



COVID-19 Policies and Protocols

Summer Camp

Athletes

- Prior to beginning training all parents and campers must sign a new waiver and Gymnastics Ontario's Declaration of Compliance - COVID-19. These forms will be emailed to you at the time of registration. Please complete and return either by email, or in person on the first day of attendance
- Campers will enter through the back doors of the club (by playground). Please pay attention to and abide by physical distancing lines both outside and inside the gym.
- Campers will wash hands immediately upon entering the facility.
- Campers will not have use of the changeroom, only the washroom. They are to arrive in their gym clothes.
- Campers will be able to keep their belongings on a hook in the back room (placed 8 ft apart). Available hooks will be noted by tape marks.
- Campers will not have use of the water fountain. Campers must supply their own water bottle, preferably filled at home, but can be filled up by the tap if necessary.
- Campers are always to be aware of and follow physical distancing protocols while in the gym. There is to be no physical contact, e.g. hugging, high fives, etc.
- Campers are to wash their hands before and after every event. Hand sanitizer must be used before and after climbing the rope.
- Campers are to follow respiratory etiquette: coughing and sneezing into an arm or tissue (to be immediately discarded) followed by hand washing/sanitizing.
- Campers may not enter the facility if they or a household member has had an onset of symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days. If a coach determines a camper is unwell, they will be isolated and sent home immediately.
- Campers may not enter the facility if they or a household member has traveled outside of Ontario in the prior 14 days.

Parents/Families

- Parents are required to assess their child's health prior to each practice. This is the link to the Ontario Government's self-assessment: <https://covid-19.ontario.ca/self-assessment/>
- Parents are to drop off their camper without entering the facility. Please wear a mask during check-in.
- There will be no viewing of gymnastic training. Currently, the Sportsplex remains closed to the public. There will be absolutely no access to the lobby, bathrooms, viewing area, etc.
- Any person entering the gym for any reason must sign a Gymnastics Ontario Declaration of Compliance- COVID-19.

- Parents are to pick up their child outside the gym. Children will remain sitting at their hooks until the coach sees a parent, at which time they will be dismissed.
- Should your camper come into contact with a person diagnosed with COVID- 19 or with a suspected case of COVID-19 parents are to report this immediately to the gym.
- Parents may not enter the facility if they or a household member has had an onset of symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days.
- Parents may not enter the facility if they or a household member has traveled outside of Ontario in the prior 14 days.

Coaches/Staff

- All coaches are to sign the Gymnastics Ontario Declaration of Compliance- COVID- 19 prior to entering the gym
- Coaches are required to screen via the self-assessment tool daily, prior to coming to work and log results each day.
- All coaches are to attend a Zoom training session to discuss new policies and procedures prior to coaching.
- Coaches are to wear masks any time they are working inside or doing check-in.
- Coaches will wash hands immediately upon entering the facility, between events, and after cleaning.
- Coaches will be responsible for ensuring campers maintain physical distancing, follow respiratory etiquette, and wash hands before and after each event.
- Coaches will be responsible for cleaning equipment (see “cleaning”).
- Coaches will practice hands off coaching – No spotting. They will follow physical distancing protocols during training.
- Should a coach be required to get within 6 feet of a camper (first aid, taping, etc.) a clean mask and gloves will be worn.
- Coaches will plan practices to ensure campers do not breach physical distancing protocols.
- Coaches may not enter the facility if they or a household member has had an onset of symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days.
- Coaches may not enter the facility if they or a household member has traveled outside of Ontario in the prior 14 days.

Cleaning

- Gloves are required for all cleaning.
- When possible, outside doors will remain open to allow for air flow.
- Heightened cleaning and disinfection of entire facility will be implemented, especially in high traffic areas.
- Bathrooms will be cleaned regularly, including after use by each group (cohort).

- Mats/events/equipment will be cleaned between each class, where possible.
- Coaches will follow the cleaning checklist and fill out the cleaning log upon completion of all cleaning tasks.
- Weights, TheraBand's, and other small equipment will be wiped down between each use.
- Athletes will not have use of the pit or any "foam" mats (all mats will be turned to wipeable surface).
- End of day cleaning will involve intensive cleaning and disinfection of all equipment and surfaces, and a spray sanitizer which will settle on all hard and porous surfaces to disinfect where wiping in not possible.
- If at any time an individual who has entered the facility is confirmed to have been infected with COVID-19, the gym will close for 3 days to allow for deep cleaning.

Administrative

- Provide all members including campers, families, and coaches with current information and protocols
- Post signs throughout the facility to inform members of correct handwashing and physical distancing procedures
- Set up pathways and Velcro or tape lines to direct traffic and enforce physical distancing
- Ensure staff, campers, and parents have filled out all required documentation
- Ensure all cleaning protocols are followed
- Strictly follow Gymnastics Ontario's protocols of one person per 144 square feet or 13.378 metres in the training area when setting up schedules/ training groups
- Maintain accurate records of participants, training times, attendance, etc.
- Maintain confidentiality of any person confirmed to have been infected with COVID-19, however we will cooperate with public health officials to assist with contact tracing

Please find below Gymnastics Ontario's mandated protocols for all member clubs. They have been working closely with the Pathways group, an agent of the Ontario Government, to develop protocols with the aim to keep athletes, coaches, staff, volunteers, and families safe. All protocols have been approved by public health authorities and have been implemented by the Muskoka Limberettes Gymnastics Club.

- i) Clubs will be required to login to Uplifter to accept the mandatory protocols listed here

- ii) Inform coaches, administrators, members, parents/guardians, and participants of new protocols through email, club website, member receipts, in house telephone communications
 - iii) 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 (see Notes: a)
 - iv) Post Government of Ontario approved handwashing and physical distancing protocols in high traffic areas e.g. main entrance door, bathrooms
 - v) 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
 - vi) Ensure physical distancing requirements are met
 - vii) Ensure respiratory etiquette is followed by advising individuals to cough or sneeze into one's arm or a tissue
 - viii) Clean/sanitize gymnastics equipment between classes, where possible, and at the end of the day
 - ix) 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
 - x) 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
 - xi) Hands free coaching (no spotting) for all 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
 - xii) Adhere to maximum numbers in the facility and training area as dictated by the Province of Ontario for group gatherings
- a. One participant per 144 square feet or 13.378 metres in the training area. GO has established this parameter which must also include coaches when you calculate for your club, do NOT exceed capacity (for example, floor is 1,600 square feet, maximum on the floor is 11)
- xiv) Eliminate pit usage - cover pit with landing mats