

Overview of Re-Entry Plan

Communication To Members and Coaches

- Webinar held to all returning members June 3rd and slides shared by email and placed on website.
- Coaches training conducted in two parts (with proper physical distancing measures). Coaches educated on COVID-19 general information, taught proper hand washing and sanitizing, taught proper way to remove gloves and masks; trained on the ways to move through the Gym to avoid contact with other training groups and how to clean equipment between rotations and after training block. They attended twice to ensure full comfort with new procedures.
- Orientation for all athletes before first day of training for purpose of teaching new procedures and moving through facility.
- Educational videos sent to athletes about why we must keep our hands clean and how to wash and sanitize hands and coughing into arm etc.

Updates to Policies in Response to COVID-19

- Athlete Code of Conduct / Parent Code of Conduct updates include: removal from program if an athlete is unable to follow the rules (with a specified process to rehabilitate before removal); no parent viewing; must signed disclaimer and assumption of risk; must NOT send their athlete with any symptoms that could be related to COVID-19; must teach their athletes proper hand washing and hand sanitizing.
- Coaches Code of Conduct updates include: cleaning and disinfection between rotations; hand sanitize upon entering the building; completing self-assessment form daily; maintaining and encouraging physical distancing behaviour.
- Refund policy- updated to address changes to cost for training if you have to self-isolate and/or we have a shut down for a second wave

Entering and Moving through the Gym

- Athletes must enter through their designated entry points and wait to be admitted. Physical distancing lines are clear along the sidewalks.
- Athletes are to enter 1 or 2 at a time, spaced apart (depending on the entrance) and will put their water bottle on the designated table, hang their bag and immediately wash their hands in the sink near their respective entrances. They will report to their numbered spot on the floor/ training area to await the start of training.
- Gymnastics Energy is split into six areas: Floor, Beam, Bars, MAG, Vault and KinderGym (once Rec opens). Each training group is to remain on their individual apparatus/ area until instructed to move to the next area.

- Red arrows are used to outline the path athletes and coaches are to use to move through the Gym to avoid crossing other groups.
- If an athlete must use the washroom, they are to notify the floor supervisor; use the grey lines to walk to the washroom, use the washroom and immediately wash their hands afterwards.
- Athletes are not to cross the Gym to get items from their bag. Coaches will have a fanny pack with the essential items including hair ties, athletic tape, band aids and mask and gloves so that they can help athletes that need these items. (ie. If they need to approach to tape an injury they will put on the mask and gloves, tape the athlete and get them to a safe place to wait for pick up, remove the mask and gloves.
- The only items that move through the Gym with the athletes are their water bottles.
- Grips, individually issued chalk blocks, mini spray bottles for bars, ankle weights etc are to remain in their labelled bin at the facility and are not to be brought home and back each training session.

Cleaning & Disinfecting

- To limit and control the equipment each week, lesson plans will be set by the Head Coach and will determine which equipment is needed for each apparatus. New equipment is not to be introduced to the training without the permission of the Head Coach.
- Athletes will rotate to the next apparatus and immediately sanitize their hands before beginning the next rotation.
- The coach will put on a mask and gloves and will disinfect the mats/ equipment used before the next group arrives at the apparatus. They will also use Vital Oxide to disinfect the more sensitive equipment: Beam/vault/bar/rings/pommel
- After each training block (2-4 hours) the coaches will stay on to complete a full cleaning and disinfection of equipment and high touch surface areas: doors/switches/keypad/tablet/toilet handle/sinks etc. Depending on the number of sessions/blocks each day this will be done 2 or more times.
- Evening cleaning and disinfecting will be done each night that we had training in the building.
- The staff janitor will be responsible for the floor surfaces in the Gym: Floor, Vault carpets, Mats under Beam and under Bars and in MAG. These surfaces will be vacuumed (if carpeted) and then disinfected with a sprayer/fogger. The mats will be disinfected and cleaned at the same time with disinfectant.
- A commercial cleaning service will be responsible for a full clean and disinfection of all bathrooms, office, mopping the lobby floors, windows, coaches room and kitchen, and a final disinfection of high touch surfaces.
- Should an athlete need to use the bathroom, the floor supervisor will be responsible for disinfecting the toilet handle and stall door.

Updates to Policies in Response to Covid-19

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- All signage has been placed in the facility: how to wash hands; how to sanitize hands; when to wash hands; covid symptoms check at entrances; marked entrances; designated parking spot signs for drop off/pick up, physical distancing, cover your cough, etc
- All arrows to follow and physical distancing lines have been marked.
- AC and Fans will not be used so air is not circulated from within the building, but doors and bay door will be open to create airflow from outside.
- All paper signage has been removed and replaced with wipeable signs
- Cleaning stations are set up throughout the facility for each apparatus
- Water bottle refills will be done by the coaches to avoid athletes moving through the Gym during training
- Chalk block and pit has been covered along with ResiMats (can't clean foam easily)
- Square footage per apparatus has been measured and groups have been set (7 + coach) so that they can move through safely between apparatus