

## FAQ FOR THE 2021-2022 COMPETITIVE CONTRACT

1. If someone chooses the Energy All-In package, can they change their mind part way through the season to the Energy Exchange membership & vice versa?  
Every request will be reviewed by the Board to see if this can be accommodated. It will depend on whether there are enough opportunities for hours available in the remainder of the season or if there is a need for a person to maintain their position within their Energy Exchange group.
2. Do I have to do any volunteering if I choose the All-In package?  
No volunteer shifts are not required, though we encourage you to consider doing a volunteer shift during our hosted meets as we rely on volunteers to run these meets effectively and increase our revenue.
3. Do I have to attend the AGM if I choose the All-In?  
Yes-this is mandatory as we do have to have a quorum legally at our AGM.
4. My child only trains 6 hours, why am I required to volunteer the same hours as 20 hours athletes as an Energy Exchanger?  
Traditionally the number of volunteer shifts and number of mandatory fundraising commitments was based on training hours. However, all of our Energy Exchangers are getting the same discount monthly, regardless of their training hours. They are also not expected to participate in fundraisers by selling a set amount of product or attending a fundraising event. As a result, while volunteer hours seem higher the overall commitment has been lowered for Exchangers as well.
5. Why is there no early bird/pay all up front option?  
Because of COVID 19 we have continued to structure our payments monthly as it is easier to adjust training fees in the event of shutdown. It is also fiscally better to receive an even revenue stream when we are looking at budgets or revenue projections.
6. How many weeks is my contract paying for?  
You are paying for 40 weeks of training over 41 calendar weeks. The extra week is meant to compensate for any missed classes due to sick days or closures due to inclement weather etc.
7. Why does my contract not say what level my athlete is training?  
Training levels are still being worked out as our athletes rebuild their strength, stamina, and skills. Your coach will communicate with your athlete and their parent/guardian how their are progressing and what their training plan and competition level will be for this season.
8. Do I have to pay for day time training if my athlete can't attend?

Your contract is for a spot on our competitive team in the training group that is most suitable for your athlete's abilities. The groups have been very carefully arranged to make sure that they will work well as a group. As a result, if you wish to accept the place on the team, you do have to pay for the spot at the full rate, even if you are going to miss the majority of day training.

9. Will there be competitions this year?

We certainly hope so. The Men's program has already set a date for bidding on hosting their provincial cups and we anticipate bidding will happen soon for Women's meets. Gymnastics Ontario had released protocols for in person meets with reduced viewing, and smaller flights which we were unable to utilize last year. They will continue to do their best to adjust their protocols so that we can hopefully have a safe opportunity to compete in 2022

10. What are the current COVID-19 protocols we have to follow?

Our industry is mostly under the Gyms and Recreational Centres category, with some exceptions for our day camp programming. Under this category in our current provincial step 3 measures, we are operating at 50% of our capacity according to our occupancy permit. For Gymnastics Energy, that is 100 people. This does allow us to run our programming at full capacity for the most part, and certainly no reduction to our competitive teams.

Athletes and staff are to complete their screening before attending training/work. Masks are required when entering and exiting and moving through the gym. Masks are highly encouraged while training and are being kept on most of the time. Physical distancing is being maintained. As has been required, ensure that athletes come to training with full water bottles and limit their personal possessions entering the facility. We continue to use individual chalk blocks and spray bottles at bars. Hand sanitizer stations and equipment sanitization is being maintained and sharing of small equipment is limited, or eliminated.

While we were not able to completely separate our Recreational and Competitive training nights, we have made some schedule changes to do this as much as possible. There are no Recreational classes on Sunday, Monday and Friday evenings. Likewise, there is no Competitive Training on Saturdays.