

Covid-19 Safety Plan*

April 16, 2021

*Please note that this document is fluid and will be updated as the Covid-19 situation evolves.

*We are so happy to have everyone
back in the gym!*



Athletes and Staff Safety are our MAIN PRIORITY

Athlete Expectations

- Must use the provided sanitizer upon entering our facility
- Masks are to be worn in all common areas, and they are encouraged to be worn during low intensity exercise but not mandatory
- Must follow staff instructions at all times and adhere to social distancing guidelines
- Required to pass a wellness checklist prior to entering the facility, maintaining a signed wellness log for each training day

Staff Expectations

- Staff are required to sanitize equipment in between groups
- Staff are provided with non-medical masks (following AB guidelines as to their use)
- Staff will have 24-hour wellness checks

Signs of Illness

- Athletes or staff showing signs of illness are not permitted in the facility
- Athletes or staff who have travelled outside of Canada within the last 14 days are not permitted in the facility

Arrival on Training Days

- Please arrive 5 minutes early to allow for screening process
 1. There will be waiting areas outside that will allow for physical distancing, however it is recommended you wait in your car until your coach instructs you to enter the building.
 2. Proceed to screening station at entrance designated by your coach. Here we will take attendance, sanitize hands, and collect forms
 3. Please arrive ready to go, in gymnastics attire (use of locker rooms is not permitted) Bring all items required for training in a backpack that will be carried with you at all times. (see backpack list on page 2)
 4. Follow pathway to the gym to meet your coach as directed by staff and markers

Entering and Exiting the Building

- Designated drop off and pick up areas for athletes, with physical distancing, are to be followed. There are floor markers to direct the flow of movement should a parent need to come to the front desk; however, as we navigate our reopening, we would appreciate it if parents could direct their questions to coaches via email prior to or following training.
- We ask that parents arrive a minimum of 5 minutes before the end of training to ensure athletes leave the facility directly following training to allow the next group to enter.
- Upon completion of training, athletes will collect their bag and be asked to sanitize their hands before lining up to be excused with their group. Athletes will follow the exit pathway as per their coach's instruction. Parents, please be early to pick up your child, and wait in your car for them to come out.

Backpack (for competitive athletes)

*All items brought to and from the gym each training day with the exception of chalk

* All belongings must be clearly marked with the athlete's name

- Grips and wristbands
- Small spray bottle (if required for WAG, any liquids used for MAG events e.g., honey etc.)
- Spill-proof water bottle (filled at home)
- Extra hair elastics and clips
- Band-aids
- Athletic Tape
- Training aids where required (e.g., tiger paws)
- 2 strengths of resistance bands if typically used by the athlete
- Skipping Rope
- Ankle Weights (if required)
- Personal hand sanitizer (minimum 70% alcohol)
- Personal face mask (not required but permitted when needed e.g., bathroom breaks)
- Personal chalk and container (supplied by CCGC, athletes will be charged \$10 – replacement chalk \$5 per cube)
- Small hand towel (to wipe sweat and minimize touching face)
- Small package of personal tissues (no shared Kleenexes will be available)

Training

- During training, each group will undergo a warmup, event work, and conditioning. Every event will have a designated place for gymnasts to wait for their turn and a place for their bag. Each gymnast must sanitize their hands before and after each rotation. If a child coughs or sneezes, they will be asked to wash their hands before resuming training. Gymnasts will use their personal chalk at all times.

Coaches

- Coaches will maintain their distance throughout the training. No spotting (unless a mask is worn by coach and athlete) or physical contact will be permitted, including hugs and high-fives. There are a few exceptions:
 - If a child requires taping, the coach will sanitize their hands first, and ensure to wear gloves and a mask
 - If a gymnast requires ice, the coach will obtain for the athlete using gloved hands into a new Ziplock which will be disposed of after training
 - In the event of an injury or if the athlete requires assistance, a coach will be able to assist using gloves and face mask, and then follow existing CCGC club protocols
 - If necessary, to prevent an injury, a coach may step in to catch a gymnast if they slip and fall from an apparatus

Illness, Reporting, and COVID-19

- As with any illness, please notify your child's coach that your child will not be attending training due to illness. **IF YOUR CHILD IS NOT FEELING WELL, PLEASE DO NOT BRING THEM TO THE GYM, THEY ARE NOT PERMITTED.**
- By signing the Alberta Gymnastics Federation declaration form and waiver, you have acknowledged and assume the risk relating to insurance coverage for COVID-19 claims exclusion and related risks of COVID-19. The declaration form also indicates your understanding of COVID-19 as well as your responsibility to self-regulate.
- If someone in the household has been confirmed to be COVID-19 infected, we are asking that you do not come to the gym site until proper testing has been completed and confirmed negative. A child may require a medical certificate in order to resume training. Equally, if a person in the household has been confirmed to be COVID-19

infected, we require that it is reported to CCGC management. Anything reported will be kept confidential.

CCGC Facility Guidelines

Facility Procedures

- Additional hand sanitizing stations have been placed around the facility
- Staff and member common areas have been removed. There will be no waiting in the foyer of the gym

Physical Distancing

- Athletes, coaches and groups must remain 3m apart, group of 10 are allowed (9 athletes one coach)
- Physical distancing will be encouraged at all times; if an athlete needs the coach to spot them for a skill, the coach will wear a mask
- A barrier has been installed at the front desk to ensure the safety of the front desk staff and our members
- Directional flow arrows have been identified to allow for appropriate distancing

Equipment

- Equipment will be sanitized after each rotation of gymnasts
- Athletes will not share chalk, individual athletes will have their own chalk container (provided by the gym, charged out to each athlete - \$10 per athlete)
- Athletes are welcome to wear masks during class and are welcome to wear gymnastic slippers or non-slip trampoline socks; however, masks are not recommended during high intensity exercise
- Common high touch areas will be cleaned regularly throughout the day by coaches and sanitation support volunteers

Washroom Procedures

- There will be a maximum of one athlete (male) or three athletes (female) in their respective washrooms at one time
- Please have your child use the washroom at home before coming to training
- Areas will be sanitized throughout the day, with a posted log of cleaning times

Programs

- Classes/groups cannot have more than 9 athletes and one coach (no more than 10 people in a group)

Viewing Procedures

- At this time, we are working on a system to allow parents to watch their child's class virtually.
- There are no spectators at this time

Food in the Facility

Members will not be allowed to bring food into the facility for the foreseeable future. Vending machines will not be accessible. Only water is to be brought in by athletes. Water fountains will be closed however, the bottle filler will be operational

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 athletes. We thank you in advance for supporting the Capital City Gymnastics Centre as we navigate through this together.

TO INCLUDE IN THE FORMS FOR EACH FAMILY TO SIGN

**by returning to gymnastics training, it is understood that each family has read and understands this return to training protocol and agrees to our method of safe practices at the Capital City Gymnastics Centre.

Please initial below:

_____ I have read this document and discussed with my CCGC athlete(s)

_____ I have read and signed the AGF waiver for each child

_____ I have read and signed the AGF declaration for each child