

## Gymnastics Energy COVID-19 Safety Plan

### **Facility Measures:**

**Operations:** Gymnastics Energy is not open to the general public. All doors are locked from the outside and are only opened by appointment or scheduled class.

**Change rooms:** Change rooms and lockers are closed.

**Lost and Found:** The facility will no longer be able to maintain a lost and found bin.

**Payments:** Physical contact has been minimized by encouraging online payments and registrations and a wireless debit machine is being used to allow for social distanced payments by appointment.

**Water breaks:** The water fountain will be used as a filling station only. The drinking spout is disabled. Athletes/coaches/staff are to bring their own labeled, water bottle from home already filled. No sharing of water bottles. Coaches will be required to sanitize their hands before and after filling water bottles.

**Snack Breaks:** No food sharing. Athletes and staff must perform proper hand hygiene before and after eating. Physical distancing must be maintained while eating.

**Foam Pits:** The foam pits will be off limits for recreational use. All foam pits will be covered with vinyl landing mats for competitive athletes. Competitive athletes can still land on the vinyl mats which can be cleaned after each user.

**Rope Climb:** No rope climbs for athletes until further notice.

**Chalk Usage:** No communal chalk dishes will be provided. Recreational athletes are able to complete all skills safely without the use of chalk. Competitive athletes will have individual chalk blocks in their personal storage bins.



## **Screening Measures:**

All attendance and screening will be kept on file for the duration of the session (minimum of 7 weeks) and for one month following the end of the session.

### **Recreational Classes:**

- Screening questionnaire is confirmed at the door by a staff member for all participants prior to allowing entrance to our facility (see Appendix A attached)
- Attendance is being recorded for all participants in our Amilia system by a staff member at the door. If a participant is marked present then the screening has been conducted accordingly.

### **Competitive Programming:**

- Parents are required to complete the screening through Google Forms prior to dropping off their athlete (see Appendix A attached)
- Attendance is being recorded for all participants in our Amilia system by our coaching staff.
- A team member will be reviewing the screening forms to ensure they have been completed.

### **Visitors and Staff:**

- A copy of the screening (see Appendix A attached) has been sent electronically to all staff and they are required to self screen before arriving to work. Prior to punching in to their shift, staff are required to complete the screening checklist located above the punch clock.
- Visitors are required to complete the screening sent to them ahead of their volunteer shift. They will then sign in to the log located at the reception desk in the lobby or by the Equipment area door. Their signature confirms they have completed the screening and cleared to be in the building.



## Maximum Number of Participants:

### ORANGE/YELLOW

- There is a limit of 50 persons allowed per room (competitive) and **10 participants per room (recreational)** permitting physical distancing of at least **3 meters** is possible.
- The gym is separated into **6** separate training “rooms” (see Appendix C)
  - Kindergym
  - MAG
  - Recreational
  - Vault
  - Studio 2
  - Competitive
- A carefully planned rotation schedule for competitive athletes has been made to ensure physical distancing of 3 meters can be maintained.
- Recreational Classes have been assigned a designated room per class to avoid contact whenever possible are not to rotate between rooms.

### RED:

*Pursuant to O.Reg. 263/20 Rule 14.1*

Gymnastics Energy is a facility that runs fitness classes (Gym B) and gymnastics training (Gym A) on specialized equipment.

- The entirety of the facility has been split into **2 separate areas** by a non-permeable barrier (wall). (see Appendix D)
- Each Gym has two outdoor access doors (one for entering and one for exiting).
- Each gym has a bathroom facility and a minimum of two hand washing stations.
- There is no indoor access between the two gyms except for limited staff only through ways. To access each gym, participants must enter from the outside.
- There is a limit of **10 participants** allowed in the class side of the gym and each must maintain a physical distance of 3M. There is a limit of **10 participants** on the training side of the gym and each must maintain a physical distance of 2M, though 3M will be encouraged. (excluding staff). At no time should the facility have more than 20 participants in the building.

## Cleaning and Disinfecting Protocols:

**Increased Sanitization:** Additional cleaning/disinfecting of high traffic and high-touch surfaces such as light switches, door handles, hooks, cubbies and bathrooms have been put in place.

Additional staff has been added as floaters and volunteers to aid in cleaning and disinfecting. (See Appendix E)



**Hand washing/sanitizing:** Handwashing and sanitizing procedures have been heightened for all coaches and athletes and will occur regularly. Staff must ensure all participants are washing their hands or using hand sanitizer upon entering the gym and between using apparatus/equipment/workout gear/etc. Coaches must use hand sanitizer before and after spotting an athlete.

Washrooms facilities or portable sinks and hand sanitizers are available at all 4 entrances to the building.

### **Personal Protective Equipment Requirements:**

**Mandatory Mask By-Law:** Wearing a non-medical mask or face covering is mandatory in certain enclosed indoor public places in Niagara region. For more information on the Region's by-law visit <https://www.stcatharines.ca/en/governin/covid-19-mandatory-masks-by-law.asp> Some individuals are exempt. Please indicate on your registration if your child is exempt.

### **Competitive / Recreational Athletes**

Masks Must be Worn when:

- Entering and Exiting the building
- Going to and from the bathroom and change rooms
- Walking to and from a break
- In the public areas such as Lobby, Hallways, Washrooms
- It is highly encouraged that athletes wear their masks when training as much as possible depending on the level of physical exertion demonstrated.

Masks are to be placed in a Zip Lock Bag labelled with their name and placed with their water bottles at water bottle stations.

### **YELLOW /ORANGE:**

- All of the above measures with the addition that athletes are to wear masks when moving through the facility into another "room" in the gym



## Competitive Coaches

Surgical masks and eye protection (glasses or shield) must be worn:

- When spotting athletes (so long as the safety of the athlete can be maintained depending on any obstruction created)
- Checking in and dismissing athletes from the facility
- When physical distancing is not possible
- When administering First Aid

Face coverings of any kind must be worn:

- When traveling through the public areas on the facility, lobby, hallways, washroom, changerooms
- When cleaning.

While coaching from a physical distance of minimum 6 ft, coaches may wear a face shield without a mask to better instruct athletes and allow athletes to better see and hear the instructions. A mask is highly encouraged in addition to the face shield as much as the safety of

## Recreational Coaches

Face Coverings and eye protection or shield must be worn:

- When Checking in and dismissing athletes from the facility
- When physical distancing of 6ft is not possible
- When spotting is permitted

Surgical masks, eye protection and gloves must be worn:

- When administering first aid

Face coverings of any kind must be worn:

- When traveling through the public areas on the facility: lobby, hallways, washroom, changerooms
- When cleaning

**Floater**s should always be wearing a surgical mask, so they are ready to step in and help coaches. In the RED zone the ratio of coach to athlete is often smaller than 1:8 and there is only one class occurring at a time. For this reason, a floater may not always be available. In this case, the floor supervisor will assist should an athlete require assistance.

**Gloves:** Must be worn for cleaning equipment between rotations, cleaning at the end of the day or during deep cleans. Hands must be washed between each new set of gloves. Gloves must be worn when administering First Aid where the coach is required to touch the athlete. Gloves are not required while coaching.



## **Volunteers**

Volunteers must wear a mask at all times while in the facility. If they do not arrive with a mask one will be provided to them. They will also be required to sanitize their hands upon entering the facility. When they are assisting with cleaning they will also wear gloves which will be removed after the cleaning has been completed and would be required to put on fresh gloves each time they assist with cleaning throughout their shift.

## **Procedure if symptoms occur**

If you are feeling ill, do not attend class. Notify the coach and or the gym if you will not be attending and we recommend you contact Public Health for direction.

Staff are to inform the supervisor if they are ill and cannot come into work. As per the screening form you are not to report to work if you have any new or worsening symptoms associated with the COVID-19 virus. You are encouraged to contact Public Health for direction.

In the event a gymnast/staff/visitor develops symptoms while at the gym, they will immediately be separated from others until they can go home and self isolate. A floater/supervisor/volunteer will put on a mask and face shield and will escort the participant or individual to either the designated alcove on each area of the facility. (ie. old snack area in training side and alcove in the lobby on the class side) They will remain there until they are picked up from the facility. The incident will be noted in the visitor's log book so that if Public Health contacts us about a possible case at our facility we can note that there was a person experiencing symptoms that day.



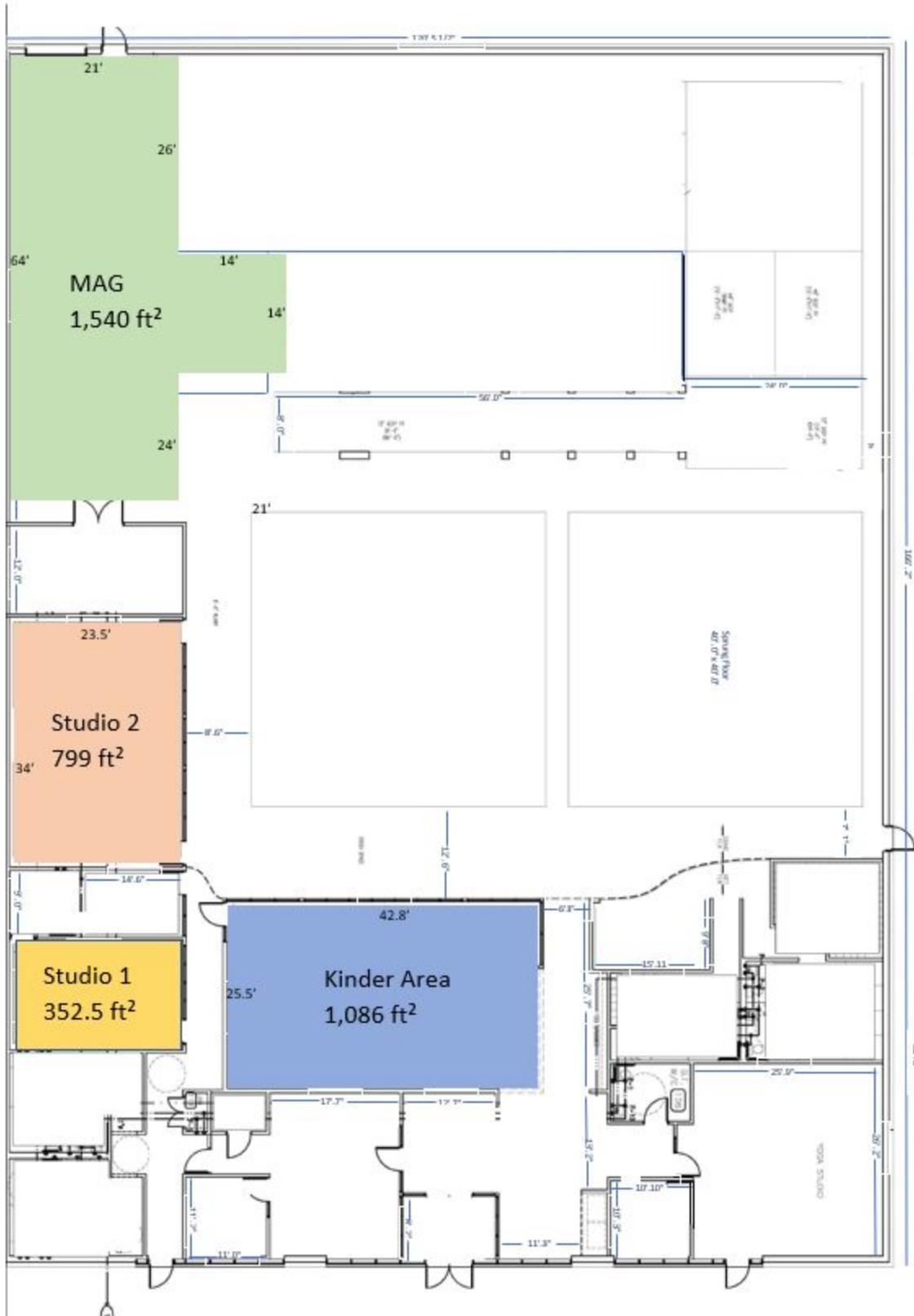
## APPENDIX A - Screening

By completing this screening tool, you acknowledge that failing to provide truthful responses may result in disciplinary action and that Niagara Region may request evidence reasonable in the circumstances to verify the period of self-isolation or self quarantine that was directed by Public Health or a physician.

1. Have you or anyone in your household traveled outside of Ontario in the last 14 days and/or been in direct contact with someone who has traveled in the last 14 days?
2. Have you been advised to self-isolate due to travel?
3. Have you tested positive for COVID-19 or had close contact with a confirmed case of COVID-19 without wearing appropriate PPE?
4. Do you have a new onset of any of the following:
  - Fever/ Chills
  - Cough
  - Difficulty Breathing
  - Decrease or loss of taste or smell
  - Shortness of Breath
  - Sore Throat
  - Runny or Congested Nose (Not allergies)
  - Unusual levels of Fatigue
  - Unusual Headache
  - Nausea/ Vomiting, diarrhea, or loss of appetite
  - Feeling unwell for an unknown reason
  - Loss of Smell
5. Have you been advised to self-isolate due to COVID-19 symptoms?
6. Have you been advised to self-quarantine due to referral for testing or referral of a household member for testing, and were awaiting results?

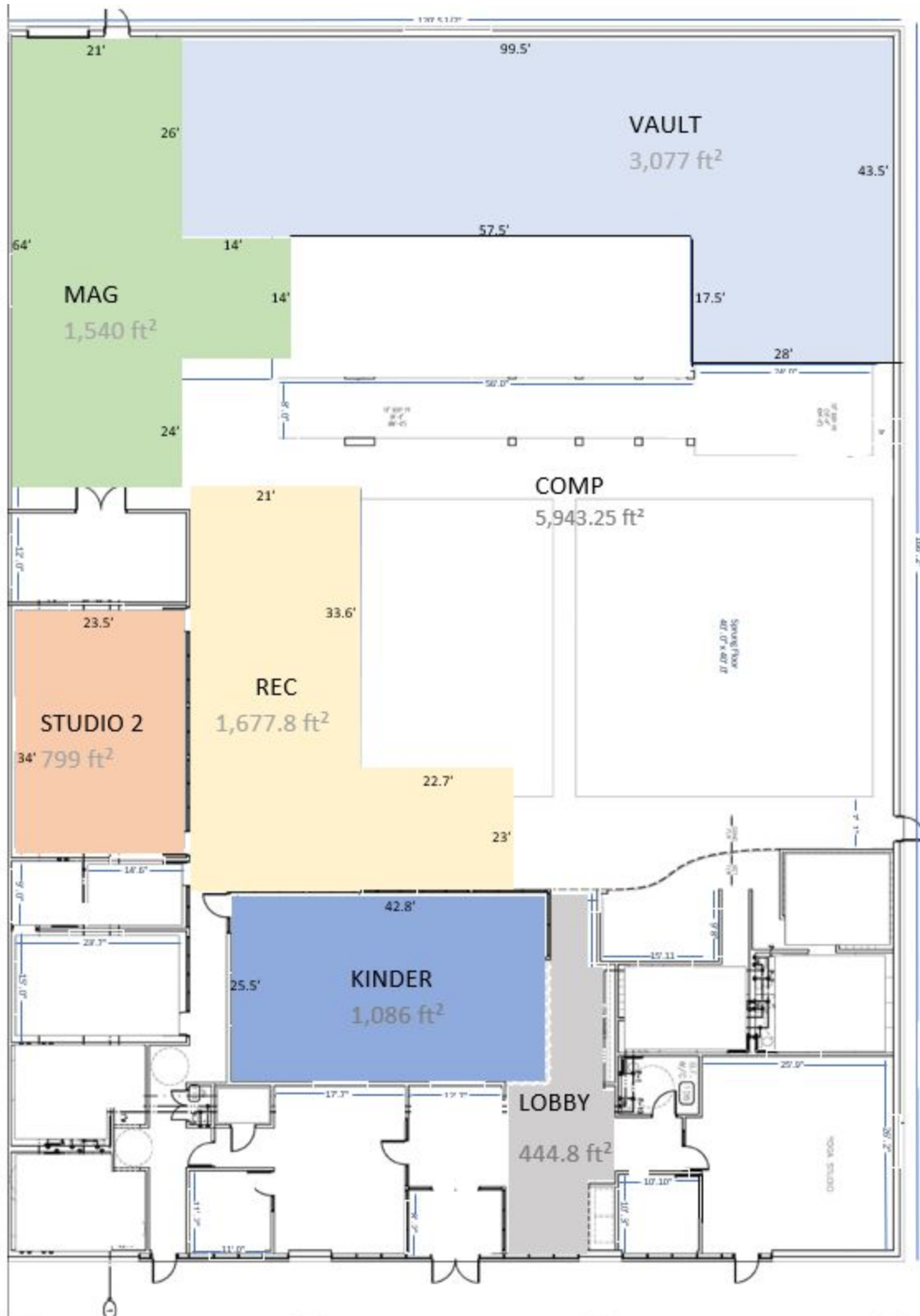
If you answered yes to any of the questions you are not to enter the facility and are recommended to call Public Health at 905-688-8248.

### Appendix B - Gym Layout - GREEN

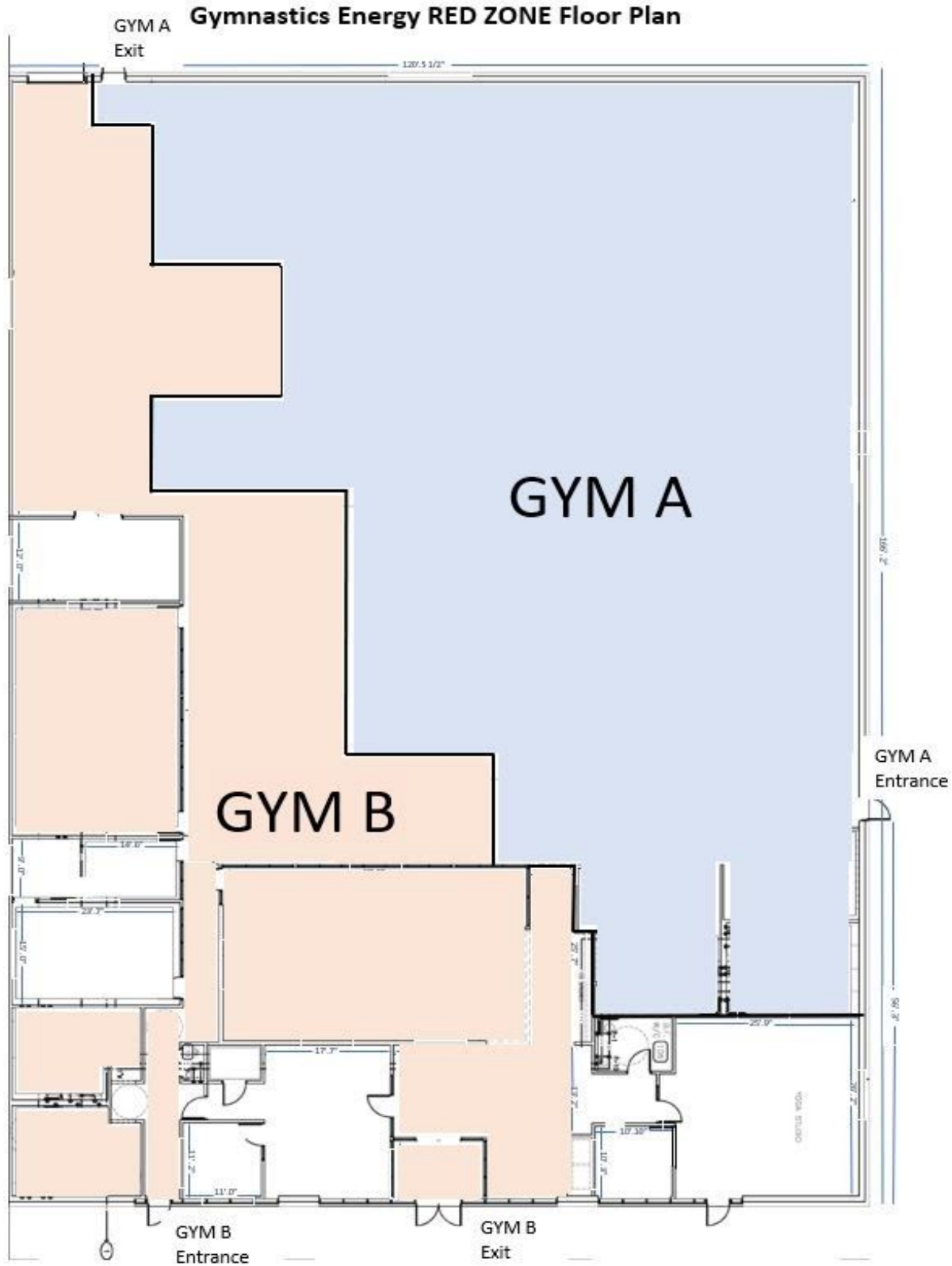




### Appendix C - Gym Layout YELLOW/ORANGE



Appendix C - Gym Layout RED



## Appendix E

### Cleaning and Disinfecting Checklist:

The Sanitation Data Sheets for the cleaners used in our facility is located on our Health and Safety Board. Our cleaning bottles are labelled with the appropriate Drug ID #. Our cleaners are on the approved list of cleaners that are known to be effective in killing the COVID-19 virus.

**Coaches Sanitation Station:** Each station/apparatus in the gym will be equipped with a Sanitation Station.

The Sanitation Station will include:

- hand sanitizer for the coach and athletes
- a supply of gloves
- face masks
- Disinfectant spray for the equipment
- cloths

The floaters/volunteers must check that a complete supply of the listed items is in each Sanitation Bin.

### **Floor Supervisor/Coach Assistant Volunteer**

- Disinfect the Tables and chairs after crafts, snack, coaches rooms and camp area (when applicable)
- High touch surfaces including: All door knobs/ handles, light switches/keypads/ hooks for bags at least once during each shift.
- Disinfect all equipment used between groups.
- Check the washrooms regularly to ensure they are in a sanitary condition and disinfect as needed.
- Clean all the equipment that was touched at your apparatus before moving to the next apparatus.
- Disinfect the portable sink and refill the top with water if necessary once per shift.
- If needed refill spray bottles, paper towel and soap at sinks
- Collect all the dirty cloths at the end of the day and put them in washing machine

## Appendix F

### Custodial Checklist

#### Custodial Daily Checklist

- Mop the mats with disinfectant including: Under Bars/ Under MAG/ Under Beam and Over Pitt
- Use fogger on Fast Track and Tumble Track, Little's Area, Vault Carpet
- Empty the grey water from the portable sinks
- Empty the garbages in the Gym
- Move Cloths from Washer to Dryer and turn on Dryer

#### Bathrooms- All Four

- Disinfectant sinks and countertops
- Mop floors
- Disinfect stall doors/handles and toilet paper holders
- Disinfect toilets
- Empty Garbages/ Diaper Pail