

Member Awareness

- A NEW Risk Agreement Waiver has been created by our governing sport body, Gymnastics Ontario for ALL Participants, to include insurance coverage for COVID-19 claims, exclusion and their assumption of the related risks with COVID-19
- All participants MUST have a NEW waiver signed by their parents OR legal guardian (friends, grandparents or other family members who are not legal guardians are NOT allowed to sign the waiver)
- Upon entering the building, parents will also need to have a signed, Declaration of Compliance form before attending our facility to declare your understanding of COVID-19 as well as the responsibility to self-regulate
- Government of Ontario approved handwashing and physical distancing protocols have been put in place in high traffic areas e.g. main entrance door, bathrooms
- COVID-19 related matters are now included in our club refund policy
- Ensure you are aware that you or any member of your family may not enter our facility if either the participant or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days; signs will be posted at screening stations and will be posted at the entrance to our facility to remind staff, parents/guardians, and other visitors
- Maintain confidentiality of any person confirmed to have been COVID-19 infected
- We have Posted our club protocols in high-traffic areas (e.g., entrances, washrooms, etc.)

Entering and Exiting Facility

- Limit carpooling among club participants, only members of the same family should be in a vehicle together
- Follow physical distancing lines outside the facility for parents and gymnasts to line up before entering
- Ensure physical distancing requirements are met
- All persons must properly wash with soap and water or sanitize hands upon entering the facility.
- All participants are required to wear a mask upon entering and exiting the facility but will not have to wear them while participating in the actual program / class.
- A staff member will escort the athlete inside the facility, they must have completed the online screening form about illnesses in the athlete or their household members prior to attending their class each week (ensure an adult is present)
- Family members will not be allowed inside the facility for viewing
- Viewing; parent viewing will be closed and encourage parents to drop-off and pick-up as opposed to entering the facility to watch the class.
- Parents/guardians will pick up their gymnasts outside.
- Anyone feeling unwell **MUST STAY HOME**
- Once classes are over, athletes and parents need to leave the gym, no lingering around and chatting will be permitted

Screening

- All individuals, including participants, parents/guardians, staff, and visitors must be screened including daily temperature checks at home prior to arrival. We will deny entry to any individual who has any of the symptoms outlined in the COVID-19 Reference Document for Symptoms on the Ministry of Health's COVID-19 website or who has come in close unprotected contact with a person with symptoms of or confirmed COVID-19 in the past 14 days. Camp participants will be monitored for atypical symptoms and signs of COVID-19.
- The club is not taking temperatures. It is recommended that temperature checks are taken at home prior to arrival.
- A short questionnaire and screening **MUST** be completed online by each participant every week to allow the individual to enter the gym upon arrival.
- Parents/guardians will be notified if their participant begins to show any symptoms of COVID-19 (i.e. sickness, fever, coughing etc) while in a class, including the need for immediate pick-up. Symptom lists can be found on our website and will be posted in the facility.
- Anyone (Parent/guardian, staff, and visitors) entering the program setting who stays for 15 minutes or longer will be recorded (e.g., name, contact information, time of arrival/departure, screening completion, etc.) will be kept up to date and available to facilitate contact tracing in the event of a confirmed COVID-19 case or outbreak.
- Alcohol based sanitizers will contain at least 70% alcohol content and are placed at entry/exit points, all equipment stations and screening stations. Dispensers are not located in the accessibility of young children.

Facility Safeguarding

- Encouraging physical distancing requirements
- Heightened cleaning of the entire facility, especially high touch, and high traffic areas (e.g. entrance, washrooms, etc.)
- We have provided a copy of the handwashing guidelines to display in areas to show people how to properly wash hands.
- Regular cleaning of high-touch surfaces between rotation or classes.
- Ensure respiratory etiquette is followed by advising individuals to cough or sneeze into one's arm or a tissue
- We have limited the number of participants per group to allow physical distancing and prevent crowding (limited to 35 bodies including staff)
- Athletes are not permitted in the changing rooms to ensure physical distancing requirements are followed; participants will leave their belongings at the assigned location.
- Cleaning will be done a minimum of twice per day, or more frequently when possible for the washrooms, smaller equipment (high traffic area)
- Provided hand sanitizing stations throughout the facility, including each event.
- Clean/disinfect gymnastics equipment between classes, where possible, and always at the end of the day.
- Once classes are over for the day and all athletes have left, all additional surfaces will be cleaned and disinfected (Large mats, floors, counters, bathrooms, office space, door handles, light switches, railings, etc.)
- Participants will provide their own water and there will be no sharing. Water filling stations are allowed, but individuals must wash their hands before and after use.
- Chalk bucket has been removed
- All cleaning products are authorized disinfectants against SARS-CoV-2, the coronavirus that causes COVID-19
- We have created and will maintain cleaning and disinfecting logs & checklists.

- Clean/disinfect gymnastics equipment if a participant's head or face met the equipment.
- Ensuring all equipment in our facility is made of a material that can be cleaned and disinfected, or are single-use and is disposed of at the end of the day.
- Minimizing the sharing and frequency of touching of objects, equipment and surfaces, and other personal items.
- Increasing the frequency (minimum twice a day) of cleaning and disinfecting objects, equipment, and frequently touched surfaces.
- Cleaning and disinfecting, at least twice a day, frequently touched surfaces. These surfaces are most likely to become contaminated, including door knobs, water fountain/cooler knobs, light switches, toilet and faucet handles, electronic devices, and tabletops.
- Only using cleaning and disinfectant products that have a Drug Identification Number (DIN). Low-level hospital-grade disinfectants may be used.
- Performing and promoting, frequent proper hand hygiene (including supervising or assisting camp participants with hand hygiene)
- Incorporated additional hand hygiene opportunities during the day

Encouraging physical distancing is met between camp participants

- Spreading participants out into different areas
- Spreading equipment into different areas
- Using visual cues (e.g. Signs, posters, floor marking etc.)
- Incorporating activities that encourage more space between participants

Groups

Programs will be operating in cohorts of no more than 8 individuals including both staff and participants who stay together throughout the duration of the program, with the following consideration:

- Cohorts (groups/classes) in any HOH program are 4 - 8 individuals including both staff and class participants. We have permission for Multiple Cohorts (group/classes) to occupy the same facility if separated by room, or space, and adhering to G.O occupancy calculation.
- Class ratios for the Fall Session must comply with these directives.
- **While close contact may be unavoidable between members of a cohort (group/class), physical distancing and general infection prevention and control practices will be encouraged where possible.**
- Cohorts (groups/classes) will not be allowed to mix with other cohorts at the same time, including pick-ups and drop-off, playtime, rooms etc.
- Space that is shared by cohorts (groups/classes) or has other user groups will ensure the room/space is cleaned and disinfected before and after using the space. A cleaning log will be posted and used to track cleaning.
- Participant's belongings should be minimized. If brought to class, personal items (e.g. backpack, clothing, water bottle, food etc.) will need to be labelled and stored at their designated location.
- Events can only be used by one cohort (group/classes) at a time and will be cleaned and disinfected before and after use by each cohort (group/classes)

Staff Management

- Prior to coming to work (daily), staff are required to report to the designated supervisor for the results of a screen test for COVID-19 and determine if either they or a household member has had onset illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days.
- Staff are required to sanitize/wash hands between rotations.
- Staff are to avoid physical contact with one other and participants. (e.g. high fives, hugs etc.) and will encourage participants through positive language, tone of voice, physical gestures, and body language.
- Hand-free coaching. (NO SPOTTING) We are directed by the Provincial government AND our governing sport body Gymnastics Ontario that no hands on spotting is allowed. Circuits, mats blocks etc will be used unless a spot is required to prevent injury.
- **Staff and coaches will wear face protection (masks) at all times.**
- Staff must practice personal safety measures such as coughing/sneezing into the arm.
- All staff members are responsible for their cohort (group/classes) to ensure participants are washing hands before coming into the gym area prior as well as during and after classes
- One staff member will be responsible for monitoring and ensuring compliance, including cleaning regimens.
- All staff is required to monitor participants and ensure club protocols are modelled and adhered to (e.g. entering/exiting the facility, accessing washroom, regular handwashing, physical distancing etc.)
- All staff has been educated on proper handwashing

Required by the Ontario Ministry of Health

- If a staff member is diagnosed with COVID-19, the staff member must remain off work for 14 days following symptoms onset and has received clearance from the local public health unit.
- If a staff member who was in unprotected contact of an individual diagnosed with COVID-19, the staff member must remain off work for 14 days from last exposure
- The staff member will consult with the local public health unit to determine when they can return to work

Program Management

- We will adhere to the maximum number in the facility and training area as dictated by the Province of Ontario for group gatherings
- Always encouraging social distancing requirements of 2 meters between participants and staff
- Reduced the number of classes/programs in the gym at a time
- Youth and Adults will sanitize often and we have incorporated additional hand hygiene opportunities into the daily schedule.
- It is required that there is an adult (18+), on-site always.
- Participants will be assigned to different stations/specific apparatuses that are created with a rotation schedule that allows equipment cleaning in between
- The participants will not be allowed to sit together or congregate during rest time or between turns; marked off rest areas have been placed to ensure physical distancing
- Participants are not allowed to share any personal belongings
- Time has been given to clean and sanitize between group rotations
- A rotation schedule and guidelines have been made to ensure physical distancing
- We have created a circular rotation to lessen traffic
- Different colour velcro and tape has been placed to create physical distancing spaces within the facility
- Rearranged, removed or spread out equipment for better physical distancing spaces within the facility
- Created pathways using visual cues i.e Velcro,, colored tape, paint, floor stickers, etc. to direct the flow of traffic within the facility
- It is recommended that where possible, any administrative and billing should be done by phone or email.

Testing for COVID-19

- Any staff or participants displaying symptoms will be referred for testing to the local health unit or testing centre. A list of symptoms will be displayed at the gym for reference, as per the Ministry of Health COVID-19 website documentation.
- Those who receive a negative test result will be excluded from the program until 24hrs after symptoms have stopped. They may be subject to further tests if directed by the testing centre.
- If the participant tests positive, they must be excluded from the program for 14 days from when symptoms started and must have received clearance from the local health unit/testing centre.
- A single positive test result will be treated as, and determined by the local health unit/testing centre, as an outbreak and the program will respond as directed.
- Anyone awaiting test results (staff or participants) will not be permitted in the facility.

Staff/Participant Management

- Staff will do their best so that physical distancing requirements are met.
- We have reduced the amount of participants within the building and within groups.
- Groups will follow a rotation that allows for physical distancing between stations, and will follow gym protocol for cleaning between rotations.
- Break times will be staggered and in designated areas to allow for social distancing.

Management of suspected COVID-19 participants

- If any participant begins to display/experience symptoms of COVID-19 while attending camp they will be immediately separated from others and placed in a supervised area until they can go home.
- Any staff who is providing care to a suspected participant will maintain a 2m distance when able, and when notifying the health unit/testing centre of a potential case, will seek advice on how to limit/prevent transmission.
- Staff will request information to share with parents and participants regarding the potential case.
- While contacting the health unit, at minimum if able, the participant and staff member should wear a non-medical mask and maintain physical distancing when possible.
- Gymnastics participants will be reminded of hand hygiene and respiratory etiquette when waiting for pickup.
- Environmental cleaning/disinfection of the space and items used by camp participants will be conducted once the participants have left. Items that can not be cleaned and disinfected will be removed from the program and placed in a sealed container for 7 days.
- Gymnastics participants with symptoms will be referred to be tested.
- Other gymnastics participants and staff who were present while a participant/staff became ill should be identified as a close contact and further cohorted (grouped together) until they can be picked up to self-isolate at home. The local health unit/testing centre will provide further direction on testing/isolation of these close contacts.
- Gymnastics participants or staff who have been exposed to a confirmed case of COVID-19 will be excluded from the program for 14 days.