

ST. ALBERT GYMNASTICS CLUB

**RETURN TO PLAY
ACTION PLAN**

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This document is fluid and will be updated as the Covid-19 situation evolves.

MEMBERS

Participant Expectations

Participants are encouraged to come with clean hands and use sanitizer upon entering the facility.

Sanitization Stations will be available throughout the facility and athletes will be encouraged to wash their hands with soap and water where possible. When not possible, athletes will need to sanitize their hands between each and every station.

It is mandatory to follow staff instructions at all times without exception.

Must complete and pass a wellness checklist prior ([Daily Screening Checklist](#) and temperature check) to entering the facility or engage in SAGC sanctioned activities. Participants with temperatures in excess of 38C will be sent home.

Participants are required to complete a 2020/2021 waiver and PIPA prior to beginning classes at SAGC.

Participants must come ready in their gymnastics attire. Change rooms and front entry coat closet will not be in use.

Participants will be assigned a washroom for their use while in the gym; however, we ask that all participants use the washroom at home before attending class.

Each participant must bring their own labelled bag (which they will carry from station to station and then take home). We ask that bags are kept clean (regularly washed and sanitized at home). Suggested contents for individual gym bags:

- Mask (entry/ exit / injury only, not to be worn while engaging in physical activity)
- Full water bottle (there will be no refill stations available)
- Kleenex
- Socks
- Personal hand sanitizer (required)
 - Athletes will be required to sanitize their hands after each station.
- Extra hair ties
- Snack

Athletes are not permitted to share personal training equipment or food.

Only children who are fully independent, able to follow directions for safe participation and who are of the age of understanding of physical distancing requirements will be permitted to attend programming.

Participants are encouraged to refrain from touching their eyes, nose, mouth and face.

Participants feeling unwell MUST STAY HOME.

Patron Expectations

Viewing will not be permitted at this time in our viewing areas however AGFs strict Safe Sport policies will be enforced. 'Rule of Two' will be in effect at all times.

When SAGC decides viewing is safe to allow, it will be allowed on a first come, first served basis with a maximum capacity of 10.

Office staff on location will be limited. Those parents who wish to conduct business with SAGC are encouraged to do so via their online Active accounts or by email: recreational gymnastics contact office@stalbertgymnastics.com.

When the facility opens, we will have a designated area at the front desk with glass shield (please stand behind shield when dealing with staff at front desk). If someone is currently being served, please wait at least 6 feet back from those in line ahead of you. All patrons are required to wear a face mask while in the facility.

Staff Expectations

Staff are required to pass a wellness checklist prior to entering the facility and cannot enter the facility if they show any signs of illness. Staff showing signs of illness will be unable to complete the training and must notify their supervisor for replacement procurement.

Staff are required to sanitize stations/ equipment (high touch point) in between each group. There will be designated 2-meter areas assigned as waiting areas for athletes not on equipment. Areas will have designated/ numbered areas for bags at each station. Staff are asked to assign a number each day to your athletes so that they know where they can stand and where they may place their bags at each station.

Staff are provided with non-medical grade masks with tech fabric that reduces droplet transmission both ways. Staff are given the option to wear the masks provided if they choose.

Staff must wear mask and gloves when tending to an injured athlete. Staff must also be sure injured athlete is wearing a mask. In the event an athlete does not have a mask readily available, staff will provide a disposable mask for the duration of attending to an injury.

No spotting will be administered during an instructional lesson. Coaches are to guide participants by verbal commands only. Once spotting is allowed, coaches will wear masks.

Staff will undergo training to ensure they are familiarized with the cleaning and disinfecting guidelines in Alberta's [General Relaunch Guidance](#) document.

Staff have been provided with the SAGC Employee Guide COVID-19 which educates them on resources available and steps they can take to protect themselves and others against illness.

For Members, Patrons and Staff, SAGC encourages strong personal hygiene at all times.

Parent Expectations

Parents/ Legal Guardians must not leave the parking lot until the [Daily Screening Checklist](#) has been completed and child's temperature has been taken. Parents must wait in their vehicle until their child has entered the building. Parents are asked to keep their child in the car while completing the Daily Screening Checklist.

Parents must be available by phone and able to pick up their athlete at any time during the duration of training should their child show signs of illness.

Parents are asked not to enter the building for pick up/ drop off. Please stay in your vehicles in the parking lot.

SIGNS OF ILLNESS

[Order 05-2020](#) requires individuals who have returned from travel outside of Canada to be in isolation for a minimum of 14 days.

- If an individual becomes sick during the 14-day isolation period, they should remain in isolation for an additional ten days from the start of symptoms, or until the symptoms resolve, whichever is longer.
- All non-essential travel outside Canada should be cancelled, as per the Government of Canada's travel advisory.

All members are required to abide by the above guidelines and are not permitted to enter the facility if they are exhibiting symptoms. We reserve the right to send participants home who are showing signs of illness upon entry or during practice.

Individuals who become symptomatic will be asked to leave the facility immediately and instructed to isolate from others. Symptoms for COVID-19 are defined as:

- Fever (greater than 38.0C)
- Cough
- Shortness of breath/ Difficulty breathing
- Sore throat
- Chills
- Painful swallowing
- Runny nose/ Nasal congestion
- Feeling unwell/ Fatigued
- Nausea/ Vomiting/ Diarrhea
- Unexplained loss of appetite
- Loss of sense of taste or smell
- Muscle/ Joint aches
- Headache
- Conjunctivitis

SAGC is keeping a record of any illness and will work with AHS as required.

If there is an active SAGC member that tests positive for COVID-19, an email communication will be sent out to our membership and the club will follow AHS guidelines if a 14-day club closure is necessary.

FACILITY

Government of Alberta approved handwashing, physical distancing and safe relaunch protocols in high traffic areas (e.g. main doors, bathrooms, etc) will be posted.

Participants and their families 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. Posters at the entry will reiterate this point.

Physical contact is limited through the use of online payment, registration and hands-free check in.

Facility Procedures

Facilities are professionally cleaned with EP50 disinfectant daily and between cohorts. This includes but is not limited to:

- High touch surfaces such as light switches, phones, doorknobs
- Bathrooms
- Entrance Areas
- Stairwell
- Equipment
- Office

Additional hand washing and sanitization stations are placed around the facility and athletes are required to sanitize their hands between each rotation.

SAGC has purchased two new foggers to allow for quick drying disinfecting of all surfaces.

Entering and Exiting

Designated drop off and pick up areas for participants with physical distancing are to be followed.

All athlete pick up and drop off will be done outside of the facility.

Participants will enter through the front of the building using the ramp. Participants may be required to exit through our side front door and down the steps OR through the back of the building.

Participants must not enter the facility until instructed to do so. Participants may wait in vehicles or line up on the ramp on the designated physical distancing locations. Parents are asked to wait in their vehicles until they see their child has entered the building.

Carpooling is highly discouraged.

We ask that parents refrain from entering the building where possible and utilize the online resources to conduct business with SAGC. Office staff will be limited.

Parents must arrive in the parking lot 5 minutes prior to the end of class to ensure participants leave the facilities immediately after practice. Our staff will bring the athletes outside for pickup. Please arrive promptly as our staff have cleaning to attend to between classes.

Physical Distancing

Participants have designated places to stand on before, during and prior to leaving practice.

Facilities are mapped out and directional flows have been identified to accommodate physical distancing and to assist in the reduction of high touch point transfer.

Equipment is arranged to allow for 6ft physical distancing.

Plexiglass is installed at the office to ensure safe distancing.

SAGC endeavours to keep our participant totals between 40-50 people at any given time. The Government of Alberta recommendation is 50 participants allowed.

Equipment

High touch areas, equipment and stations will be sanitized after each rotation, between cohorts and at regular intervals throughout the day. Lessons are created enabling participants to have limited shared use of the equipment.

Chalk blocks for bars must be individually purchased by athletes and stored in individual containers. Chalk for recreational athletes will not be provided as all communal chalk buckets will be removed.

Participants must bring a mask to class and wear it upon entry/ exit. Mask must be available at all times and be available should the participant sustain an injury. Masks are NOT allowed to be worn during training sessions.

The pit (foam cubes) will not be in use for the foreseeable future. This area will be covered with easy to wipe mats.

Washroom Procedures

There will be a maximum of one participant in the washrooms at all times.

Participants are asked to use the washroom at home to limit the use of the facility washrooms.

Washrooms will be sanitized between each cohort and groups will be assigned a specific bathroom upon arrival to class.

At initial relaunch, some of the washrooms will be decommissioned to ensure no cross contamination.

Food in the Facility

Snacks and meals are prohibited in the facility at this time.

Microwaves, kitchen areas, staff lounges are to remain closed until further notice.

Practices in the gym have been reduced in length to alleviate the need for a break/ snack within the facility.

Water fountain and vending machine will be out of use, please be sure to bring water to your class.

PROGRAMS

Class Scheduling

Classes are staggered 15 minutes apart to allow for facility cleaning in between each class.

There are a maximum of 8 participants per class.



Please know that your family's health will remain of utmost importance as we move forward to our new normal. We are committed to providing high quality programs for our communities.

Thank you in advance for supporting the St. Albert Gymnastics Club as we navigate through this together.

The Daily Screen Checklist must be completed at the start of every class and can be found [here](#).

