



Club COVID-19 Safety Plan Template

Introduction

This document is intended as a template that can be filled in by club personnel to complete their own COVID-19 Safety Plan. **Club personnel may fill in yellow highlighted areas to complete their club's COVID-19 Safety Plan.**

This document includes all relevant information from the BC government (Provincial Health Officer), WorkSafeBC, and [viaSport](#).

In the event that your club is audited by WorkSafeBC, all club personnel will be required to demonstrate compliance to the club COVID-19 Safety Plan.

Further, each club COVID-19 Safety Plan must be based on a thorough assessment of risk. This may involve consultation with employees, volunteers, participants, and other individuals.

Prior to returning to operations, each club's Board of Directors or Owner must formally approve the club's COVID-19 Safety Plan. Club Board Members and Owners are ultimately liable for the decisions and work of the club; therefore, the Board/Owner of each club should understand and be comfortable with the level of risk that the organization is taking on, and approve their clubs' COVID-19 Safety Plan before implementation occurs.

After this is complete, clubs must publish the approved COVID-19 Safety Plan electronically, front and center on club website home page and/or in hard-copy on the walls of the gym, in a conspicuous place.

Following the development, approval, and implementation of a COVID-19 Safety Plan, that club must then train and adequately supervise employees and volunteers to ensure they implement measures appropriately. Risks must be re-assessed and plans updated as needed, if regulations or circumstances change.

Additionally, all GBC member clubs must also post GBC's Return to Sport Plan and all of its appendices publicly for individual club members to access.

Gymnastics BC guidance and club COVID-19 Safety Plan requirements may change as government and provincial health requirements for businesses evolve. Therefore, this template should be considered a 'working file'

Please note: Claims related to the transmission of COVID-19 will not be covered by GBC's insurance policies; it is the responsibility of each member club to ensure that their individual members are aware of the absence of insurance coverage in this area and the risk they assume by returning to the gym.

Currently, the entire sport industry is dealing with an absence of coverage for claims related to the transmission of COVID-19. The entire sport industry is working together to find a resolution; this is not an issue unique to Gymnastics BC.

To mitigate risks, GBC has developed several risk management documents which must be completed by participants, parents/guardians, and club Owners/Managers prior to reopening, and/or participating in programming.



Whistler Gymnastics Club COVID-19 Safety Plan

Please note: this document is subject to change following provincial and federal health and safety requirements.

*Whistler Gymnastics Club COVID-19 Club Representative:
Catou Tyler, Program Manager, program@whistlergymnastics.com,
604-902-0508*

This Club COVID-19 Safety Plan has been approved by the Whistler Gymnastics Board of Directors on July 7th,2020.

Principles

The following five principles from BC's Restart Plan have been used to guide this document:

Personal Hygiene	Stay Home If Sick	Environmental Hygiene	Safe Social Interactions	Physical Modifications
<ul style="list-style-type: none">• Frequent hand-washing• Cough into your sleeve• Wear a non-medical mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travelers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high-touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and others• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces

Steps to Return to the Gym

Step 1: Starting Activities *(to begin when clubs are prepared to safely open)*

Low-risk activities can occur with the following requirements:

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is prohibited.
- ✓ Training groups for Step 1 are described in Appendix 1.
- ✓ Small class size ratios of 5:1
- ✓ Reduced training time of max 3 hrs to allow for rules and hand washing
- ✓ A program summary for Step 1 is included in Appendix 1.
- ✓ There will be no programming for under the age of 8 years of age or for special need students.
- ✓ No community local groups access
- ✓ Slow start to training as recommend by GBC Return to Play including following this document https://gymbc.org/public/uploads/Strength-and-Conditioning-Manual-2020.pdf?mc_cid=4f681a21c7&mc_eid=ed1089a593

Step 2: Expanding Activities *(to begin when clubs are able to safely progress beyond Step 1)*

A gradual decrease of restrictions can occur with the following public health recommendations in place:

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is prohibited.
- ✓ Training groups for Step 2 are described in Appendix 1.
- ✓ Larger class size ratios of 6:1
- ✓ Increased training times of 3 hrs for training
- ✓ Day camps to a maximum 5.5 hrs including snack/lunchtime & outdoor activity.
- ✓ A program summary for Step 2 summer is included in Appendix 1.

- ✓ There will be no programming for under the age of 8 years of age or for special need students.
- ✓ Slow start to training as recommend by GBC Return to Play including following this document https://gymbc.org/public/uploads/Strength-and-Conditioning-Manual-2020.pdf?mc_cid=4f681a21c7&mc_eid=ed1089a593

Step 3: The 'New Normal'

To be determined at a later date, according to the [Government of BC regulations.](#)

Whistler Gymnastics Safety Plan Requirements

Facility Access

To access Whistler Gymnastics, please complete the following steps:

- Please note that the new entrance to our Gym will be on the **SOUTH SIDE OF THE GYM**, close to the parking lot. However drop off is still available at the front entrance loop: 1090 Legacy Way.
- Please line up outside the south side of the facility, maintaining a physical distance of 2m between yourself and others. Appropriate distancing will be marked with tape and cones.
- All participants will enter and exit the building at the side gym doors to the south side of the building, and must not congregate in groups during drop off or pick up.
- Parents/guardians will be instructed to drop off and pick up their children **on time** without coming into the gym.
- Parents/guardians will be instructed to tell their children to follow directions of all Whistler Gymnastics staff when entering and exiting the facility.
- Prior to entering the facility, **all individuals** must complete a Daily Health Screening Checklist. Attendance and daily checklists will be monitored on electronic file as part of our data management system, Uplifter. Whistler Gymnastics staff will be completing the attendance and online Health Screening Evaluation.
- When classes are completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time.
- Parents will ensure that their children arrive dressed appropriately for their class, the changeroom will not be available.
- Members will be asked to register and pay for all programming through our website, which can be found here: www.whistlerymnastics.com or <https://whistlerymnastics.uplifterinc.com/>. If the website is not accessible for members, they can call Teal Ready at 604-902-3547 or email info@whistlerymnastics.com. There will be no on-site or drop-in registration.
- Upon Registration and prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required GBC forms (If not complete, participation is not permitted).
- The required policies and waivers are set up to 'Acknowledged & Accepted' at the time of registration on Uplifter. These include the following:
 1. Release of Liability Waiver for Summer 2020
https://gymbc.org/public/uploads/release.pdf?mc_cid=79346ba869&mc_eid=%5bUNIQUID%5d
 2. Participant Declaration Summer 2020 (Appendix 4)
 3. Liability, Indemnity Release Waiver WGC Club Permission AcknowledgmentWaivers are connected to profile details and can be produced at any time for club and GBC use only.

Facility Operations

- Whistler Gymnastics maximum occupancy (during Steps 1 and 2): Step 1 max 16 occupants, Step 2 Max 28 occupants.
 - Maximum Occupancy for the lobby is: The WSL lobby will be closed to the public. If front desk is needed contact Teal Ready directly at info@whistlerymnastics.com or 604-902-3547.
 - Maximum Occupancy for the change rooms is: 1 (Currently not in use)
 - Maximum Occupancy for the Front desk Office is: 3
 - Maximum Occupancy for the main gym is: 28
 - Maximum Occupancy for the Coaches Office is: 1

- [Signs indicating these occupancy limits](#) are posted clearly in each space.
- We have marked pathways inside the gym using cones, arrows and/or large signage, etc.
- Avoid bringing unnecessary shared items to the gym.
- Only shared club items (e.g., iPads) that can be disinfected between users are permitted.
- The Spectator area and Lobby are closed until further notice.
- Participants will be required to have their own chalk in a container/bag large enough to fit their hands. For example: a large ziplock bag or large climbing chalk bag (must be able to fit gripped hands)
- The foam pit has been reconfigured with a covering and mats so the space can be used as a landing zone for Single bar, Tumble track, Double Mini Tramp, and Vault.

Cleaning

Whistler Gymnastics Cleaning and Sanitation Protocols:

- Our cleaning products have been approved by Health Canada to disinfect for Sars-Cov-2, the virus that causes COVID-19.
- We have implemented a cleaning log that is kept inside Coaches' office wall. A template of our log is available online: <https://whistlerymastics.com/programs>.
- We will clean the entrance, exit, gym lobby, and other high touch-point areas (e.g. washroom counters, doorknobs, handrails, guest seating, kitchen/break areas, etc.) frequently, after every class and at lunch for camps. Washrooms will be disinfected after every class and (and at lunch for full day camps), ensuring a minimum of twice per day.
- Gymnastics equipment will be disinfected between each user if possible. When not possible equipment will be disinfected after each rotation and class.
- Equipment that cannot be cleaned (Soft top vault, foam pits, etc.) will not be used or covered until an appropriate cleaning process has been identified.
- Shared gym tools (ie. stereo, tablets, iPads, computer, phone and stop watches) will be cleaned or sanitized between each user.
- Once classes are over for the day and all athletes have left, all surfaces that were contacted will be sanitized (mats, floors, counters, washrooms, light switches, etc.). This will be completed in addition to cleaning processes during daily operations.

Communicate

Whistler Gymnastics will inform members of the new protocols (See Appendix 3) before their first visit to the gym, to foster confidence in the staff's commitment to keep everyone safe. This will include information on club:

- Waivers (GBC Release and liability Waiver, Participant Declaration, Liability, Indemnity Release Waiver WGC permission Acknowledgement)
- Screening protocols
- Illness Policy (Appendix 2)
- Personal hygiene requirements
- Physical distancing requirements outside and inside the facility
- Cleaning protocols
- Programming changes (e.g. limitations on number of people permitted inside of the facility at once, policies regarding spotting, etc.)
- Any parent concerns, questions, and communication will be addressed via email or telephone info@whistlerymastics.com, 604-902-3547

- Whistler Gymnastics will post various resources and posters provided by the BC Centre for Disease Control (CDC), WorkSafe BC and GBC on our website, facility entrance, and in prominent places throughout the gym.
- We have appointed Business Manager, Teal Ready 604-902-3547, as a single point of contact for all members to address all COVID-19-related communications.
- We have appointed Program Manager, Catou Tyler 604-902-0508, as a single point of contact for all GBC compliance, and coordination in the gym.
- Staff have created a video to show participants what to expect at the gym. It will be emailed to all who register and will be posted on our website.

PLEASE NOTE: Insurance claims related to the transmission of COVID-19 will not be covered by GBC's insurance policies. Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required GBC forms.

Staff Training

- Formal and ongoing staff training at Whistler Gymnastics will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Requirements from the GBC Return to Play:
 - Train staff and volunteers; continually review protocols so they understand their clubs' COVID-19 Safety Plan. Clearly identify their responsibilities in maintaining gym protocols.
 - Club leaders and COVID-19 Club Representatives must hold a mock training session with staff and volunteers before the official opening of the gym to test protocols. As a group, discuss what worked, what didn't, and make adjustments before finalizing your COVID-19 Safety Plan and reopening.
 - Discuss and determine with your staff the best approach to explaining the new protocols to children. Athletes must be made aware of the gym's new safety protocols and their responsibility in maintaining their health, and the health of others.
 - Help staff and volunteers resolve conflict, manage anxiety, and balance competing priorities.
 - Hand washing or sanitizing must be frequent throughout classes, before/after breaks, and at a minimum, after each rotation, for participants, staff, and volunteers.
 - Ensure physical distancing measures and cleaning protocols have been adhered to in all spaces.
 - According to WorkSafeBC, staff have a right to refuse to work in unsafe conditions (WorkSafeBC website). Staff and supervisors must be prepared to respond to such concerns.
- Staff should contact their supervisor if they have any questions or concerns as they return to their roles.
- Staff must read GBC's return to play and WGC safety plan.

Screening

- Whistler Gymnastics requires that prior to entering the facility, all individuals must either complete the Daily Health Screening Checklist online or have it administered by the coach/staff at the entrance door.
- Individuals must stay home if they are unwell or if someone in their household is sick, even if the symptoms are mild. They must also stay home if they have knowingly been exposed to someone who is sick (Refer to Illness Policy – Appendix 2).
- Individuals must not enter the facility or participate in any activity if they have, or someone from their household has, travelled outside of Canada in the last 14 days.

Personal Hygiene

- Whistler Gymnastics will provide hand washing and/or sanitizing stations upon entry to the gym, and at each station.
 - Whistler Gymnastics has determined that a coach will be standing at the door to ensure the athlete's hands are sanitized before they enter the gym. Feet will also be cleaned with wipes upon entry.
 - Hand washing or sanitizing will be required at a minimum; upon entering the facility, after using the washroom, between apparatus changes and prior to leaving the facility.
 - All participants should arrive dressed for their class and only bring what they need in a marked bag (e.g. chalk, grips, full water bottle, hand sanitizer, yoga mat, socks, gloves, tape, etc.).
 - Sharing of personal items including (but not limited to) food and beverages (e.g. water bottles) is forbidden.
- Use of masks: Use of masks to and from the gym is optional, athletes are not permitted to train with masks on.

Physical Distancing

- Everyone who enters Whistler Gymnastics must maintain physical distancing of at least 2 meters at all times.
- Coaching for all programs must be performed hands-free (no spotting). Spotting will only be done if a participant's safety is at risk.
- Whistler Gymnastics will use the lawn area between our building and 1080 legacy way, and the park beside the hostel for conditioning and any other safe activities assuming physical distancing requirements and cleaning requirements can be maintained.

Scheduling of Activities

- Whistler Gymnastics will adhere to the [Rule of Two](#) at all times. This means that no one-on-one training or supervision (without another adult staff/coach present) will take place.
- In order to meet provincial health officer requirements, group sizes and scheduling are being reduced.
- Drop-in classes are cancelled until further notice.
- Detailed attendance and membership tracking will be taken and kept on file.

Injury Protocol

Requirements

- If an injury occurs and physical distancing measures must be broken, all persons attending to the injured individual will put on a mask and gloves. The injured athlete should also wear a mask if physical distancing cannot be maintained.
- Whistler Gymnastics will have personal protective equipment (PPE) on hand (gloves, masks), stored separately from first-aid kits in case of emergency.
- Whistler Gymnastics will maintain a well-stocked first aid kit in case of emergency.

Illness Policy

- Whistler Gymnastics Illness Policy is provided in Appendix 2.

Outbreak Response

Whistler Gymnastics is committed to the following process in the event of a COVID-19 Outbreak: Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two

of the most important factors in limiting the size and length of an outbreak. An "outbreak" is two or more cases; a "case" is a single case of COVID-19.

1. If a case or outbreak is reported, Teal Ready, 604-902-3547, info@whistlerymastics.com will be the main point of contact for all parties.
2. Teal Ready or Catou Tyler have the authority to modify, restrict, postpone or cancel any or all club activities.
3. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, Karin Jarratt will implement enhanced cleaning measures to reduce risk of transmission. Karin Jarratt may communicate with the facility operator to notify the facility right away.
4. Teal Ready or Catou Tyler will implement the illness policy (see Appendix 2) and advise individuals to:
 - a. Self-isolate
 - b. Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - c. Use the BC COVID-19 self-assessment tool to help determine if further assessment or testing for COVID-19 is needed. Do you want to put the link in here?

<https://bc.thrive.health/covid19/en>

- i. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - ii. Individuals can learn more about how to manage their illness [here](#).
5. In the event of a suspected case or outbreak of influenza-like-illness, Teal Ready or Catou Tyler will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at our local health authority (Vancouver Coastal Health). Implement our Illness Policy and enhanced measures.

If Whistler Gymnastics is contacted by a medical health officer, in the course of contact tracing, all individuals associated with the club must cooperate with local health authorities.

Whistler Gymnastics will post the following posters in visible spaces at our facility:

- [Hand-washing poster \(more detailed\)](#)
- [Physical distancing \(At entrance and in other spaces\)](#)
- [Entry check for visitors \(at Entrance\)](#)
- [Occupancy limit poster \(in each applicable space\)](#)
- [Cover coughs and sneezes](#)

Additional Posters that incorporate humor maybe posted:

GBC's Posters:

- [Got Symptoms?](#)
- [Germy-Handed!](#)
- [Welcome Home!](#)
- [Strike A Pose](#)

This document is based on Gymnastics BC's Return to Sport Plan, which is available [here](#). Further, our club is staying current with all requirements provided by the Provincial Health Officer, Regional Health Authorities, WorkSafe BC, and Gymnastics BC.

Appendix 1: Programming Summary

Step 1 Programming Summary (To be posted in the gym lobby with occupancy limit poster)

**Whistler Gymnastics
Step 1: Program Summary
(July 13-July 30)**

Number of training groups each week: ____4-6____

Maximum Occupancy for facility (publicly posted in the lobby): __16____

Summary of Activities

Coach Name	Class Description	Days and Times	Group Size
Karin Jarratt	Comp Wag JO 6-7-conditioning, safety	Mon-Tues-Thurs July 13-16, 12:30-3:00	5
Kristy Johnson	Comp Wag Chal-JO 6-conditioning, safety	Mon-Tues-Thurs July 13-16, 12:30-3:00	5
Blake Mould	Comp TG-conditioning, safety	Mon-Wed-Thurs July 13-16,4:00-5:30	5
Steve Shore	Comp TG-conditioning, safety	Mon-Wed-Thurs July 13-16,4:00-5:30	5
Karin Jarratt	Comp Wag JO 6-7-condition/basic	Mon- Tues-Thurs July 20-23, 4:00-6:30	5
Kristy Johnson	Comp Wag Chal-JO 6-condition/basic	Mon- Tues-Thurs July 20-23, 4:00-6:30	5
Blake Mould	Comp TG- condition/basic	Mon-Wed-Thurs July 20-23,1:00-3:00	5
Steve Shore	Comp TG- condition/basic	Mon-Wed-Thurs July 20-23,1:00-3:00	5
Karin Jarratt	Comp Wag JO 6-7-	Mon- Tues-Thurs July 27-30, 12:30-3:30	5
Kristy Johnson	Comp Wag Chal-JO 6	Mon- Tues-Thurs July 27-30, 12:30-3:30	5
Blake Mould	Comp TG	Mon-Wed-Thurs July 27-30, 4:00-6:30	5
Steve Shore	Comp TG	Mon-Wed-Thurs July 27-30, 4:00-6:30	5
Erin Joyce	Interclub-condition/basic	Mon-Thurs July 27-30, 9:00-12:00	6
Matilda Mealiff	Development-condition/basic	Mon-Thurs July 27-30, 9:00-12:00	5

Please note our summer camp schedule: posted online <https://whistlerymnastics.com/programs>

Step 2 Programming Summary (To be posted in the gym lobby with occupancy limit poster)

Whistler Gymnastics Step 2: Program Summary Aug 4-Sept 3rd

Number of training groups each week: ___6-8_____

Maximum Occupancy for facility (publicly posted in the lobby): ___28_____

Summary of Activities

Coach Name	Class Description	Days and Times	Group Size
Karin Jarratt/Kristy Johnson	Comp WAG	Tues-Thurs 3:00-6:00 Aug 4-7-wk 4	6/6
TBC	Intro Wag	Tues-Thurs 3:30-5:45 Aug 4-7-wk4	5
Steve Shore/Blake Mould	Comp TG	Tues-Thurs 6:15-8:30 Aug 4-7-wk4	5/5
Erin Joyce/Matilda Mealiff	GFA camp-ages 8+	Tues-Fri 9:00-2:30 Aug 4-7-wk 4	6/6
Karin Jarratt/Kristy Johnson	Comp WAG	Mn/Wed/Thrs 5:45-8:30 Aug10-13-wk 5	6/6
Steve Shore/Blake Mould	Comp TG	Mn/Tues/Thrs3:00-5:30 Aug 10-13-wk5	5/5
Erin Joyce/Matilda Mealiff/?	Intro Wag & interclub	Mon-Thurs 9:00-12:00 Aug10-13-wk 5	6/6/6
Blake or Steve/Erin or Tilly-TBC	Trampoline Camp	Mon-Thurs 12:30-2:30 Aug10-13-wk 5	5/5
Karin Jarratt/Kristy Johnson	Comp WAG	Mn/Wed/Thrs 3:00-6:00 Aug17-20-wk 6	6/6
Steve Shore/Blake Mould	Comp TG	Mn/Tues/Thrs 6:15-8:30 Aug 17-20-wk6	5/5
TBC	Intro Wag-dev	Mn/Wed/Thrs 3:30-5:45 Aug17-20-wk 6	5
Erin Joyce/	GFA camp-ages 8+	Mon-Thurs9:00-2:30 Aug 17-20-wk 6	6/6/6
Karin Jarratt/Kristy Johnson	Comp WAG	Mn/Wed/Thrs 5:45-8:30 Aug24-27-wk 7	6/6
Steve Shore/Blake Mould	Comp TG	Mn/Tues/Thrs3:00-5:30 Aug 24-27-wk7	5/5
Erin Joyce/	Intro Wag & interclub	Mon-Thurs 9:00-12:00 Aug24-27-wk7	6/6/6
Blake or Steve/Erin or TBC	Trampoline Camp	Mon-Thurs 12:30-2:30 Aug24-27- wk7	5/5
Erin Joyce/Matilda Mealiff/?	GFA camp-ages 8+	Mon-Thurs9:00-2:30 Aug 31-sep 3-wk 8	6/6/6

Appendix 2: Whistler Gymnastics Illness Policy

In this policy, "Team member" includes an employee, volunteer, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program coordinator)

immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

2. Assessment

- a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- b. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
- c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self assessment tool.

3. If a Team Member is feeling sick with COVID-19 symptoms

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- c. No Team Member may participate in a practice/activity if they are symptomatic.

4. If a Team Member tests positive for COVID-19

- a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
- b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
- c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially been infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test

- a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
- c. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:

- a. Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have

come into close contact with the Team Member will also be removed from the workplace for at least 14 days.

- c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate if:

- a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self isolate.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

Appendix 3: Sample Club Email

Dear <Participant, parent, coach, etc.>,

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, Gymnastics BC has been working with viaSport and the Province of British Columbia to understand the recommendations of our Chief Provincial Health Officer and how they best apply within sport.

The attached Whistler Gymnastics COVID-19 Safety Plan has been developed in order to ensure:

- Health and safety of all individuals is a priority
- Activities are in alignment with provincial health recommendations
- Modifications to activities are in place in order to reduce the risks to each sport organization and its participants
- Our sport is united and aligned on a plan to reopen throughout the province

While we do hope things will return to normal in the not too distant future, this COVID-19 Safety Plan will be the 'new normal' until we are advised otherwise by public health authorities.

If you choose to enter the club facility and/or participate in activities, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have (or if someone from your household has) traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID_19, please stay home.
- Wash your hands before participating.
- Bring your own equipment, water bottle and hand sanitizer.
- Comply with physical distancing measures at all times.
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the facility as quickly as possible after the program, parents should plan to drop off and pick up their children promptly at the scheduled times.
- Additional information specific for training groups and/or camps will be emailed to parents one week before start date.

Our Return to Sport Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. As such, you must consider your own circumstances and make a decision that is right for you. Should you choose to join us, we require your full cooperation with our COVID-19 Safety Plan.

Sincerely,

June 2, 2020

Appendix 4: Participant Declaration Form

Whistler Gymnastics and Gymnastics BC

Participant Declaration of Compliance - COVID-19

Name of participant:	
Parent or Guardian if the participant is under age 19:	
Email:	
Telephone:	

Attention: All participants entering the facility must comply with this declaration.

By signing this document, I agree to follow club staff directives, and engage with all club requirements in Whistler Gymnastics's COVID-19 Safety Plan. Additionally, I hereby acknowledge and agree to respect the following information outlined in this document:

1) Sickness

- a) I will stay home if I am unwell, or if someone in my household is unwell, or is displaying any of the following symptoms:
 - i) Fever and chills
 - ii) Cough
 - iii) Shortness of breath
 - iv) Sore throat and painful swallowing
 - v) Stuffy or runny nose
 - vi) Loss of sense of smell
 - vii) Headache
 - viii) Fatigue, etc.
- b) I confirm that I have not knowingly been in contact with a person that has a confirmed or suspected case of COVID-19.
- c) I agree to complete a routine daily screening process prior to entering my club.
- d) I confirm that I have not travelled outside of Canada in the last 14 days. Additionally, I confirm that I have not been knowingly exposed to someone who has travelled outside of Canada in the last 14 days.

- e) I acknowledge there are inherent risks associated with participating in activities. By attending club activities, I understand and assume all risks associated with potential exposure of COVID-19.

2) Personal hygiene:

- a) I agree to follow all personal hygiene requirements set out by my club, including but not limited to: frequent hand-washing and sanitizing, coughing and sneezing into my sleeve, etc.

3) Physical distancing

- a) I agree to practice safe social interactions, by maintaining a minimum distance of two meters between myself and others.

4) Environmental hygiene

- a) I agree to adhere to all club cleaning requirements.

5) Physical modifications

- a) I understand that equipment may be moved in order to facilitate safe social interactions and physical distancing.

Additionally, I understand and agree that if I do not adhere to the requirements set out by my club, I may be asked to leave the club activity in order to protect the health and safety of all involved.

This Participant Declaration of Compliance will remain in effect until GBC determines it is no longer required, based on viaSport, PHO, and WorkSafeBC requirements.

I also confirm that I have signed (Parent or Guardian if participant is under age 19) the Release of liability, waiver of claims, assumption of risks and indemnity agreement.

Signature: _____ Date: _____
Participant

Signature: _____ Date: _____
Parent/Guardian if participant under age 19