



## **Return to In Gym Training**

**Phase one**

**May 2020**

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## Section 1: Overview

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The health and safety of our athletes, families and our staff are of the utmost importance. As we return to play after the disruption of 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.

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 our sport's governing bodies guidelines, while also minimizing interruption of 'normal life' as much as possible. 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.

**We will be enforcing all policies and procedures listed within this document.** If an athlete, their family, or a coach is unwilling to abide by these policies and procedures they will not be allowed to participate until their willingness to do so has changed.

## Section 2: Member Awareness

Phase 1	Gym Magic Suggestions
<ul style="list-style-type: none"> <li>Inform participants, families, and staff of Phase 1 protocols by email, website, social media, and signage</li> </ul>	
<ul style="list-style-type: none"> <li>An <i>Assumption of Risk</i> agreement for those under the age of majority with wording on their assumption of the related risks with COVID-19</li> </ul>	
<ul style="list-style-type: none"> <li>A <i>Waiver</i> agreement for those over the age of majority with wording on their assumption of the related risks with COVID-19</li> </ul>	
<ul style="list-style-type: none"> <li>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</li> </ul>	
<ul style="list-style-type: none"> <li>Post Ontario Ministry of Health signage with approved hand washing and physical distancing protocols</li> </ul>	
<ul style="list-style-type: none"> <li>Participants, their families, 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</li> </ul>	
<ul style="list-style-type: none"> <li>If anyone in a gymnast's household has travelled out of province, gymnast cannot attend for 14 days after their return</li> </ul>	
<ul style="list-style-type: none"> <li>Maintain confidentiality of any person confirmed to have been infected with COVID-19, but will cooperate with Public Health to assist with contact tracing</li> </ul>	

### Section 3: Entering & Exiting Facility

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Phase 1	Gym Magic Suggestions
<ul style="list-style-type: none"> <li>Parents must conduct a daily screening before bringing their child to the gym, an email will be sent 3 hours before the start of the class to complete the screening</li> </ul>	<p>Form to be completed prior to arriving at the gym each day</p>
<ul style="list-style-type: none"> <li>No gymnast with symptoms allowed to enter facility</li> </ul>	
<ul style="list-style-type: none"> <li>If anyone in a gymnast's household is showing symptoms of illness, they cannot attend</li> </ul>	
<ul style="list-style-type: none"> <li>Only members of the same family should be in a vehicle together, no carpooling</li> </ul>	
<ul style="list-style-type: none"> <li>Gymnasts will be dropped off and picked up in parking lot, a staff member/volunteer will monitor the front door for arrivals and departures</li> <li>Tardiness cannot be accommodated, please take care in being on time</li> <li>No spectators allowed inside facility</li> </ul>	
<ul style="list-style-type: none"> <li>All persons must properly wash with soap and water or sanitize hands immediately upon entering facility</li> </ul>	
<ul style="list-style-type: none"> <li>Physical distancing guidelines are followed</li> </ul>	
<ul style="list-style-type: none"> <li>Once classes are over, athletes and parents need to leave the facility, no lingering around and chatting</li> </ul>	
<ul style="list-style-type: none"> <li>Gymnasts should come dressed wearing their gymsuit under their clothes</li> </ul>	

## Section 4: Facility Safeguarding

Phase 1	Gym Magic Suggestions
<ul style="list-style-type: none"> <li>Heightened cleaning and disinfection of entire facility, especially high traffic areas</li> </ul>	
<ul style="list-style-type: none"> <li>Physical distancing guidelines are followed</li> </ul>	
<ul style="list-style-type: none"> <li>Limit the number of participants and staff in the facility</li> <li>No spectators</li> </ul>	
<ul style="list-style-type: none"> <li>Limit 1 person in the bathroom at one time</li> </ul>	
<ul style="list-style-type: none"> <li>Post a copy of handwashing guidelines at entrance and in bathrooms</li> </ul>	
<ul style="list-style-type: none"> <li>Cleaning between each use of the washrooms, when possible</li> </ul>	
<ul style="list-style-type: none"> <li>Provide hand sanitizing stations throughout the facility</li> </ul>	
<ul style="list-style-type: none"> <li>Ensure respiratory etiquette is followed by advising individuals to cough, sneeze or yawn into one's arm or a tissue</li> </ul>	
<ul style="list-style-type: none"> <li>Avoid touching your eyes, nose, or mouth, especially with unwashed hands</li> </ul>	
<ul style="list-style-type: none"> <li>Clean gymnastics equipment between classes, where possible and at the end of the day</li> </ul>	
<ul style="list-style-type: none"> <li>At the end of the day all high traffic areas will be cleaned and disinfected</li> </ul>	
<ul style="list-style-type: none"> <li>Gymnasts must bring their own water bottles filled at home, and no sharing</li> </ul>	
<ul style="list-style-type: none"> <li>Each competitive gymnast will need to have their own container for chalk and instructed to not share, remember to label it</li> </ul>	Suggest using large zip log bag so chalk can be applied while in waiting spot.
<ul style="list-style-type: none"> <li>Each competitive gymnast will need to have their own hand sanitizer bottle and instructed to not share, remember to label it</li> </ul>	70% alcohol content
<ul style="list-style-type: none"> <li>Each competitive athlete will be required to bring and take home their personal training equipment, including grips, wrist bands, chalk bags, etc.</li> </ul>	
<ul style="list-style-type: none"> <li>Limit use of props and small equipment, set aside for cleaning if small equipment is used.</li> <li>Thera-bands should not be used</li> <li>Sponge pits will be temporarily taken out of use.</li> <li>Pits will be covered with landing mats which are approved for use.</li> </ul>	

<ul style="list-style-type: none"> <li>• If a child becomes ill at the facility the following actions will be taken</li> <li>• Isolate the child in a separate area, with supervision.</li> <li>• Ensure physical distancing from other participants</li> <li>• Staff should be mindful of hand washing and avoid contact with the child's respiratory secretions</li> <li>• Notify parents to come pick up their child immediately.</li> <li>• All equipment used by the child should be immediately removed from use by any other gymnasts and cleaned immediately</li> </ul>	
<ul style="list-style-type: none"> <li>• Office closed, contact by email or phone only</li> </ul>	
<ul style="list-style-type: none"> <li>• Office staff must clean and sanitize high touch areas upon arrival and at departure (e.g. mouse, keyboard, telephone, card terminal, etc.)</li> </ul>	

## Section 5: Program Management

Phase 1	Gym Magic Suggestions
<ul style="list-style-type: none"> <li>Adhere to maximum number of participants in the training area as mandated by Gymnastics Ontario</li> </ul>	
<ul style="list-style-type: none"> <li>Physical distancing guidelines are followed</li> </ul>	
<ul style="list-style-type: none"> <li>Reduce the number of classes in the gym at any one time</li> </ul>	
<ul style="list-style-type: none"> <li>A reduction in the number of training hours for competitive teams in June due to length of time off</li> </ul>	Only athletes that were competing this season permitted
<ul style="list-style-type: none"> <li>No physical contact among participants, unless a mask is worn by a staff member to attend to an athlete</li> </ul>	
<ul style="list-style-type: none"> <li>Stagger start and end times to ensure physical distancing can be maintained during arrivals and departures, and to allow cleaning, where possible</li> </ul>	
<ul style="list-style-type: none"> <li>Velcro and other markings will be used to create physical distancing lines within the facility</li> </ul>	
<ul style="list-style-type: none"> <li>Apparatus rotation schedule updated to maintain the guidelines for physical distancing</li> </ul>	



## Section 6: Class Management

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Phase 1	Gym Magic Suggestions
• Physical distancing guidelines are followed	
• Gymnasts are to avoid physical contact with one another; e.g. no hugs, high fives, etc.	
• No partner activities during warm-up, training, and conditioning.	
• Reduce the number of gymnasts per coach, where possible	
• Create physical distancing between stations and circuits	
• All gymnasts must properly wash or sanitize their hands between each rotation	
• No spotting for competitive programs, modify training needs to ensure athletes are only doing safe skills, not learning new skills.	

## Section 7: Staff Management

Phase 1	Gym Magic Suggestions
<ul style="list-style-type: none"> <li>Prior to coming to work (daily) each coach is required to screen via self-assessment, 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 record of the self-assessment will be kept</li> </ul>	On line form
<ul style="list-style-type: none"> <li>Coaches 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</li> </ul>	
<ul style="list-style-type: none"> <li>If anyone in a coaches' household has travelled out of province, the employee cannot attend for 14 days after their return</li> </ul>	
<ul style="list-style-type: none"> <li>Monitor physical distancing guidelines are followed by participants and staff</li> </ul>	
<ul style="list-style-type: none"> <li>Staff will monitor athletes to ensure hands are being washed</li> </ul>	
<ul style="list-style-type: none"> <li>All staff must properly wash or sanitize their hands between each rotation</li> </ul>	
<ul style="list-style-type: none"> <li>No spotting for competitive programs, modify training needs to ensure athletes are only doing safe skills, not learning new skills.</li> </ul>	
<ul style="list-style-type: none"> <li>Gymnasts are to avoid physical contact with one another; e.g. no hugs, high fives, etc.</li> </ul>	
<ul style="list-style-type: none"> <li>Ensure respiratory etiquette is followed by advising individuals to cough, sneeze or yawn into one's arm or a tissue</li> </ul>	
<ul style="list-style-type: none"> <li>Avoid touching your eyes, nose, or mouth, especially with unwashed hands</li> </ul>	
<ul style="list-style-type: none"> <li>Follow guidelines for wearing a mask when physical distancing cannot be followed</li> </ul>	
<ul style="list-style-type: none"> <li>Gloves are required for staff cleaning equipment, and hands are to be washed after gloves have been removed</li> </ul>	
<ul style="list-style-type: none"> <li>Maintain confidentiality of any person confirmed to have been infected with COVID-19, but will cooperate with Public Health to assist with contact tracing</li> </ul>	

## Gymnast Health

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### Illness

**If your child has a cold or is not feeling well, please DO NOT BRING THEM TO THE GYM.**

It is unsafe for them, they do not feel well, they need to rest, and you will be spreading the illness. There is **NO** modified training for an illness, a cold, dizziness, stomach aches or other similar ailments. Coaches have been instructed to send your child home.

### Treatment of Rips

Gymnasts should expect to get rips on their hands from the bars from time to time.

Here are some treatment methods that the gymnast can do at home to help heal and prevent rips.

- i) Before going to bed the gymnast should put ointment on the rip (Neosporin) followed by a band aid and a sock over the hand. They should keep this on while they sleep to keep the moisture in.
- ii) Hand lotion, vitamin E or aloe vera can also help heal a rip.
- iii) Trimming calluses is also recommended. (Younger gymnasts may need help with this)
- iv) The gymnasts should not come to practice with band aids or tape on their rips.