

GYMNASTICS ONTARIO - OPENING PROTOCOLS

Principles	Recommendations
Member Awareness	<ul style="list-style-type: none"> • Inform coaches, administrators, members, parents/guardians and participants of new protocols through email, club website, member receipts, in house telephone communications • Use waivers for people over the age of majority and assumption of risk agreements for those under the age of majority and include specific wording relating to insurance coverage for COVID-19 claims exclusion and their assumption of the related risks with COVID-19 • 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 • Post Government of Ontario approved handwashing and physical distancing protocols in high traffic areas e.g. main entrance door, bathrooms • Include COVID related matter in your club refund policy • 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 • Maintain confidentiality of any person confirmed to have been COVID-19 infected
Entering & Exit Facility	<ul style="list-style-type: none"> • Limit carpooling among club participants, only members of the same family should be in a vehicle together • Place distancing lines outside facility for parents & gymnasts to line up before entering • Ensure physical distancing requirements are met • All persons must properly wash with soap and water or sanitize hands upon entering facility • A staff member could escort the gymnasts inside the facility, and administer screening questions about illnesses in youth or their household members (ensure an adult is present) • Allow a maximum of one parent (and no siblings) per gymnast inside facility who should remain physically distant • Viewing; encourage parents to drop-off and pick-up as opposed to entering facility to watch the class • Bleachers need to be marked off where people are allowed to sit, and or chairs should be removed or limited based on physical distancing • When possible, have parents/guardians pick up their gymnast outside. If the gymnast needs supervision while waiting for pickup, adults should be practicing physical distancing • Create a single entrance and exit, if possible • Anyone feeling unwell MUST STAY HOME • Once classes are over athletes and parents need to leave the gym, no lingering around and chatting
Facility Safeguarding	<ul style="list-style-type: none"> • Ensure the physical distancing requirements are met • Heightened cleaning of entire facility, especially high traffic areas (e.g. entrance, washrooms, etc.)

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	<ul style="list-style-type: none"> • Provide a copy of the handwashing guidelines to display in areas to show people how to properly wash hands. This should be placed at entrances and in bathrooms. • Identify how the club will provide disinfection of meeting spaces and regular cleaning of high-touch surfaces • Ensure respiratory etiquette is followed by advising individuals to cough or sneeze into one's arm or a tissue • Consider how to limit the number of participants to allow physical distancing and prevent crowding • Limit the number of athletes permitted in the athlete changing room/washroom at one time to ensure physical distancing requirements are followed • Cleaning between each use of the washrooms (high traffic area) • Provide hand sanitizing stations throughout facility • Provide additional hand washing stations (e.g. kitchen sink, if accessible), or had sanitizing beyond current washroom stations/sinks (best placed at the entrance to the facility and entrance to the equipment/gym area) • Clean/sanitize gymnastics equipment between classes, where possible, and at the end of the day • Once classes are over for the day and all athletes have left, all additional surfaces should be cleaned and disinfected (floors, counters, bathrooms) • There should not be any public water fountains in the gym that athletes can drink directly from. Gymnasts will provide their own water and there will be no sharing. Water filling stations are allowed, but individuals must wash their hands before and after use. • Remove self-serve vending machines and/or food sales. Café areas should be closed as inappropriate places to sit. • Remove or cover any equipment (cloth-like) that cannot be cleaned • Play structures should be closed • Use of personal chalk containers rather than open chalk bucket (each athlete should be supplied with their own chalk and instructed not to share) and wash hands after using equipment • Athletes are not permitted to share personal training equipment (e.g. grips, slippers, wrist bands, wrist supports, ankle braces, tape, etc.) • Ensure that all cleaning products are authorized disinfectants against SARS-CoV-2, the coronavirus that causes COVID-19 • 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 • Develop plans for a potential requirement of a temporary closure of the gymnastics facility to properly disinfect and ensure other adult leaders or youth are not infected
Staff Management	<ul style="list-style-type: none"> • Ensure the physical distancing requirements are met • Clubs need to pass along information to their employees regarding their rights, risks and responsibilities as they relate to this public health emergency

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	<ul style="list-style-type: none"> ● Prior to coming to work (daily), staff should be required to screen via self-assessment tool (Appendix A), 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 ● Staff are required to sanitize/wash hands between rotations ● Instruct staff to avoid physical contact with one another, e.g. hugs, high-fives, etc. ● Hands free coaching (no spotting) for recreational programs i.e. mainly circuits, unless required to prevent injury ● 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 ● Follow recommendations for wearing masks or cloth facial covering for the coaches and staff ● Gloves are required for people cleaning equipment between rotations or at the end of day, and hands need to be washed between each new set of gloves. Otherwise, no gloves may provide a false sense of safety and people will begin to relax their cleaning without them. ● Personal safety measures such as coughing/sneezing into arm ● Staff member should be assigned to ensure athletes are washing hands before coming into equipment/gym area prior as well as during and after classes ● Maintain confidentiality of any person confirmed to have been COVID-19 infected
<p>Program Management</p>	<ul style="list-style-type: none"> ● Adhere to maximum numbers in the facility and training area as dictated by the Province of Ontario for group gatherings ● Ensure the physical distancing requirements are met ● Reduce the number of classes/programs in the gym at any one time ● Consider reducing the number of hours in competitive/team programs ● Limit, where possible, physical contact among participants ● Organizations should acknowledge and support decisions to not participate among youth, parents, and adult leaders who are uncomfortable participating for any reason ● Have youth and adults wash hands or use hand sanitizer before allowing participation, directly after participation, and frequently during a class, including before getting water, eating, and after touching shared surfaces or items. Athletes may require a schedule to wash and/or sanitize hands ● Consider re-open competitive training first ● It is recommended that all member clubs have a second adult (age 18+) on site at all times. This second adult does not have to have any NCCP, Respect in Sport or first aid certification. ● Athletes could be assigned to specific apparatus each training session, thus physically distancing, and must sanitize/clean equipment after each use

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	<ul style="list-style-type: none"> • Athletes should not sit together during rest time between turns. And if possible, they should try to have a designated area for rest between turns that can be marked off for safe distances • Prevent youth from sharing cups, water bottles or other items • Add time between class changeover or stagger start and end times to ensure time to clean/disinfect equipment • Create scheduling for apparatus in order to maintain the guidelines for physical distancing • Create circular rotation schedule with less crossover traffic • Use different colour Velcro or other methods to create social distancing lines within the facility • Rearrange, remove or spread out equipment for better physical distancing • Create pathways (e.g. Velcro, coloured tape, paint, floor stickers) within facility for better flow • Eliminate pit usage for recreational programs/all programs - cover pit with landing mats
Class/Team Management	<ul style="list-style-type: none"> • Ensure the physical distancing requirements are met • Reduce the number of gymnasts per coach • Create physical distancing between stations/circuits • Reduce class time by 5-7 minutes in order for facility safeguarding • Stagger break times for competitive/team gymnasts • Have designated break areas that can be marked off to ensure safe distancing

Appendix A – 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](#).

Appendix B – 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.