

Guidelines for Attending Active Living Recreation Program Ages 2-5

Steps Prior to Arriving to ALPS for Parents:

- Programming will run Monday through Friday 8:45am-10:45am
- Parents must sign the online waiver sent to them in the welcome letter prior to child being allowed to attend.
- Parents will arrive 15 minutes early on the first day to obtain their child's access card at CSD, which will be used when entering and exiting the gates at the facility.
- Staff must ask parents to check their children's temperature daily before coming to program. This is a requirement and will be posted with guidelines.
- Regular Temperature is:
 - **Mouth: 35.5-37.5°C (95.9-99.5°F)**
 - **Underarm: 36.5-37.5°C (97.7-99.5°F)**
 - **Ear (not recommended in infants): 35.8-38.0°C (96.4-100.4°F)**
- Parent/Guardian dropping off child must fill out the screening tool every arrival. Staff must review to ensure child is safe to enter. Staff will be asking for the child's temperature at this time.
- If a child starts to become sick while in care, the child must be isolated and parents called to pick up their child (same as current protocol).
- If any child tests positive for Covid-19, Child Care must be shut down for 72 hours and a thorough deep clean is done.
- Please ensure you have reviewed our [Repsol Sport Centre Playbook](#) located on our website to understand all of our protocols.

Pre-Care and Post Care Requirements:

- There is the option of Pre-Care starting at 7:30am, and post care until 11:45am. Please note these are based on the current Child Care rates. Please see our [Child Care page](#) for more information.
- Parents please email preschool@repsolsport.com or lmontgomery@repsolsport.com a minimum of 48 hours prior to needing pre-care so we can ensure staff are ready. If you need to cancel please email lmontgomery@repsolsport.com or preschool@repsolsport.com by 6 pm the previous evening.
- Drop-off for Pre-care will be located at a marked bench just down from Customer Service. Please look for the sign stating STOP: Pick up will be off the patio of the Preschool room.

Drop Off:

- Parents and children should be wearing masks. Parents will meet at:
 - Patio off of the Preschool Room on Tuesdays and Thursday. If the weather is not conducive we will contact with an alternate location.
 - Mondays and Fridays the drop off will be located outside of gym 4 by the personal training studio.
 - Wednesdays the drop off will be in gym 2 ensuring social distance is occurring.
- Parents MUST ensure they are physical distancing and have masks on themselves and children until the child enters the program.
- Please sign in .
- **No late drop offs allowed.**

Pick Up:

- Hand sanitizer is available.
- Masks must be worn by parents when picking up their child and on their child as they go through the facility.
- Please sign out.
- Please remember to social distance when leaving program.
- If parents have any feedback they can email montgomery@repsolsport.com.

Best Practices:

- Toys will be sorted out prior to children coming in, so toys will have the least amount of share points amongst children. Ex. Cups of pens/pencils etc.
- Children wash hands after playing with toy before moving to next toy if possible.
- No hugs, no games that involve touching if possible.
- Masks for staff when toileting, or assisting with snack. **Please note we will not be changing diapers or changing soiled clothes, we will be calling parents back to assist.**
- Children bring their own food, no nuts, and all containers must be labelled. Food cannot go in the fridge so must be able to be at room temperature for 2 hours. Physical distancing when eating snack will be done. Snack is optional for children.
- When doing any type of dance or physical movement physical distance that aligns with current standards will be implemented through the use of visuals so children understand.
- Interactive games and activities will only occur if there are no shared items.
- Outside play will not include the use of the Lindsay Park playground.

PROGRAMMING:

- Parents will receive emails via Mail Chimp updating them on program plans and how they can incorporate activity ideas at home. Email will also be used to communicate changes in drop-off and pick-up.

Movement FUNdamentals: Let's get children moving in this fun two hour program. This program is designed to align with the LTAD model used by Canadian Sport for Life. The children in this group would be in the Active Start stage and would focus on daily active play in order to develop the fundamental movement skills and build important connections between the brain and movement.

- Mondays 8:45am-10:45am
- Location: Gym 4

Kidz Move: Does your child love to move? If yes this is the program for them. Kidz Move is about developing spatial awareness and understanding how to move the body in different planes of motion. We will explore movement outdoors (as long as weather allows) while incorporating dance and sport.

- Tuesdays 8:45am-10:45am
- Location: PAL Room and Outdoors

Games and Swimming: Wednesdays will be about learning games that incorporate turn taking, movement and sharing. After some gym time, we will head over to the teach pool for an hour of fun swim. The development of movement skills will support childhood development and problem solving skills.

- Wednesdays 8:45am-10:45am
- Gym 2 and Teach Pool

Active Animals: Join us for Active Animals where we will learn about various animals and how they move throughout their lives. We will learn about animals who swim, climb and run all through fun and games. Developing the skill progression from crawling to standing to walking to running. We will also focus on fundamental basic movement skills such as jumping, balancing and coordination activities. This program will have an outdoor component as long as weather allows.

- Thursday 8:45am - 10:45am
- Location: PAL Room and Outside

Variety Day: This will be a combo of all sports, possibly a craft and children's choice. We will ask the children what they like and try to incorporate each child's idea throughout the program. The focus again will be on the LTAD model as well as fun games to encourage sport growth.

- Friday 8:45am-10:45am
- Location: Gym 4