



# COVID-19 INFORMATION GUIDE

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## **NOTE:**

This guide covers the protocols we have in place for the safe re-opening of Gym Magic Gymnastics Club. These protocols have been developed based on directives from government officials, public health, and Gymnastics Ontario to ensure the health and safety of staff and athletes.

## HEALTH & SAFETY

The health and safety of all our athletes and staff continues to remain our top priority during this time. Gym Magic Gymnastics Club strives to follow all public health guidelines for cleaning and disinfecting its facility and equipment.

- Handwashing/sanitizing is mandatory upon entering and exiting the facility and during training (i.e. between rotations).
- Physical distancing of 6-12 feet is mandatory at all times, inside and outside facilities.
- Mask and gloves are mandatory for coaches when coming in close contact with athletes. (i.e. taping injuries)
- Staff and participants that have travelled outside the country must undergo a mandatory 14-day quarantine before re-entering the gym.
- Athletes and staff must complete the Gym Magic COVID-19 Screening Assessment prior to coming to the gym each day.
- The Gym Magic COVID-19 Declaration Forms must be signed before any athlete, participant, or staff member can participate inside our facility. These forms must be signed and submitted before entering the gym.
- Anyone experiencing any symptoms of illness, no matter how minor, **MUST STAY HOME.**
- Athletes that have come into contact with someone who has been tested positive for COVID-19, or have been tested positive for COVID-19, may not enter the facility. Please inform the office and follow public health guidelines.

# FACILITY & CLEANING PROTOCOLS

## Disinfecting Guidelines

- Staff are educated in how to apply cleaning supplies to equipment, and how to appropriately disinfect each type of surface for best results.
- The disinfectants that we are using are called *Truce*, as well as *Vital Oxide*. These products are approved by Health Canada for the Coronavirus.
- Equipment use is limited. Coaches will inform athletes on what can and cannot be used during training.
- Equipment used will be disinfected after each training time. Staff are scheduled to clean/disinfect equipment and other areas of the gym throughout the day, as well as at the end of the day.
- Bathrooms and other high touch areas will be disinfected after every use.
- If athletes have any allergic reactions to hand-sanitizers or cleaning products, please advise the office. It is recommended that you bring in your own personal hand-sanitizer, however it will also be supplied at the gym for athlete and staff use.

## IN-GYM PROTOCOLS

- Physical distancing is mandatory at all times (6-12 feet per person). Physical distancing lines are indicated by tape inside and outside the gym.
- Individual buckets will be labelled and given to competitive athletes to keep their belongings in.
- Carpooling to and from the gym is discouraged.
- Separate entry and exit doors. The front of the building will be used to direct drop-offs, while the back of the building will be used for pick-ups.
- No parents or other spectators inside the gym.
- Multiple hand-sanitizing stations are located throughout the gym.
- For athletes/staff who experience symptoms of illness during training, the parent/guardian will be called and asked to pick-up the athlete/staff.
- Bathrooms:
  - One person in the bathroom at a time. Athletes must use bathrooms inside the gym, as the family washroom is for staff only.
  - If there is a line up to use the bathroom (i.e. for handwashing), please use indicated tape markers at 6-12ft apart.
  - Proper clean-up and handwashing are mandatory after using the bathroom.

# COMPETITIVE PROTOCOLS

- Programming will be implemented in phases. We will closely monitor the ongoing release of information provided by government and public health officials before moving from phase to phase.
- Number of groups in the gym will increase from phase to phase.
- Athlete: Coach ratios remain at a maximum of 8:1. Social distancing in effect.
- Athletes are asked to be dropped off 15 minutes before their scheduled training start time to reduce traffic upon entering the gym.
- A snack break will be given to athletes who train 3 hours or more at a given time (i.e. no snack break for groups that train 2 hours or less). There is no access to the microwave. Litter-less snacks are highly encouraged.
- Hands-free coaching will apply. As per Stage 3 reopening protocol, G.O has approved spotting only where essential (i.e. safety, mental block). Coaches must sanitize their hands before and after spotting.
- Athletes will have individualized equipment:
  - Athletes will be provided with their own block of chalk. Athletes will bring a Tupperware container to take their chalk home in after each training.
  - Athletes will be responsible for bringing a spray bottle for their grips.
  - Athlete's buckets will be taken home each night and brought back to the gym for each training practice.
- A strategic rotation schedule is put in place to ensure physical distancing.

# COMPETITIVE TRAINING:

## What to Bring:

- Athletes will arrive ready to train, with their gym suit on and hair tied back.
- Athletes should have their bucket with belongings (chalk, grips, spray bottle, hand sanitizer, water, tape & pre-wrap)

## Arrival Plan:

- All athletes and coaches will enter through the front entrance of the building, following the 6-12ft physical distancing indicators.
- Parents/Guardians will drop off athletes 15 minutes prior to scheduled training time to help with flow into the building. Only athletes and staff may enter the facility, parents and other spectators are not permitted
- Athletes will be directed one-by-one to a designated shoe rack, where they can leave their footwear before entering the gym. Athletes will then proceed to designated marked section on the floor for further instruction by their coach.

## Exit Plan:

- At the end of training, athletes will individually go to get their shoes
- When advised by a coach, athletes can exit through the exit doors, which are located behind the building, following social distancing protocol.
  - Athletes will be waiting outside, supervised by a coach, on the designated social distancing markers to be picked up.



## RECREATIONAL PROTOCOLS

- Programming will be implemented in phases. We will closely monitor the ongoing release of information provided by government and public health officials before moving from phase to phase.
- Number of groups in the facility will increase from phase to phase.
- Coach: Gymnast ratios remain at a maximum of 7:1. Social distancing in effect.
- Hands-free coaching will apply. Spotting is limited and only encouraged for safety if needed. Gymnasts will only be learning and training skills that are safe enough to be working on by themselves.
- A strategic rotation schedule will be put in place to ensure physical distancing.

# RECREATIONAL TRAINING

## **Drop Off Plan:**

- Parents/Guardians will drop off athletes 15 minutes prior to scheduled start time to help with flow into the building. Only athletes and staff may enter the facility, parents and other spectators are not permitted
- Athletes will be directed individually by a coach to the changeroom where they can leave their shoes and other belongings.
- Athletes will then proceed to designated marked section on the floor for further instruction by their coach.

## **Pick Up Plan:**

- At the end of training, athletes will individually go to get their shoes and other belongings.
- When advised by a coach, athletes can exit through the exit doors, which are located behind the building, following social distancing protocol.
  - Athletes will be waiting outside, supervised by a coach, on the designated social distancing markers to be picked up.

## PARENT & TOT PROGRAMS

- Programming will be implemented in phases. We will closely monitor the ongoing release of information provided by government and public health officials before moving from phase to phase.
- Number of groups in the facility will increase from phase to phase.
- Class size = 8 participants (4 children, 1 parent per child)
- Hands-free coaching will apply. Parents are encouraged to get involved and help their child throughout the class.
- A strategic rotation schedule will be put in place to ensure physical distancing.

# CAMP PROTOCOLS

## Protocols:

- Number of groups in the facility will increase from phase to phase.
- Coach: Gymnast ratios remain at a maximum of 8:2. Social distancing in effect.
- Hands-free coaching will apply. Campers will only be learning and training skills that are safe enough to be working on by themselves. Spotting is very limited and not encouraged.
- A strategic rotation schedule will be put in place to ensure physical distancing.

## Drop Off:

- Parents/Guardians will drop off campers 15 minutes prior to scheduled start time to help with flow into the building. Only campers and staff may enter the facility, parents and other spectators are not permitted
- Campers will be directed individually by a coach to the changeroom where they can leave their shoes and other belongings.
- Campers will then proceed to designated marked section on the floor for further instruction by their coach.

## Break Time:

- Campers will have an eating break every 2 hours. Participants will be seated on individual mats, 6-12 ft away from all other campers.

## Pick Up:

- At the end of camp, participants will individually go to collect their belongings from the changeroom.
- When advised by a coach, campers can exit through the exit doors, which are located behind the building, following social distancing protocol.
  - Campers will be waiting outside, supervised by a coach, on the designated social distancing markers waiting to be picked up.

# BIRTHDAY PARTY PROTOCOLS

## Protocols:

- Number of groups in the facility will increase from phase to phase.
- Coach: Gymnast ratios remain at a maximum of 8:2. Social distancing in effect.
- Hands-free coaching will apply. Participants will only be learning and trying skills that are safe enough to be working on by themselves. Spotting is very limited and not encouraged.
- A strategic rotation schedule will be put in place to ensure physical distancing.

## Drop Off:

- Parents/Guardians will drop off participants 15 minutes prior to scheduled start time to help with flow into the building. Only participants, party hosts, and staff may enter the facility. Other parents and spectators are not permitted.
- Participants will be directed individually by a coach to the changeroom where they can leave their shoes and other belongings.
- Participants will then proceed to designated marked section on the floor for further instruction by their coach.

## Pizza Time:

- Participants will be seated at a table 6-12 ft apart from one another.

## Pick Up:

- At the end of the party, participants will individually go to collect their belongings from the changeroom.
- When advised by a coach, participants can exit through the exit doors, which are located behind the building, following social distancing protocol.
  - Participants will be waiting outside, supervised by a coach/party host, on the designated social distancing markers to be picked up.