovagymnastics@gmail.com or text 289-600-3185



It's a Party

Come on by and hang out with us!

NOW REGISTERING FOR Summer Camp

**Competitive Team
Summer Registration**

**Summer Camp
Registration**



ORGANIZE

Our Campers will be organized into small groups (the government calls them cohorts). These groups will remain together for the entire week.

We will be eliminating toys, games, & equipment that cannot be properly sanitized.

Groups will have their own sets of toys/games to eliminate direct contact with each other.

-When rotating throughout the gym and equipment, only one group may be at an event at a time.

-Equipment will be sanitized after each group leaves an area.

-social distancing will be practiced during break & lunch times.

-We will NOT BE ALLOWING SHARING of any snacks/food.

-Proper hand hygiene will be practiced throughout the day.

-Only one child in the washroom at a time & this will be monitored.

-If a child becomes ill, regardless of whether it could be COVID related we will call you immediately, as well as separate your son/daughter from their group.

Don't forget...
We are a peanut
free facility



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DROP OFF

Please arrive
early for
assessment.

Just drop me off out front to my coaches and
enjoy your day!

Don't forget to tell them I don't have covid! If you
wanna get going fast you should print the waiver
out before you drop me off!

A pop up office will be outside
for you to sign a waiver and so
I can be screened for

Sorry Mom, you
can't come to
camp with me
;)

All pens are sanitized!

Oh! and I have my mask on in all public

"Mom I can't be late, they lock the doors
after 9am,



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COVID 19 INFORMATION

WELCOME BACK TO OUR NEW, FOREVER CHANGING, ADAPTABLE GYMNASTICS CLUB
AMID THE 2020 CORONAVIRUS PANDEMIC. TOGETHER WE CAN MAKE THIS WORK!



- ♥ WE HAVE REDUCED OUR GYMS CAPACITY TO ALLOW FOR 144 SQ. FT. PER CHILD.
- ♥ WE WILL HAVE OUR GYMNASTS IN COHORTS (GROUPS) OF NOT MORE THAN 10 PARTICIPANTS.
- ♥ EQUIPMENT WILL BE SANITIZED AFTER THE USE OF EACH COHORT.
- ♥ ALL HIGH TOUCH AREAS WILL BE DISINFECTED SEVERAL TIMES PER CLASS.
- ♥ WE ARE MAINTAINING 2M'S OF SOCIAL DISTANCING WHENEVER POSSIBLE.
- ♥ ALL STAFF AND VISITORS MUST WEAR A MASK IN COMMON AREAS INCLUDING THE BATHROOM.
- ♥ OUR CLEANING PROTOCOLS HAVE BEEN ADAPTED TO REDUCE THE SPREAD OF COVID 19 WITH MEDICAL GRADE DISINFECTANT.
- ♥ WE ARE TEMPORARILY SUSPENDING ALL USE OF LOOSE AND BLOCK CHALK IN THE GYM.
- ♥ WE HAVE PURCHASED LIQUID CHALK FOR UNEVEN BAR USE WHICH CONTAINS 60% ALCOHOL.
- ♥ ONLY ESSENTIAL PEOPLE WILL BE ALLOWED IN OUR FACILITY DURING PHASE 2 OF THE MOH'S PLAN. PHASE 3 MAY GIVE US MORE FLEXIBILITY ON THESE PROTOCOLS.
- ♥ ALL STAFF HAVE BEEN TRAINED FOR PROPER MASK USE, PROPER HYGIENE, AND CLEANING PROTOCOLS.
- ♥ ALL STAFF WILL BE SCREENED UPON ARRIVAL AT OUR FACILITY DAILY.
- ♥ ALL PARTICIPANTS WILL BE SCREENED DAILY UPON ARRIVAL AT OUR FACILITY.
- ♥ ANY STAFF OR PARTICIPANT SHOWING SYMPTOMS OF COVID 19 OR ARE AWAITING TEST RESULTS WILL NOT BE ALLOWED IN OUR FACILITY UNTIL THEY RECEIVE A NEGATIVE TEST RESULT, OR HAVE SELF QUARANTINED FOR 14 DAYS FOLLOWING.

IT IS OUR INTENTIONS TO MEET OR EXCEED THE GUIDELINES OF THE MINISTRY OF HEALTH.
WE ARE PASSIONATE ABOUT OUR SPORT AND ITS SURVIVAL DURING TIMES OF UNCERTAINTY.



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MASKS

I need my mask mom! I have to wear it on drop off and pick up, and in common areas.

Please arrive early for assessment.

Excuse me, You're too close. Can you please move back 6 feet

Mask = love

Key Point: Keep each other safe.

All staff and visitors must mask during drop off and pick up.

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WHAT TO BRING?

- ★ We are asking that all personal belongings be left at home. We can only control sanitizing items we know we have.
- ★ We ask that your child brings a litterless snack/lunch. A garbage can will not be provided in the common area. (The bathroom garbage will be available for paper towel products only.)
- ★ Please ensure your child has a labelled water bottle. Cups will not be available.
- ★ We ask that each child have a labelled baggie for their personal mask.
- ★ All children must bring their own sunscreen. We ask that you please teach your child how to properly apply their sunscreen to themselves.
- ★ All gymnasts must arrive in their gym clothes that they will be wearing inside the gym.
- ★ Gymnasts must arrive in either a leotard, (mandatory for Team gymnasts) or shorts and a T-shirt...preferably wearing their bathing suit under their clothes for outside activities.
- ★ Your gym bag should include: a hat, a towel, change of clothes, running shoes, a snack, or lunch if attending full day, and water bottle, sunscreen, personal cutlery, and their mask.
- ★ All items must be labelled, including their bag. Please use a clearly visible bag tag on the outside of your child's bag.

I can't bring any of my own toys.

Gymnasts bags will be placed in their own assigned cubby for the week.

All my stuff is packed in my own bag and labelled.

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PICK UP

Just hang out in the air conditioned car while a staff member brings me to you!

Please arrive early for assessment.

Sorry, Supernova cannot do aftercare right now.

Mask = love

9am - 12pm or 9am - 4pm during select weeks.

Drop off and pick up times must be adhered to. Please do not pick your child early.

All staff and visitors must mask during drop off and pick up.

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CAMP/CLASS CHECKLIST

IF YOU HAVE ANY QUESTIONS, PLEASE TEXT 289-600-3185

Organize



Drop off

SELF ASSESMENT

LABELLED GYM BAG WITH CHANGE OF CLOTHES, RUNNING SHOES, SNACK/LUNCH, SUNSCREEN, TOWEL, ALL ITEMS LABELLED PLEASE.

LABELLED WATER BOTTLE

LITTERLESS SNACK/LUNCH. NO PEANUTS ALLOWED.

MY SMILE

MY SKILLS AND DETERMINATION.

ENSURE WE HAVE THE CORRECT EMERGENCY CONTACT.

ARRIVED 15 MINUTES EARLY AND YOUR PATIENCE.

NO REFUNDS FOR CANCELLED CAMPS FOR ANY REASON AS WE WILL BE UNABLE TO FILL ANOTHER SPOT.

UNDERSTANDING SIBLINGS WILL BE KEPT TOGETHER REGARDLESS OF AGE/ABILITIES.

I forgot to
add mask
and baggie

Covid

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CURRENT CAMP & COMPETITIVE TEAM SCHEDULE

MORE CLASSES/CAMPS AND TIMES MAY BE ADDED DUE TO HIGH DEMAND

Organize

Summer 2020

PLEASE GO TO OUR WEBSITE AT WWW.SUPERNOVAGYMNASTICS.COM.
NAVIGATE TO THE SUMMER CAMPS/CLASSES TAB TO REGISTER ONLINE.



Summer camps 2020 has been given the green light! We know our families have been waiting patiently with us for our summer camps to begin and we're excited to jump in. Register online below. If you have any questions please email the office at

supernovagymnastics@gmail.com.

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Camp Registration Information

Did you register and pay the Early Bird Price previously?

- ☐ yes
☐ no

Competitive Team Summer Program, "Finding our way home". Welcome home :)

- ☐ July 23rd 3pm - 6pm \$25
☐ July 28,29, 30th 3pm - 6pm \$75
☐ August 4th & 6th 9-12pm \$45
☐ August 18th & 19th 4-7pm \$45
☐ August 24th 9-12pm \$25

Week 1 July 13th-17th Mornings ONLY

Full Week 9-12pm \$130

Week 2 - July 20th - 24th COMPETITIVE TEAM ONLY

Full Week 9-12pm \$175

Week 3 - July 27th - 31st

Full Week \$240

Week 4 August 3rd-7th NOT OPEN FOR REGISTRATION

-Select-

Week 5 - August 10th - 14th COMPETITIVE TEAM ONLY "GYMSTRONG BOOT CAMP"

Full Week 9-4pm \$275

Week 6 - August 17th - 21st

Full Week \$240

SUMMER CAMP & TEAM REGISTRATION FORM

MORE CLASSES/CAMPS AND TIMES MAY BE ADDED DUE TO HIGH DEMAND

PLEASE GO TO OUR WEBSITE AT WWW.SUPERNOVAGYMNASTICS.COM.
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ONLINE REGISTRATION

Summer Camp/Team Classes 2020 Registration

Family Name		Camp Registration Information	
First Name		Did you register and pay the Early Bird Price previously?	<input type="radio"/> yes <input type="radio"/> no
Email		Competitive Team Summer Program. "Finding our way home". Welcome home.:	<input type="checkbox"/> July 23rd 3pm - 6pm \$25 <input type="checkbox"/> July 28, 29, 30th 3pm - 6pm \$75 <input type="checkbox"/> August 4th & 6th 9-12pm \$45 <input type="checkbox"/> August 18th & 19th 4-7pm \$45 <input type="checkbox"/> August 24th 9-12pm \$25
Home Number			
Cell Number			
Street Address			
City		Week 1 July 13th-17th Mornings ONLY	Full Week 9-12pm \$130
Postal Code			
Child Information			
Name		Week 2 - July 20th - 24th COMPETITIVE TEAM ONLY	Full Week 9-12pm \$175
Age			
Date of Birth		Week 3 - July 27th - 31st	Full Week \$240
Special Needs, Allergies?			
Emergency Contact Info		Week 4 August 3rd-7th NOT OPEN FOR REGISTRATION	-Select-
Last Name			
First Name		Week 5 - August 10th - 14th COMPETITIVE TEAM ONLY "GYMSTRONG BOOT CAMP"	Full Week 9-4pm \$275
Relationship to Child			
Home Phone		Week 6 - August 17th - 21st	Full Week \$240
Cell Phone			

PARENT OR GUARDIAN SIGNATURE

DATE

☐ I UNDERSTAND THAT BY SIGNING THIS FORM I ACKNOWLEDGE THAT I HAVE READ, UNDERSTAND, AND AGREE TO ALL OF SUPERNOVA'S POLICIES AS LISTED ON THE ONLINE REGISTRATION FORM.

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A Message from Supernova

I would like to take the opportunity to thank all of my members for their patience and understanding throughout the last several months. This has been a time of great uncertainty for our little gym and each day has brought new challenges. My gym has the strength of FAMILY backing it and I know we can make it through this.

A special thank you to my members who reached out to me with their love and kindness. You have all been my light at the end of a very long tunnel. Thank you so much for your unwavering support and loyalty.

Myself and my coaches are waiting patiently and anxiously to welcome you back to gym. My right hand peoples....Meaghan, Kyleigh, Syd, and Morgan....You guys truly shine.

Welcome Back to gym everyone!

"1, 2, 3, SUPERNOVA!!!"

Gymnastically yours
Georgina MacDonnell

