

Monday, July 13, 2020

Dear Salto Families,

First of all, I want to express my sincere thank you to the parents and families of athletes in our programs. This has been an extraordinary gymnastics year and one that we would not have been able to get through to this point without your support and understanding. To say this year has been unprecedented would be an understatement. The COVID-19 pandemic has forced all of us to make significant transitions in our lives. The delivery of gymnastics training was no different. We made several significant transitions this year into new teaching and learning realities, during the shutdown with zoom workouts and now in stage 1 of our reopening. And while it has been an incredible year of challenges and growth, I know that our success has been rooted in the relationships we have and the importance we place on people. I am particularly proud of our staff who have accomplished some amazing things in a relatively short period of time. Their devotion to their athletes and to following AGF and SafeSport protocols during the shutdown, while they were temporarily laid off, is remarkable. Their dedication to their athletes and their health and safety now in phase 1 of Salto's reopening, with astonishing additions to their responsibilities in order to adhere to Government of Alberta, Alberta Health Services, and Alberta Gymnastics Federation COVID-19 guidelines, is exceptional.

Fall 2020

Every spring, we plan for next September and the entire gymnastics year. What was different this spring; was the uncertainty of the future of Salto Gymnastics, the sport of gymnastics, and youth sports altogether. Salto's doors were closed, and staff were laid off. Today's email will hopefully provide you with an understanding of what we know so far and what might be possible in the Fall.

I thought it might be helpful to provide a very quick overview of the province's *Relaunch Strategy*. Below is a brief outline of Alberta's 3 stages and what they expect to include:

Relaunch Stage Highlights

Stage 1 May 14	Stage 2 June 12	Stage 3 (timing to be determined based on health indicators with gradual implementation)
<p>With increased infection prevention and controls, some businesses and facilities resumed operations May 14, with two metre physical distancing requirements and other public health measures in place.</p> <p>Retail businesses like clothing, furniture and book stores</p> <p>All farmers' market vendors</p> <p>Hairstyling and barber shops</p> <p>Cafés, restaurants, pubs and bars reopened for table service at 50% capacity</p> <p>Some scheduled, non-urgent surgeries resumed</p> <p>Museums and art galleries</p> <p>Daycares and out-of-school care, with occupancy limits</p> <p>Day camps, including summer school, with occupancy limits</p> <p>Post-secondary institutions continued course delivery, with flexibility for in-person delivery</p> <p>Places of worship and funeral services, with sector-specific guidance</p> <p>Dog parks and playgrounds, unless restricted by municipal authorities</p> <p>In Calgary and Brooks, stage 1 relaunch was gradual over 18 days due to higher COVID-19 case numbers in these communities</p>	<p>This stage will allow additional businesses and services to reopen and resume operations with two metre physical distancing requirements and other public health measures in place. This includes:</p> <p>K-12 schools, for requested diploma exams and summer school, following guidance</p> <p>Libraries, with restrictions</p> <p>Places of worship</p> <p>Additional scheduled surgeries</p> <p>Wellness services such as massage, acupuncture and reflexology</p> <p>Personal services (esthetics, cosmetics skin and body treatments, manicures, pedicures, waxing, facial treatment artificial tanning)</p> <p>Movie theatres and theatres, with restrictions</p> <p>Community halls, with limits on attendance based on activity</p> <p>Team-based sports, with restrictions</p> <p>Indoor and outdoor recreation, fitness and sports, with measures in place</p> <p>Indoor fitness centres, pools and arenas, with measures in place</p> <p>Instrumental concerts</p> <p>Casinos and bingo halls</p> <p>Arcades and video lottery terminals (VLTs) in restaurants and lounges</p> <p>Provincial campgrounds at full capacity</p>	<p>Timing of this stage is to be determined and will involve:</p> <p>More businesses and services reopening with restrictions</p> <p>Permitting larger gatherings (number of people to be determined)</p>
<p>Visitors to patients at health-care facilities continue to be limited</p>	<p>Visitors to patients at health-care facilities will continue to be limited</p>	<p>To be determined</p>
<p>Public attendance at businesses, facilities and events that have close physical contact was not permitted, including: arts and culture festivals, major sporting events, and concerts</p> <p>Movie theatres, pools, recreation centres, arenas, spas, gyms and nightclubs remained closed</p> <p>In-school classes for kindergarten to Grade 12 students remained prohibited</p>	<p>Nightclubs, amusement parks, and hookah lounges (permitted for food and drink only) will remain closed</p> <p>Arts and culture festivals, concerts and major sporting events will continue to not be permitted.</p>	<p>Arts and culture festivals, concerts and major sporting events will be permitted with enhanced protection controls in place</p> <p>Nightclubs will reopen with enhanced protection controls in place</p> <p>Physical distancing restrictions will be maintained</p> <p>Resuming industry conferences with restrictions</p>
<p>Non-essential travel was not recommended</p>	<p>Non-essential out-of-province travel is not recommended</p>	<p>Non-essential travel no longer discouraged</p>
<p>Remote working was advised where possible</p>	<p>Remote working is optional for most workers; workplaces must follow public health measures</p>	<p>To be determined</p>
<p>Enhanced infection prevention and control measures will be in place in all phases.</p>		

Salto Gymnastics, along with all Alberta gymnastics clubs, are classified by the Government of Alberta as Indoor and outdoor recreation, fitness and sports businesses. Thanks to many “Town Hall” zoom meetings with Dr. Hinshaw and other Ministers, we were successful in gaining inclusion in Alberta’s

stage 2 of relaunch. Alberta Gymnastics Federation worked tirelessly on behalf of us, and many of Alberta’s gymnastics clubs worked together, unselfishly, towards the opportunity to reopen. Part of the reason for the inclusion of gymnastics in Alberta’s stage 2, is the AGF Return to Play proposal developed in collaboration with Alberta’s gymnastics clubs. It includes requirements that clubs must implement as part of their reopening strategy to ensure the safe, responsible, and low-risk delivery of operations, training, and programs.

Salto Gymnastics has implemented all the requirements and is continuing to place the health and well-being of its athletes and staff at the forefront of all decisions and actions. No matter which stage we will find ourselves in come September, I can assure you that we will continue to put forth our best efforts to provide your children with the gymnastics training they need and deserve.

Key Public Health Measures

Public health measure	Pre-Stage 1	Stage 1 May 14	Stage 2 June 12	Stage 3
Physical distancing	Maintain distance of 2m	Maintain distance of 2m	Maintain distance of 2m	Maintain distance of 2m
Gatherings	Max. 15 (indoor/outdoor)	Max. 15 (indoor) Max. 50 (outdoor)	Max. 50: Indoor social gatherings Max. 100: Outdoor events and indoor seated/audience events No cap: Worship gatherings; restaurant, cafes, lounges and bars; casinos; bingo halls as long as physical distancing is maintained	Size of permitted gatherings will increase
Public masks	Encourage wearing a mask where unable to physically distance	Encourage wearing a mask where unable to physically distance	Encourage wearing a mask where unable to physically distance	Unnecessary
At-risk Albertans (outside facility)	Remain home unless medically necessary	Stay at home as much as possible	Resume normal activities and interactions, with caution	Resume normal activities and interactions
At-risk Albertans (facility-based)	Visitor, staff, and operational restrictions	Visitor, staff, and operational restrictions	Visitor, staff, and operational restrictions	Restrictions lifted
Isolation and quarantine	14 days for cases, close contacts, and people entering Alberta from outside Canada 10 days if symptomatic but don't fit above categories	14 days for cases, close contacts, and people entering Alberta from outside Canada 10 days if symptomatic but don't fit above categories	14 days for cases, close contacts, and people entering Alberta from outside Canada 10 days if symptomatic but don't fit above categories	Restrictions lifted

Continuing Uncertainty

These continue to be uncertain times in our community, our Province and Country, and our world. With uncertainty often comes anxiety about not being able to predict or plan for things. I understand that feeling. By this time every summer, our competitive gymnastics athletes have signed and submitted their competitive training contracts, begun training with their new groups, in their new levels, and are working on new skills. By this time every summer, Salto Gymnastics has published and opened registration for its Fall Recreational Classes session and our staff have begun new employment contracts with Salto.

We have been working through this uncertainty as an organization for the past several months. There have been a lot of questions as we have moved forward including such things as instructing and training platforms after so much time off, athlete assessment and development, scheduling and staffing with requirements and guidelines that will be changing and how we can continue to serve and support our beautiful community and its needs. As a team, we have approached each challenge with determination and put an action plan into place with our organizational vision as our model. While I know that we always strive to do better, we have also accomplished a tremendous amount in a relatively short period of time with many key people contributing along the way. I am very proud of our team and how they have soared to support you and your children.

We will use this summer, while following all Government and AGF requirements and guidelines, to work on the basics with our athletes. This is an opportunity to build and strengthen our athletes' foundations. A strong foundation is what makes executing the higher-level skills possible, and interestingly is what contributes to a higher score in competition. Most importantly, it ensures the safety of the athlete. An athlete with a strong foundation is far less likely to become injured or burn out and is far better equipped to meet challenges and overcome irrational fears.

Salto is advancing its recreational camps and classes this summer with the same point of view. This is our opportunity to accomplish more. Salto has transformed our typical one-hour class, once a week into an intensive, one-hour class, every day, led by one of our highest level trained and certified coaches. Athletes will have the opportunity to earn up to six badge levels over the summer. Should the athletes wish to focus on tumbling, Salto has created a special tumble class which will also be led by our highest level trained and certified coaches. And to ensure Salto has the highest quality summer camp, it is led by our Preschool teachers who, in addition to being high level trained and certified, are also childcare certified.

Salto Preschool is accepting registrations for the school year and has limited space available. Early learning and childcare professionals play an important role in supporting families and promoting healthy growth. Research shows the early years are critical in shaping a child's overall development. The importance of play in how children understand the world around them is embedded throughout our program, and it aligns well with current Canadian curriculum frameworks in early learning and childcare.

Keeping You Informed

I will ensure that we keep you informed as more information becomes available to us. Please remember to visit our Salto Facebook page <https://www.facebook.com/SaltoGymnastics> and our webpage <http://www.saltogymnastics.com/index.html> for the most recent information available. You can also expect periodic updates by email.

We expect to learn Alberta's school year re-entry scenario on August 1st. After reviewing the scenario, Salto will implement its Fall classes and training schedules that best complement. The Government of Alberta's stage 3 of relaunch will bring a different set of requirements and guidelines that Salto will adjust to. We do not yet know the timing of stage 3, but we expect it before the end of summer.

In preparation, we have hired a new men's artistic gymnastics coach, David Boucher, who also has extensive experience teaching Parkour, Ninja and Trampoline/Tumbling. Our International hire, men's and women's artistic gymnastics coach, Yevgen Molyev, is still expected to join Salto. The delay is a result of the COVID-19 restrictions implemented around the world.

We wish you a wonderful summer and hope that you take advantage of the many outstanding opportunities we have created. While 2020 has brought many transitions, Salto has approached them innovatively, addressing all of Salto Gymnastics programs. We look forward to seeing you again and the positive direction we are headed.

Sincerely,

Kelly Dick
Senior Operations Manager