

# CAMPIA GYMNASTICS

## COVID-19 SAFETY PLAN

# COVID-19 RETURN TO GYMNASTICS SAFETY PLAN

## Overview

The health and safety of our members is of utmost importance. Campia Gymnastics Club Inc. Board of Directors and staff are working diligently to ensure that we can keep our members safe through the COVID-19 pandemic. Every decision, policy and procedure is made in the interest of our member's health and safety.

## This Document is as Fluid as the Situation

This is a working document that was created for Campia Gymnastics Club Inc., in conjunction with Gymnastics NL, Department of Health and the Government of Newfoundland and Labrador.

Campia will continue to evaluate our policies and procedures, seek out new information, and adjust our responses accordingly. Return to play may advance or revert in accordance with recommendations from the Chief Medical Officer.

## Mandatory Adherence to This Document

In the interest of protecting the health and safety of our members Campia will be enforcing all policies and procedures listed within this document. If a family, athlete or employee is unwilling to abide by these policies and procedures, they will not be permitted to attend classes.

## MEMBER AWARENESS

As of October 22, 2021 people 19 years of age and older will be required to show proof of vaccination or have an approved medical exemption to enter Campia Gymnastics.

Campia members will be informed of new COVID-19 protocols through email and website.

Safety protocols will be posted in high traffic areas.

Daily screening is required before entering Campia (this includes athletes). This screening is a self assessment, it is not required to be submitted. <https://www.811healthline.ca/covid-19-self-assessment/>

Anyone feeling unwell or symptomatic must stay home. Members must be symptom free for 24 hours before returning to Campia.

Maintain 2 metres of physical distancing when possible.

Members are asked to practice healthy habits, such as coughing/ sneezing into their arm, washing hands frequently, and maintaining physical distancing.

An outbreak management plan will be implemented should a positive test result for COVID-19 be identified within Campia.

Members and guests age 5+ are required to wear a face mask that covers their mouth and nose at all times. However, wearing a mask is encouraged for children between 2 and 4 years of age. It is not recommended for those under age 2.

Where possible, athletes should wear a mask with low intensity activity.

If a member cannot follow staff direction or adhere to guidelines, they will be removed from the program and a prorated refund will be provided for any missed days (minus a \$25 administrative fee).

If an athlete, staff member or visitor begins to exhibit symptoms of COVID-19 during their training/ class time, we will follow the 'Rapid Response to a Symptomatic Individual' Emergency Action Plan (see emergency action plans).

## ARRIVAL & DEPARTURE

Arrangements will be in place to allow gymnasts to be dropped off and picked up at the door. Every effort will be made to eliminate the need for guardians to accompany athletes into and out of the facility. Athletes younger than 5 years of age and those who need assistance will need to be escorted into the facility by a parent/guardian who must wear a face covering, complete the COVID-19 Self Assessment Tool and stay for the duration of the class.

Please adhere to the physical distancing markers outside our facility during check in. Please remain in your vehicle until an open space becomes available.

All participants should arrive 5 minutes before class start time and exit immediately after class.

Athletes are encouraged to arrive prepared for class as change room access is limited.

All participants must sanitize hands when entering and exiting facility.

A separate entrance and exit will be identified to encourage one way traffic.

Athletes are required to wear a non-medical face mask for entering and exiting the facility.

Parents will be required to meet their child at the designated exit door.

## PROGRAM MANAGEMENT

Adhere to maximum numbers in the gym as dictated by Health Authority.

Athletes are required to sanitize/wash hands between rotations.

Gymnasts training for more than 3 hours may bring a small, nutritious snack.

Registration processes should be completed online or by phone whenever possible. Cashless payment options are preferred, but cash may be accepted, where necessary.

Team socialization activities and competitions are permitted with appropriate COVID-19 protocols in place.

## FACILITY SAFEGUARDING

Members can use the intercom system to request entry to the facility.
Ensure the number of people in the facility are within the limits for public gatherings at all times.
Cleaning log sheets and an inventory of cleaning supplies will be available to view upon request.
All cleaning products used will meet Health Canada's requirements.
Enhanced cleaning of entire facility especially high traffic areas.
Gymnastics equipment and high touch surfaces will have enhanced cleaning at an increased frequency.
Air filters will be inspected and changed on the HVAC system on a frequent basis.
Hand sanitizing stations will be provided throughout facility.
No shared chalk will be available. Anyone requiring chalk must bring their own personal chalk container. Chalk is available for purchase at the front desk.
No rental groups permitted.
Staff will be disinfecting the gym with a Health Canada approved disinfecting product through the use of a Victory Spray back pack.

## STAFF MANAGEMENT

Staff education will continue as new information becomes available.
All staff are required to complete a COVID-19 Work Safe Best Practices course.
Staff are required to complete self screening prior to reporting for work and are required to stay home if they are unwell or symptomatic.
Staff are expected to act as role models while practicing physical distancing and sanitizing hands between rotations.
Staff are required to wear a non-medical face mask at all times.
Personal safety measures are expected such as coughing/sneezing into arm.
Staff are required to wear gloves while cleaning.

## VIEWING

Superhero & Sidekick - All athletes registered in our Superhero & Sidekick class must be accompanied by one parent/guardian.

Mini Heroes - All athletes registered in our Mini Hero classes must be accompanied into the facility by a parent/ guardian. Viewing is reserved for one parent/guardian.

Age 5 + Classes - Viewing is suspended until further notice.