

# Club COVID-19 Safety Plan



## Whistler Gymnastics Club COVID-19 Safety Plan Pemberton Community Centre

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

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604-902-0508*

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

# Summary of Changes

## November 7, 2020 Updates Include: -From Nov 7<sup>th</sup> to Nov 23<sup>rd</sup> extended to November 19<sup>th</sup> to December 7<sup>th</sup>.

- Screening Requirements
- Cohorts and Physical Distancing
- Scheduling of Activities
- These changes are highlighted in green throughout this document, on pages: 2, 9, 10, and 11.

## October 1st, 2020 Updates Include:

- Contact Tracing
- Daily Screening
- October 1st Addendum
- These changes are highlighted in light blue throughout this document,

## August 28th, 2020 Updates Include:

- Spotting
- Cohorts and Physical Distancing
- Full August 28th Addendum
- These changes are highlighted in yellow throughout this document, on pages:

# Principles

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

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

# Steps to Return to the Gym

## **Step 1: Starting Activities (to begin when clubs are prepared to safely open) at the Oros Facility**

### **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](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) Fall 2020 at the Pemberton Community Centre**

### **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 for the Summer 2020.
- ✓ There was no programming in Pemberton for the Summer 2020.
- ✓ Fall 2020- Programming to include Active start ages 5:1 ratio for parent n tot ages 1.5-3.5, 4:1 ratio 3.5-4 year of age, 5:1 ratio for 5-6 years of age. Class size ratio for 7 years of age and older will be 6:1.
- ✓ WGC will hold the right to dismiss participants who are not able to follow class expectations and protocol.
- ✓ 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](https://gymbc.org/public/uploads/Strength-and-Conditioning-Manual-2020.pdf?mc_cid=4f681a21c7&mc_eid=ed1089a593)

### Step 3: Progressively loosen

- ✓ Ability to maintain physical distancing (see Physical Distancing section in this document, addressing cohorts and spotting requirements).
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ Focus on expanding programming to include regular training and competition preparation.
- ✓ Expand classes to younger, less experienced participants.
- ✓ Increase ratio (see Section 3.4 of GBC's Coaching Education Operations Manual) and training time for each group.
- ✓ In-club and regional competitions can occur, if viaSport/GBC requirements are followed (more information will be provided to GBC member clubs as our competition season approaches).

### 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 at Pemberton Community Centre, please complete the following steps:**

- Please note that the new entrance to our Gym will be at the **Great Hall side doors**.
- Please line up outside the of the doors 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, they 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](http://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](mailto: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=%5bUNIQID%5d](https://gymbc.org/public/uploads/release.pdf?mc_cid=79346ba869&mc_eid=%5bUNIQID%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

- For Pemberton Community Centre opening in September the max occupants will be 16.
  - Maximum Occupancy for the lobby is: The WSL lobby and The Pemberton Community Centre lobby will be closed to the public. If front desk is needed contact Teal Ready directly at [info@whistlerymnastics.com](mailto:info@whistlerymnastics.com) or 604-902-3547.
  - Maximum Occupancy for the change rooms is: (Currently not in use)
  - Maximum Occupancy for the Front desk Office is: n/a
  - Maximum Occupancy for the main gym is: 16 pemberton (15 athletes, 3 coaches, 1 administrator , 1 CIT)

- Maximum Occupancy for the Coaches Office is: n/a
- [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)
- Whistler Gymnastics is responsible for collecting contact tracing information, but are not required to share this information with facility owners or operators. Whistler gymnastics must have access to contact tracing information for their programming including the first and last names and telephone numbers or email addresses of all participants (and other individuals in the member club facility) for a duration of 30 days after each individual attends the facility.

## 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://whistlerymnastics.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@whistlerygymnastics.com](mailto:info@whistlerygymnastics.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

### Requirements: Nov 7<sup>th</sup> to Nov 23<sup>rd</sup> Extended to Dec 7<sup>th</sup>

- Prior to entering the facility, all individuals must complete a Daily Screening Checklist in electronic or hard-copy. The club must retain documentation of the screening process. As participants and parents enter the facility, everyone must respect the process to ensure that it is completed smoothly and efficiently.



- Individuals must stay home if they are unwell or if someone in their household is sick. They must also stay home if they have knowingly been exposed to someone who has tested positive for COVID-19 recently (Refer to Illness Policy, Appendix 2).

- Do not allow individuals to 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.

#### **Tips**

- o If an individual experiences seasonal allergies (or other flu like symptoms), they should get a doctor's note explaining their symptoms before entering the gym.

- o Immuno-compromised (high-risk) individuals should consult a medical practitioner before returning to the gym.

A club may choose to add temperature checks as part of their COVID-19 Safety Plan.

#### **Requirements**

- Prior to entering the facility, all individuals must complete a daily screening process determined by the GBC member club. As individuals enter the facility, everyone must respect the process to ensure that screening requirements are completed smoothly and efficiently. Records of daily screening processes are not required to be kept.

- Individuals who experience symptoms listed in the Daily Screening Checklist must not take part in any member club operations/programming and must not attend a GBC member club facility (Refer to Illness Policy, Appendix 2).

- Individuals who have been in close contact with someone who has a confirmed case of COVID-19 must not take part in any member club operations/programming and must not attend a GBC member club facility (Refer to Illness Policy, Appendix 2).

- Do not allow individuals to enter the facility or participate in any activity if they or someone in their household has travelled outside of Canada in the last 14 days.

- 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 and Cohorts

### Requirements: Nov7th-Nov 23<sup>rd</sup>,2020 extended to Dec 7th

Everyone inside the facility must maintain a minimum of two metres apart at all times.

- Coaching for all programs must be performed hands-free (no spotting). However, if a participant's safety is at risk, the coach should not hesitate to spot. Additionally, coaches must wear masks when spotting an athlete for safety.
- Any programming that is not supervised or is unstructured should be cancelled for the next 14 days. For clarity, no casual, drop in, or birthday party programming is allowed.
- If the occupancy during scheduled activities is such that participants are unable to physically distance, classes may need to be cancelled, rescheduled, or groups may need to be split differently.
- Training groups should remain consistent for seasonal programming periods (including cohorts, where applicable).

### Spotting:

Although physical distancing is strongly advised, coaches are permitted to spot athletes who are learning new skills, or when spotting is required for safety.

Coaches must wear masks when spotting athletes, and coaches must also sanitize their hands between spotting different athletes.

### Sport Cohorts:

In sport, a cohort is a group of participants who primarily interact with each other over an extended period of time (e.g. series of events).

- Cohorts must not exceed 100 people.
- Clubs must document who are members of every cohort. This will help contact tracing, if needed.
- All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.
- Cohorts must be used for activities in which it is not possible to maintain two metres physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised. All individuals who are unable to physically distance must be counted within the total cohort number including coaches, staff, volunteers, etc.).
- At least two metres distancing should be maintained between all participants when outside of the field of play (e.g. dressing rooms, hallways, etc.). If physical distancing cannot be maintained, masks should be worn.
- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for activities, gatherings may not exceed 50 people (see PHO Order).
- Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
- Cohorts should remain together for an extended period of time. If changing cohorts is required, an athlete must either:
  - maintain a minimum of 2 metres of physical distance from all sport participants for two weeks before switching into a new cohort, or;
  - take a two-week break between activities.
- Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with (e.g. gymnastics, soccer, baseball, etc.).
- Communication must be sent to members of cohort groups outlining behavioral expectations.
- Parents, guardians, and spectators should not be included in a cohort. They must continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where programming occurs.

In the context of gymnastics, the introduction of cohorts means that:

- Spotting is allowed (see requirements above for the coach).
  - Coaches can stand next to athletes for safety (under the bar(s), next to the beam, etc.)
  - A small group of athletes can work at the same station.
  - Athletes can have stretching/conditioning partners.
  - Acro athletes can train hand-to-hand with their consistent partners.
- However, it is important to note that two metres of physical distance must be maintained unless an activity has been deemed fundamental and it is not possible to maintain physical distancing while doing so. For example:
- A group of athletes must not sit within two metres of each other when on their break or resting.
  - Athletes at the end of the vault, DMT runway, or starting area for tumbling must not stand close together while they wait for their turn.
  - Physical distancing must still be maintained when moving from one apparatus to another.

#### Tips

- Use personal yoga mats on beam, single skills on floor, etc., and ask athletes to clean their mats daily, and after training sessions.
- Use outdoor space for conditioning and 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@whistlerygymnastics.com](mailto:info@whistlerygymnastics.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 -Pemberton  
Step 1: Program Summary  
(July 13-July 30)**

Number of training groups each week: \_\_\_\_\_0\_\_\_\_\_ **No programs ran at this Facility**

Maximum Occupancy for facility (publicly posted in the lobby): \_\_22\_\_\_\_\_

Summary of Activities

Coach Name	Class Description	Days and Times	Group Size

**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  
Sept 15<sup>th</sup>-Dec 31<sup>st</sup>.**

Number of training groups each week: \_\_10\_\_\_\_\_

Maximum Occupancy for facility (publicly posted in the lobby): \_\_22\_\_\_\_\_

Summary of Activities

Refer to Appendix 5.

## 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,

Nov 19, 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.
  - ix) Nausea/Diarrhea
- 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

## Appendix 4: Pemberton Facility Schedule

Pemberton Fall 2020 PROGRAM CHART- normal School hours max 2 groups in gym					
MONDAY	TUESDAY		WED	THURSDAY	
Section b	GFA	IC		GFA	IC
				Set up 8:30	
				Parent n Tot Ages 1.5-3 9:15-10:00 1	
				Parent n Tot Ages 1.5-3 10:15-11:00 1	
	Set up 12:45			KINDERKIDS 3.5/4 Ages 3.5/4 11:15-12:00 2	
	FUNDamentals Gr. k/1 1:45-2:45				
Set up 2:30					
Ninja Tramp Gr. 1/2 3:15-4:15	FUNDamentals k-1 (K/new gr 1) 3:15-4:15			FUNDamentals Gr. 2-3 exp gr 1 3:15-4:30	Perf 1 3:15-4:15
Ninja Tramp Gr. 3/4 4:30-5:30		Perf 1 4:30-6:00 Perf 2 4:30-6:00		FUNDamentals 4+ Gr. 4 + 4:45-6:00	Perf 2 4:30-6:00
Tramp-Gymkour Gr. 5-6 5:45-6:45		Interclub Xcel Gr. + 5 6:15-8:15 2			Interclub Xcel Gr. + 5 6:15-8:15 2
Tramp-Gymkour 7:00-8:00					
Take down 8:30	Take down till 8:30			Take down till 8:30	