



Gymnastics **ENERGY**

Return to Gym

Phase 1 – Covid-19 New Protocol

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Introduction for Parents and Athletes

Phase 1 Return to Gymnastics Energy for Competitive Team athletes, there are a number of individuals who have been working very hard and we wish to acknowledge and thank them on behalf of our member community. Coaches have been volunteering their time, many families have been assisting in the cleaning and preparation and the Board of Directors have been actively working with GO, the Province, the Region, preparing and ensuring Gymnastics Energy is safe and ready to welcome athletes back. ***Safety is our number one priority for coaches and athletes & families.***

Letter to parents,

We thank you for your patience during this unprecedented time. As a volunteer board of 5 parents and 2 coaches, this certainly was unexpected and we are doing our best. We realize many of you have questions regarding refunds, next steps, contracts, the future competitive season. We will address what we know and we will advise as soon as we can on what we are not currently certain of. Much is a moving target because of athlete numbers and safety.

The health and safety of our athletes, their families and our staff are of the utmost importance. As we return to the gym during the COVID-19 outbreak, every decision, policy, and procedure are made in the interest of all participant's

safety and health, both physical and mental. We understand there will be questions along the way and we kindly ask you to be patient while we share the response duties.

Everything about this disease, its spread, government guidelines, social responses, the needs of our families, and the economic impact have been in constant change. Our plans and procedures for how we address these issues must be adaptable. We will constantly evaluate our policies and procedures; and adjust our responses accordingly.

We will do everything we can to meet and exceed, provincial, federal and Gymnastics Ontario's guidelines. We understand that certain solutions and policies will not be the most appropriate for each family. While we try our best to create the optimum environment for everyone to safely participate, we of course will respect those families who have had to make the difficult decision to delay their return.

In the best interests of protecting the health and safety of our athletes and coaches we will be enforcing all policies and procedures listed within Energy's Phase 1 Return. If a student, their family, or a staff member is unwilling to abide by these policies and procedures they will not be allowed to participate until a willingness is reached.

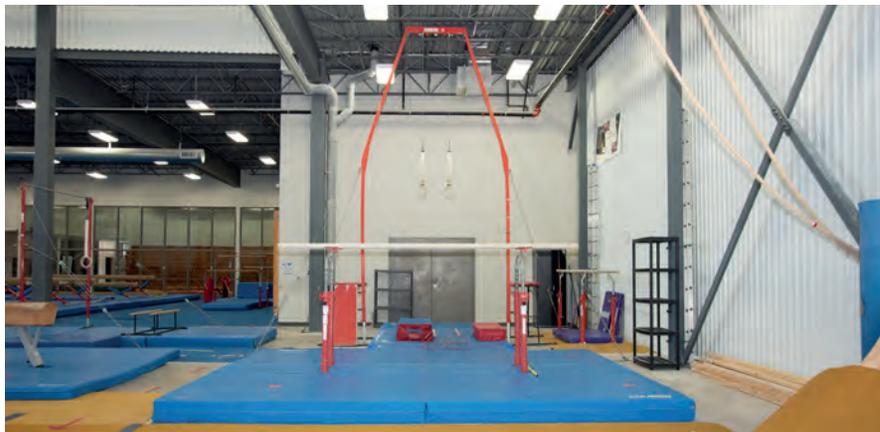
New Process and Procedures for re-opening



PHASE 1

- An Assumption of Risk agreement for those under the age of majority with wording on their assumption of the related risks with COVID-19 – Athletes & Parents
- A Waiver agreement for those over the age of majority with wording on their assumption of the related risks with COVID-19 – Coaches & Parents of Athletes
- A Declaration form to be executed by all members and staff attending our facility to declare their understanding of COVID-19, as well as their responsibility to self-monitor will be required.
- Post Ontario Ministry of Health signage with approved hand washing and physical distancing protocols
- Athletes and staff will be made aware they may not enter the facility if either they or a household member has had onset of symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days. We ask for emailed notification immediately for our records
- Maintain confidentiality of any person confirmed to have been infected with COVID-19, but will cooperate with Public Health to assist with contact tracing
- Parents will not be permitted to enter the gym. We will have sign marked pick up areas close to the WAG and MAG drop offs. This allows us to keep numbers low and manage the contact inside the facility.





MAG/WAG entering and exiting the facility

- Parents must conduct a daily screening before bringing their athlete to the gym
- Any household, either athletes or coaches, with symptoms of illness will not be permitted to attend training.
- Only members of the same family should be in a vehicle together, no carpooling
- Athletes will be dropped off and picked up in parking lot, a staff member will monitor the MAG/WAG doors for arrivals and departures
- Late arrivals cannot be accommodated, please take care in being on time
- No spectators allowed inside facility
- All athletes must wash with soap and water or sanitize hands immediately upon entering facility
- Physical distancing guidelines must be followed as well as traffic flow patterns. Athletes must follow the markers and rules or a parent will be called to come and pick up their child.
- Gymnasts should come dressed wearing their gymsuits/ shorts/ training gear and leave any outer wear or additional clothing in your vehicle
- Athletes will need their own ankle weights, mini spray bottles, water bottle already full, grips, tupperware for chalk block to be provided

When possible, the gym doors around the facility will be opened to allow for fresh air during training. There will be no AC or fans circulating air as per provincial guidelines.



MAG
ENTRANCE

STOP

Do you have any of the following right now?

| | |
|--|--|
| 1 Fever/chills | 6 A runny or congested nose (not allergies) |
| 2 New cough or a cough that is getting worse | 7 Unusual level of fatigue |
| 3 Difficulty breathing | 8 Unusual headache |
| 4 Shortness of breath (even when sitting or walking regularly) | 9 Nausea / vomiting, diarrhea, or loss of appetite |
| 5 Sore throat | 10 Feeling unwell for an unknown reason |

If the answer is **YES** to any of these, please leave this building and contact your health care professional immediately.

niagararegion.ca/health Niagara Region



STOP

Do you have any of the following right now?

| | |
|--|--|
| 1 Fever/chills | 6 A runny or congested nose (not allergies) |
| 2 New cough or a cough that is getting worse | 7 Unusual level of fatigue |
| 3 Difficulty breathing | 8 Unusual headache |
| 4 Shortness of breath (even when sitting or walking regularly) | 9 Nausea / vomiting, diarrhea, or loss of appetite |
| 5 Sore throat | 10 Feeling unwell for an unknown reason |

If the answer is **YES** to any of these, please leave this building and contact your health care professional immediately.

niagararegion.ca/health Niagara Region

WAG
ENTRANCE

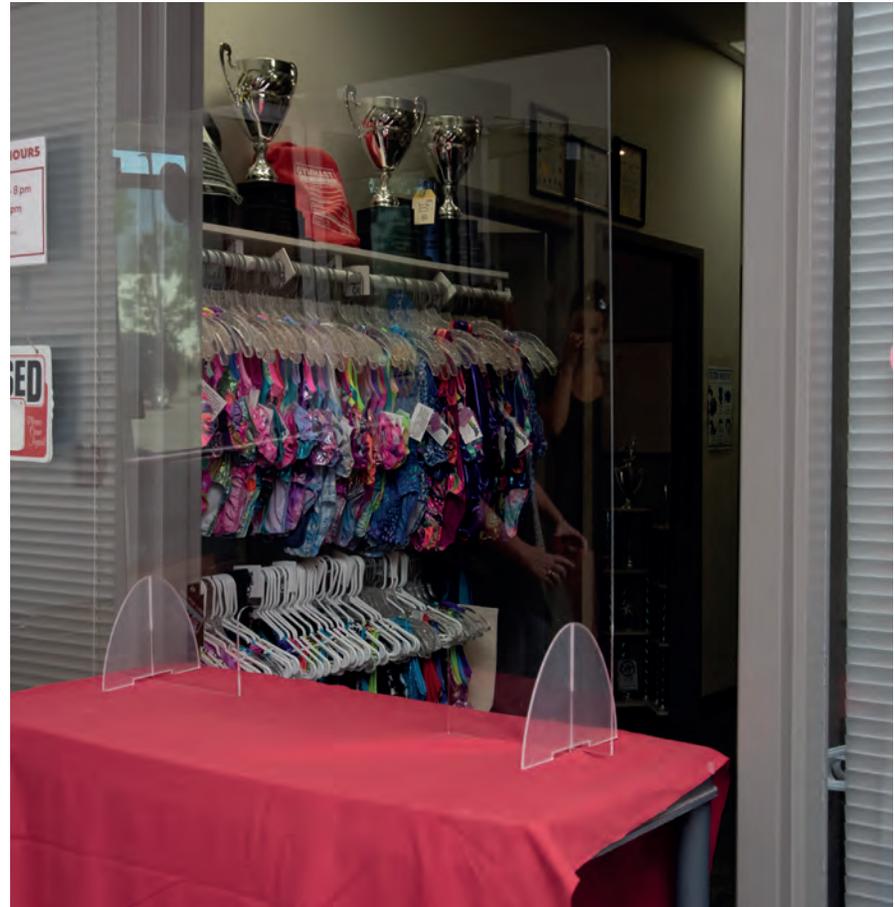
What to bring to the gym and how to store?

Athletes will no longer be using lockers or cubbies. With shorter training times there is no snack break included.

Please bring all of your athlete items in a labelled drawstring bag. If you want to purchase a Gymnastics drawstring bag we have them available for \$5.

- Water bottle(s) pre-filled.
- Tupperware container for chalk
- Grips
- Ankle weights

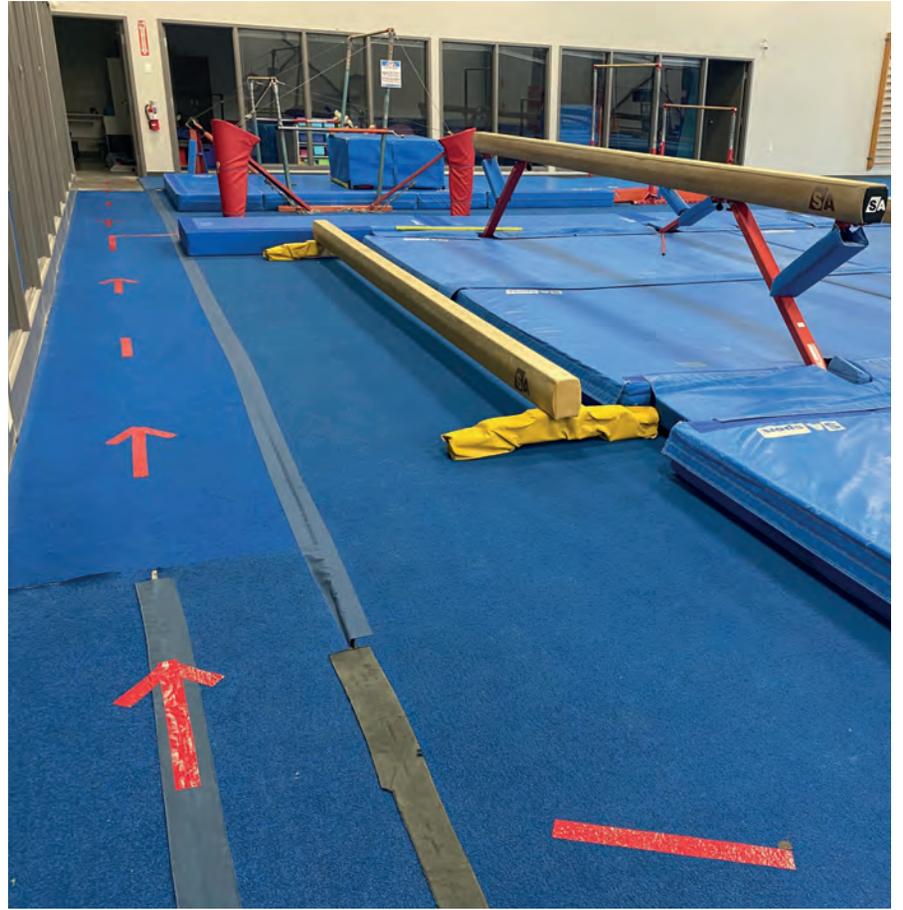
The gym will not have air conditioning on or be circulating air with fans as per covid health and safety. We will have doors open to help with temperatures.



Traffic Flow & Facility Cleaning



- Twice daily cleaning of high touch surfaces
- Twice daily deep cleaning and heightened disinfection of entire facility, additional focus on high traffic areas
- Physical distancing guidelines are followed
- Limit the number of athletes and staff in the facility + no spectators
- Limit of 1 athlete in the changeroom at one time, staff will monitor upon arrival and dismissal
- Limit 1 person in the bathroom at a time
- Handwashing guidelines at entrance and in bathrooms are posted
- Cleaning between each use of the washrooms, when possible
- Provide hand sanitizing stations throughout the facility
- Ensure respiratory etiquette is followed by advising athletes to cough, sneeze or yawn into one's arm or a tissue and then use hand sanitizer supplied at the appropriate stations in the gym
- Avoid touching your eyes, nose, or mouth
- After each rotation coaches will clean gymnastics equipment between classes + twice daily deep clean
- Athletes must bring their own water bottles filled at home, no snacks and no sharing. (for medical purposes if food is required please advise your coach in writing and a safe, sanitary location will be provided)





Coaching + Training Re-Entry: What to Expect

- After such a long break gymnasts will need to rebuild their strength, stamina and flexibility.
- To return to training at the hours they were at when we left would mean a very high risk of injury.
- All groups will be training for 2 hr 15 min + 15 min for
- The groups that used to train 16hr + a week prior to shut down will come back at 3 days x 2.5 hr, 12 hr and 8 hr groups will come back at 2 days x 2.5 hr, 4 hr group will come back at 1 day x 2.5 hr
- The groups will start on 45 min staggered in order to follow social distancing and to be able to follow the rotation schedule we have in place
- The plan will be to increase hours every 2 weeks. We will make the decision based on how athlete respond and tolerate the return.
- Each group will have 7 athletes + 1 coach. This number is based on the very strict guidelines of social distancing , no sharing , best gym flow etc. So please expect that the athletes may have to be moved to a different group (for the month of June) that they may have been placed before the shut down to accommodate the guidelines. Those changes will be communicated once we have final numbers and a schedule in place
- There is an expectation that athletes are going to be very sore and tired upon return-even with a gradual approach.
- Managing their state of mind is going to be as important as their physical conditioning
- Focus will be on conditioning and shaping- back to basics
- There is no spotting right now- for the initial return this is not a problem as no one will be doing skills that are at the level they were at when we closed. The way to get those skills back will be with drills that build back up to the skill. At no time will a coach sacrifice safety because of the spotting rule.
- Lesson plans for the groups will be done in 1-2 week blocks. The reason for this is so that all the materials needed to support that training will be brought to the apparatus for the week or two week block. This will ensure a safe and well thought out curriculum that brings the athletes back to their capacity in a safe but consistent way AND that we have better control over the accessories in the Gym at each apparatus for cleaning purposes.
- Levels and Groups are not up for discussion right now. Every athlete will have responded differently to their time off and will come back at a different pace. We can't begin to know what will happen with levels until we have been back training with the athletes for a solid period of time.
- We have hard work ahead of us but we also will try our very best to make it fun and positive- we are glad to be back together even in this new environment.

Q&A

REFUNDS

Contracts will be issued for summer training by the end of June.

They will be 2 month packages given the nature of the COVID environment. Each package will have an individual statement of accounts which will provide information on refunds and credits to be applied to the following season.

WHEN IS THE AGM?

The AGM is going to be held during the 3rd week in August. A date and time will be finalized once summer training schedules are finalized. The AGM will be held virtually, unless Provincial social distancing guidelines have changed by that date.

Nominations will commence at the end of June. There will be a call for nominations soon, please feel free to email the board with any questions or if you have interest in learning more about the positions.

STOP

clean your hands
with hand rub until hands are dry

Hand rubs should contain 70-90% alcohol.
Use hand rub when you cannot see dirt on your hands.
If you can see dirt, clean your hands with soap and water.

1 Apply a small coin amount of hand rub to your palms

2 Rub fingertips of each hand on opposite palm

3 Rub hands together palm to palm

4 Rub in between and around fingers

5 Rub the back of each hand with palm of other hand

6 Rub each thumb with opposite hand

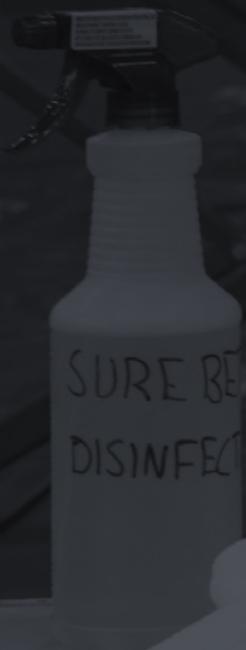
7 Rub each wrist with the opposite hand

8 Keep rubbing until hands are dry

Wipacore | Wipacore

wipacore.com.au/health

Appendix



Appendix

CLEANING SUPPLIES

Gymnastics Energy is now using a product called SureBet II in most areas such as on high touch surfaces. It is a bleach based disinfectant. Vital oxide has been purchased for the regular cleaning of equipment, as per Gymnastics Ontario's direction.

PROTOCOL OF WHO TO CONTACT FOR HEALTH & SAFETY

GYMNASTICS ENERGY HEALTH & SAFETY COMMITTEE

Allison Foulser – Board of Directors

Tara Becevel – Board of Directors

Alexa Takacs – Head Coach

Brooke Macaulay – Rec Program Director

GYMNASTICS ENERGY BOARD OF DIRECTORS

gymnastics.energy.board@gmail.com

Erin Wiltshire – Vice President

Allison Foulser – Finance

Dianne Wright-Kirwin – Secretary & Communications

Melissa Shaw – WAG Parent Support

Tara Becevel – MAG Parent Support

STAFF

Alexa Takacs – gymenergy.headcoach@gmail.com

Brooke Macaulay – recinfo.energy@gmail.com

Questions should be directed to the board email and please allow 3 business days for a response. For urgent enquiries please send a DM through the FB page and our volunteer team will ensure it is reviewed. Please do not send anything of a personal nature through social messaging, simply advise you have a question and your contact details.

PUBLIC HEALTH RECOMMENDATIONS

Based on Public Health Ontario's recommendations for cleaning and disinfection for public settings:

- High touch surfaces should be cleaned and disinfected at least twice daily and when potential contamination has occurred or the surfaces are visibly soiled
- High touch surfaces can include doorknobs, elevator buttons, light switches, toilet handles, counters, hand rails, touch screen surfaces and keypads
- Environmental disinfectants should be classed as a hospital grade disinfectant and registered in Canada with a drug identification number and labelled as effective for both enveloped and non-enveloped viruses. A drug identification number confirms the product is approved for use in Canada.
- Follow manufacturer's instructions for use of the disinfectant including contact time, expiration date, use of personal protective equipment and pre-cleaning requirements.

COVID-19 PERSONAL HEALTH SELF-ASSESSMENT

Government of Ontario Covid-19 Self-Assessment Tool

<https://covid-19.ontario.ca/self-assessment/>

This information is not intended to provide medical advice. If you have medical questions, consult a health practitioner or your local public health unit.

SAFEGUARDING & CLEANING

1. Coronavirus Disease (COVID-19) Cleaning and Disinfecting Public Spaces

Link: <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/cleaning-disinfecting-public-spaces/cleaning-disinfecting-public-spaces-eng.pdf>

2. Approved Cleaning products for use against SARS and Cov-2

Link: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

Please refer to this link often as this list of products is constantly changing.

GYMNASTICS ONTARIO

Stage 1 – Opening framework

To ensure these first actions to reopen the Province of Ontario are a success, and more specifically Gymnastics in Ontario; it will be critical that we follow the guidelines. We are all in this together. We all share a responsibility to stay informed, be prepared, be flexible and follow these measures throughout the COVID-19 pandemic. We must also hold ourselves to a higher level of accountability and responsibility since we work with children. Each club can make the first stage of restarting Gymnastics in Ontario a success by following the MANDATORY protocols listed below as a minimum standard in alignment with the Province of Ontario's guidelines.

1. Clubs are not permitted to begin scheduled COMPETITIVE training until FRIDAY MAY 29 at the earliest, without exception (clubs may choose to open later to prepare their protocols to ensure compliance)
2. Clubs will be required to login to Uplifter to accept the mandatory protocols listed here, an email communicating how this will be done shall be sent to

all clubs on Tuesday May 19

3. Inform coaches, administrators, members, parents/guardians and participants of new protocols through email, club website, member receipts, in house telephone communications
4. Use a declaration form to be executed by all people attending your facility to declare their understanding of COVID as well as their responsibility to self regulate (GO will prepare a declaration form for release to clubs next week)
5. Post Government of Ontario approved handwashing and physical distancing protocols in high traffic areas (e.g. main entrance door, bathrooms)
6. Ensure participants and their families are aware (at least through signs) that they may not enter the facility if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days
7. Ensure physical distancing requirements are met
8. Ensure respiratory etiquette is followed by advising individuals to cough or sneeze into one's arm or a tissue
9. Clean/sanitize gymnastics equipment between classes, where possible, and at the end of the day
10. Once classes are over for the day and all athletes have left all surfaces should be cleaned and disinfected (mats, floors, counters, bathrooms); this needs to be done over and above cleaning the equipment between uses
11. Prior to coming to work (daily), staff should be required to screen via self-assessment tool (see document emailed to clubs on May 14), report to their designated supervisor to determine if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days; a log to record the self-assessment should be kept

12. Hands free coaching (no spotting) for competitive programs – i.e. modify training needs to ensure athletes are only doing safe skills, not learning new skills which might require spotting, unless required to prevent injury (this protocol will be in effect until June 30, GO will communicate any updates to this protocol near the end of June)
13. Adhere to maximum numbers in the facility and training area as directed by the Province of Ontario (GO has established this parameter which must also include coaches when you calculate for your club, do NOT exceed capacity (one participant per 144 square feet or 13.378 metres in the training area: e.g. floor is 1,600 square feet, maximum on the floor is 11)
14. Eliminate pit usage for competitive programs – cover pit with landing mats (this protocol will be in effect until June 30, GO will communicate any updates to this protocol near the end of June)

Each of the above fourteen protocols are MANDATORY; all clubs must login to their Uplifter account to accept these protocols. All other recommendations in the Gymnastics Ontario – Opening Protocols (see document emailed to clubs on May 14) should be adopted and implemented where applicable to ensure the safety and well being of our athletes, their families, coaches, administrators and the sport of gymnastics. We need to exceed in our reopening standards for the safety of everyone, your cooperation on this expectation is of the utmost importance.