



Delta Gymnastics Society COVID-19 Safety Plan

Please note: this document is subject to change following provincial and federal health and safety requirements. Updated January 20, 2022

Delta Gymnastics Society COVID-19 Club Representative:

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Introduction

This document includes all relevant information from the BC government (Provincial Health Officer), WorkSafeBC, and [viaSport](#).

Gymnastics BC guidance and club COVID-19 Safety Plan requirements may change as government and provincial health requirements for businesses evolve. Therefore, this template should be considered a 'working file'.

Principles

The following five principles from BC's Restart Plan have been used to guide this document:

Personal Hygiene	Stay Home If Sick	Environmental Hygiene	Safe Social Interactions	Physical Modifications
<ul style="list-style-type: none">• Frequent handwashing• Cough into your sleeve• Wear a non-medical mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travelers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high-touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and others• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces

Steps to Return to the Gym

Step 1: Starting Activities

Low-risk activities can occur with the following requirements:

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics.

Step 2: Expanding Activities

A gradual decrease of restrictions can occur with the following public health recommendations in place:

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics.

Step 3: The 'New Normal' To be determined at a later date, according to the [Government of BC regulations](#).

Delta Gymnastics Society Safety Plan Requirements

Facility Access

To access Delta Gymnastics, please complete the following steps:

- Drop off is available at the front entrance through our main lobby doors. The doors will remain locked and if there is no staff outside, the doorbell is available.
- Please line up outside the front door of the facility, maintaining a physical distance of 2m between yourself and others by standing on the markings.
- All visitors, staff, and participants 5 years and older are required to wear a mask while entering and exiting the facility, and while in common areas.
- All participants will exit the building from the side door, located on the West side of the facility.
- Participants must not congregate in groups when they get picked up. To facilitate this, we have placed markings outside the exit doors.
- All socializing by participants, parents, and guardians before, during, and after programming should be eliminated.
- Parents/guardians must drop off and pick up their children ***on time*** without coming into the gym.
- Parents/guardians will be instructed to tell their children to follow instructions of all DGS staff when entering and exiting the facility.
- When classes are completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time and will not be allowed into the facility.
- Parents will ensure that their children arrive dressed appropriately for class. We have closed our change rooms until further notice.
- Members will be asked to register and pay for all programming through our website, which can be found here: www.deltagymnastics.com If the website is not accessible for members, they can call DGS at 604-943-0460 or email admin@deltagymnastics.com
- Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete the required GBC forms.

Facility Operations

- Delta Gymnastics maximum occupancy
 - Maximum Occupancy for the lobby is: 8
 - Maximum Occupancy for the change room is: 3
 - Maximum Occupancy for the Office is: 6
 - Maximum Occupancy for the staff room is: 2
 - Maximum Occupancy for the Ledingham room is: 12
 - Maximum Occupancy for the main gym is: 100
 - [Signs indicating these occupancy limits](#) are posted clearly in each space.
- We have marked pathways inside the gym using arrows, cones, and large signage.
- Shared items (e.g., iPads) that can be disinfected between users are permitted. Avoid bringing unnecessary shared items to the gym.
- Unusable areas of the gym have been closed off until further notice.
- Participants will be required to have their own chalk in a container/bag large enough to fit their hands.
- The viewing area will be closed until further notice.

Cleaning

Delta Gymnastics Cleaning and Sanitation Protocols:

- Our cleaning products have been approved by Health Canada to disinfect for Sars-Cov-2, the virus that causes COVID-19.
- We will clean the entrance, exit, gym lobby, and other high touch-point areas (e.g. washroom counters, doorknobs, handrails, guest seating, kitchen/break areas, etc.) multiple times a day. Washrooms will be disinfected twice a day.
- Gymnastics equipment will be disinfected between each rotation and between classes until further notice.
- Equipment that cannot be cleaned (cloth-like surfaces, foam pits, etc.) will not be used until an appropriate cleaning process has been identified.
- Communal gym tools will be cleaned or sanitized between each user (Ex: Ipads, rollers etc.).
- Once classes are over for the day and all gymnasts have left, all surfaces that were contacted will be sanitized (mats, floors, counters, washrooms, light switches, etc.). This will be completed in addition to cleaning processes during daily operations.

Communicate

Delta Gymnastics will inform members of the new protocols before their first visit to the gym, to foster confidence in the staff's commitment to keep everyone safe. This will include information on club:

- Screening protocols
- Illness Policy (Appendix 2)
- Personal hygiene requirements
- Physical distancing requirements outside and inside the facility
- Cleaning protocols
- Programming changes (e.g. limitations on number of people permitted inside of the facility at once, policies regarding spotting, etc.)
- Any parent concerns, questions, and communication will be addressed via email or telephone.
- Delta Gymnastics will post various resources and posters provided by the BC Centre for Disease Control (CDC), WorkSafeBC and GBC on our website, facility entrance, and in prominent places throughout the gym.
- We have appointed Sharon Gillespie as a single point of contact to address all COVID-19-related communications, compliance, and coordination in the gym.
 - email: info@deltagymnastics.com
 - Phone: 604-943-0460

PLEASE NOTE: Insurance claims related to the transmission of COVID-19 will not be covered by GBC's insurance policies. Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required GBC forms.

Staff Training

- Formal and ongoing staff training at Delta Gymnastics will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff have created a video demonstration to show participants what to expect at the gym.
- Staff should contact their supervisor if they have questions or concerns as they return to their roles.

Screening

- Delta Gymnastics requires that prior to entering the facility, all visitors 12 years and older must show proof of double vaccination and Government issued ID. Masks are mandatory and must be worn at all times while in the facility.
- Individuals must stay home if they are unwell or if someone in their household is sick, even if the symptoms are mild. They must also stay home if they have knowingly been exposed to someone who is sick (Refer to Illness Policy – Appendix 2).
- Individuals must not enter the facility or participate in any activity if they have, or someone from their household has, travelled outside of Canada in the last 14 days.

Personal Hygiene

- Delta Gymnastics will provide handwashing and/or sanitizing stations at multiple areas throughout the facility:
 - lobby
 - office
 - staff room
 - Ledingham room
 - multiple places in the gym including between rotations and at entry/exit doors.
- Handwashing or sanitizing will be required multiple times throughout a class:
 - upon entering the facility,
 - after using the washroom,
 - between apparatus and rotation changes
- All participants should arrive dressed for their class and only bring what they need in a marked bag (e.g. chalk, grips, full water bottle, hand sanitizer, socks, gloves, tape, etc.).
- Sharing of personal items including (but not limited to) food and beverages (e.g. water bottles) is forbidden.
- All personal items must be taken home each day.
- All visitors entering the facility are required to wear a mask.
- Parents and/or guardians in a parent participation class are required to wear a mask in the gym while the class is taking place.
- Staff and coaches are required to wear a mask at all times unless during office work from an individual workspace.
- During a class, participants are not required to wear a mask.

Physical Distancing

- Everyone who enters Delta Gymnastics must maintain, at minimum, physical distancing of 2 meters.
- Coaching for all programs must be performed hands-free (no spotting), however, if a participant's safety is at risk, the coach should not hesitate to spot.
- Delta Gymnastics may use outdoor space for conditioning and any other safe activities assuming physical distancing requirements and cleaning requirements can be maintained.

Scheduling of Activities

- Delta Gymnastics will adhere to the [Rule of Two](#) at all times.
- In order to meet provincial health officer requirements, groups sizes and scheduling are being adjusted and limited, and no exceptions will be made.
- Drop-in classes are cancelled until further notice.
- Detailed attendance and membership tracking will be taken and kept on file.

Injury Protocol

Requirements

- If an injury occurs and physical distancing measures must be broken, all persons attending to the injured individual will put on a mask and gloves.
- Delta Gymnastics will have personal protective equipment (PPE) on hand (gloves, masks), stored separately from first-aid kits in case of emergency.
- Delta Gymnastics will maintain a well-stocked first aid kit in case of emergency.

Illness Policy

- Delta Gymnastics illness Policy is provided in Appendix 2.

Outbreak Response

Delta Gymnastics is committed to the following process in the event of a COVID-19 Outbreak:

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. If a case or outbreak is reported, Richard Wischnewski will be the main point of contact for all parties. Richard Wischnewski has the authority to modify, restrict, postpone, or cancel any or all club activities.
 - a. Email: execdirector@deltagymnastics.com
 - b. phone: 604-943-0460
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, Richard Wischnewski will implement enhanced cleaning measures to reduce risk of transmission.
3. Richard Wischnewski will implement the illness policy (see Appendix 2) and advise individuals to:
 - a. self-isolate
 - b. monitor their symptoms daily, report respiratory illness and not to return to activity for at least 5 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

- c. use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
 - i. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - ii. Individuals can learn more about how to manage their illness [here](#).
 4. In the event of a suspected case or outbreak of influenza-like-illness, Richard Wischnewski will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at our local health authority. The Delta Gymnastics Illness Policy will then be implemented.

If Delta Gymnastics is contacted by a medical health officer in the course of contact tracing, all individuals associated with the club must cooperate with local health authorities.

Delta Gymnastics will post the following posters in visible spaces at our facility:

- o [Hand-washing poster \(more detailed\)](#)
- o [Physical distancing \(At entrance and in other spaces\)](#)
- o [Entry check for visitors \(at Entrance\)](#)
- o [Occupancy limit poster \(in each applicable space\)](#)
- o [Cover coughs and sneezes](#)

This document is based on Gymnastics BC's Return to Sport Plan, which is available [here](#). Further, our club is staying current with all requirements provided by Provincial Health Offices, Regional Health Authorities, WorkSafeBC, and Gymnastics BC.

Appendix 2: Delta Gymnastics Society Illness Policy

In this policy, "Team member" includes an employee, volunteer, participant, or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

2. Assessment

- a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- b. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
- c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.

3. If a Team Member is feeling sick with COVID-19 symptoms

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- c. No Team Member may participate in a practice/activity if they are symptomatic.

4. If a Team Member tests positive for COVID-19

- a. The Team Member will not be permitted to return to the workplace/practice/facility for 5 days and until they are free of the COVID-19 virus. (Symptom free)
- b. Any unvaccinated Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 5 days and be symptom free (before returning) to ensure the infection does not spread further. Fully vaccinated Team Members who have come into close contact may still attend the facility but are asked to self-monitor for any symptoms.
- c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially been infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test

- a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
- c. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 5 days.
- d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:

- a. Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, unvaccinated Team Members will be removed from the workplace/practice/activity for at least 5 days or as otherwise directed by public health authorities. Fully vaccinated Team Members who have come into close contact may still attend the facility but are asked to self-monitor for any symptoms.
- c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine, Self-Isolate or Self-Monitoring if:

- a. Any unvaccinated Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate for a minimum of 5 days and must be symptom free before returning.
- c. Any unvaccinated Team Member from a household in close contact with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate for a minimum of 5 days and be symptom free before returning. Fully vaccinated Team Members who have come into close contact may still attend the facility but are asked to self-monitor for any symptoms.