

FAQs (v. 30 June 2021)

OGC – Ottawa Gymnastics Centre

OPH - Ottawa Public Health

GO - Gymnastic Ontario

1) What are OPH and GO saying about returning to indoor gymnastics training?

The OGC has communicated with OPH, Ottawa COVID 311, Ottawa Bylaw, an OPH Inspector and the Province of Ontario Covid Regulation department for businesses (Stop the Spread). No organization would provide their written interpretation of the provincial regulations, the OGC was directed to the provincial regulations, which specifically state Day Camps are allowed under Step 1 and 2 of Ontario's reopening, however indoor sport is not permitted, including gymnastics. GO also indicated that outdoor gymnastics are prohibited due to insurance, but that outdoor fitness training can take place.

In order to ensure the safety of all athletes, coaches, and the community, the OGC believes it is important to continue to follow the guidance of public health officials, as well as provincial regulations regarding indoor sport training.

The OGC has received feedback from members who have shown their desire to increase in person outdoor activities. To that end, the OGC will be offering outdoor physical fitness training, 2 to 5 times per week, starting the week of July 12th for athletes to stay prepared for their return to full training. The OGC is committed to return to indoor gymnastics as soon as provincial regulations permit.

2)How is the OGC allowed to run Day Camps, but not be allowed to open the gym for indoor training?

The Ontario Ministry of Health and Long-Term Care issued a [COVID-19 Safety Guidelines for: Day Camps](#) document which was reviewed by the OGC to ensure Day Camps are run in compliance with provincial regulations. The prohibition against indoor sports was reiterated to us through the information received from the Province of Ontario via their Covid Regulation department for businesses (Stop the Spread).

Day Camps will have outdoor activities allowed by GO and any indoor activities will adhere to the COVID-19 Safety Guidelines for: Day Camps with a focus on and low-organization games. Day Camps will not have indoor gymnastics activities until they are permitted through provincial regulations.

3) Why is the OGC decreasing training hours at the end of June for competitive athletes, as well as a 2-week break in July.

With indoor gymnastics training not permitted until Step 3 (currently scheduled to begin July 21st), the OGC arranged the summer training schedule around the ability to perform gymnastics training indoors. The reason behind this was to maximize ***gymnastics*** training, as opposed to fitness training, without additional breaks once provincial regulations allow for indoor training. The OGC also felt it was important to provide athletes with a mental break from virtual training, which has seen relatively low participation to date.

In response to the positive participation of outdoor physical fitness training, the OGC will continue to offer this programming for 2 to 5 times per week starting July 12th for any interested athletes. The OGC is committed to return to indoor gymnastics as soon as provincial regulations permit.

4) Why does it appear that the OGC is prioritizing recreational athletes over competitive athletes with its reopening plan.

Throughout the pandemic the OGC has consistently prioritized competitive members' gym time and programming ahead of recreational programs. The OGC highly values its annual members and is eager to see them in the gym as soon as provincial regulations permit, however indoor training is still not permitted.

The OGC acknowledges that communications regarding recreational programming may have created a misunderstanding that indoor gymnastics would take place, therefore giving the perception of prioritizing recreational over competitive for July.

Any indoor component of Recreational Day Camps will follow the COVID-19 Safety Guidelines for: Day Camps and will not contain indoor gymnastics until they are permitted through provincial regulations.

5) What about the program fees for the month of July?

All athletes who were members of OGC in the 2020/2021 season continue to be members of OGC throughout the month of July. As a result no new insurance fees or registration is required for our July training. All July optional training sessions will be offered **at no cost** to OGC 2020/2021 members (who were current members on June 30th).

6) What if athletes want to leave OGC to train elsewhere?

The OGC will continue to support all of its members. If an athlete feels the need to train elsewhere in the interim, the OGC will support that decision and will be happy to welcome them back once able to do so.