



## Britannia Gymnastics Club COVID-19 Safety Plan

*Please note: this document is subject to change following provincial and federal health and safety requirements.*

*Britannia Gymnastics Club COVID-19 Club Representative:  
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# Principles

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

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

### **Step 1: Starting Activities (to begin when clubs are prepared to safely open)**

#### **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. Spotting is prohibited.
- ✓ Small class size ratios of 6/7-1 and reduced training time, of 45 minutes for younger athletes and 60-90 minutes for older athletes, will be scheduled.

### **Step 2: Expanding Activities (to begin when clubs are able to safely progress beyond Step 1)**

#### **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. Spotting is prohibited.
- ✓ Larger class size ratios of 10:1 and increased training times, if gym space permits, will be scheduled.

### **Step 3: The 'New Normal'**

To be determined at a later date, according to the [Government of BC regulations](#).

## Facility Access

**To access Britannia Gymnastics Club please complete the following steps:**

- Drop off is available at the **Gym AB** entrance: North East corner of Britannia Secondary School, up the concrete path to the left of the tennis courts.
- Please line up outside the front door of the facility, maintaining a physical distance of 2m between yourself and others
- All participants will exit the building at the same doorway and must not congregate in groups when they get picked up. To facilitate this, we have placed tape outside the exit doors
- Parents/guardians will be instructed to drop off and pick up their children ***on time*** without coming into the gym. **You might want to arrive a few minutes early**
- Parents/guardians will be instructed to tell their children to follow instructions of all Britannia Gymnastics Club staff when entering and exiting the facility.
- Prior to entering the facility, ***all individuals*** must verbally agree to a Daily Screening poster. Daily checklists will kept on file.
- When classes are completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time.
- Parents will ensure that their children arrive dressed appropriately for class. We have closed our locker rooms until further notice.

## Facility Operations

- Britannia Gymnastics Club's maximum occupancy (during Steps 1 and 2) is: 25 but we are having 12/14 athletes and 2 coaches, to ensure safe processes and protocols can be followed.
  - Maximum Occupancy for the bathroom is: 1 (one)
  - [Signs indicating these occupancy limits](#) are posted clearly in each space.
- Avoid bringing unnecessary shared items to the gym.
- Unusable areas of the gym have closed areas of the gym until further notice.

## Cleaning

### **Britannia Gymnastics Club 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.) before and after each class. Washrooms will be disinfected before and after each class
- Gymnastics equipment will be disinfected after each class and/or rotation during 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.
- Once classes are over for the day and all athletes 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

Britannia Gymnastics Club will inform members of the new protocols (See Appendix 3) 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 1)
  - 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: Fraser McElroy – [Fraser.McElroy@vancouver.ca](mailto:Fraser.McElroy@vancouver.ca)
  - Britannia Gymnastics Club will post various resources and posters provided by the BC Centre for Disease Control (CDC), WorkSafeBC, City of Vancouver, Vancouver Park Board and GBC on our facility entrance, and in prominent places throughout the gym.
  - We have appointed Fraser McElroy – [Fraser.McElroy@vancouver.ca](mailto:Fraser.McElroy@vancouver.ca) as a single point of contact to address all COVID-19-related communications, compliance, and coordination in the gym.

**PLEASE NOTE: Insurance claims related to the transmission of COVID-19 will not be covered by GBC's insurance policies.**

## Staff Training

- Formal and ongoing staff training at Britannia Gymnastics Club will be provided to staff, to address the COVID-19 Safety Plan and programming modifications.
- Staff should contact their supervisor if have questions or concerns as they return to their roles.

## Screening

- Britannia Gymnastics Club requires that prior to entering the facility, all individuals must complete the Daily Screening Checklist: A Britannia staff will meet you at the entrance of Gym AB. They will ask you your child's name and also to read a sign on the door, that states your child is symptom free and healthy enough to participate in the program. If you agree, your child will get signed in and then allowed into the Gym AB area. **Please note parents are not permitted in the building/Gym at this time.**
- 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 1).
- 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

- Britannia Gymnastics Club will provide hand-washing and/or sanitizing stations in Gym AB.
- Britannia Gymnastics Club has determined that coaches will ensure the athlete's hands are sanitized or washed before they enter the gym.
- Hand-washing or sanitizing will be required at a minimum before, during and after the program
- All participants should arrive dressed for their class and only bring what they need in a marked bag (e.g. full water bottle, hand sanitizer, socks).
- Sharing of personal items including (but not limited to) food and beverages (e.g. water bottles) is forbidden.

**Use of masks:** Must be worn by athletes until they start the class. Coaches are wearing masks for the full duration of the program

## Physical Distancing

- Everyone who enters Britannia Gymnastics Club must maintain, at minimum, physical distancing of 3 (three) meters, at all times.
- Coaching for all programs must be performed hands-free (no spotting). Spotting will only be done if a participant's safety is at risk.

## Scheduling of Activities

- Britannia Gymnastics Club will adhere to the [Rule of Two](#) at all times. This means that no one-on-one training (without another coach present) will take place.
- In order to meet provincial health officer requirements, groups sizes and scheduling are being adjusted.
- 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.
- Britannia Gymnastics Club will have personal protective equipment (PPE) on hand (gloves, masks), stored separately from first-aid kits in case of emergency.
- Britannia Gymnastics Club will maintain a well-stocked first aid kit in case of emergency. Britannia also has a nearby pool, where excellently trained and certified lifeguards can assist with first aid emergencies

## Illness Policy

- Britannia Gymnastics Club Illness Policy is provided in Appendix 1.

## Outbreak Response

### **Britannia Gymnastics Club 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, **Fraser McElroy** – [Fraser.McElroy@vancouver.ca](mailto:Fraser.McElroy@vancouver.ca) will be the main point of contact for all parties. Fraser McElroy has the authority to modify, restrict, postpone or cancel any or all club activities.
2. If staff or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, **Fraser McElroy** – [Fraser.McElroy@vancouver.ca](mailto:Fraser.McElroy@vancouver.ca) will implement enhanced cleaning measures to reduce risk of transmission.
3. Fraser McElroy 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 10 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, Fraser McElroy will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.

If **Britannia Gymnastics Club** 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.

**Britannia Gymnastics Club** will post the following posters, or similar versions, in visible spaces at our facility:

- [Hand-washing poster \(more detailed\)](#)
- [Physical distancing \(At entrance and in other spaces\)](#)
- [Entry check for visitors \(at Entrance\)](#)
- [Occupancy limit poster \(in each applicable space\)](#)
- [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 Provincial Health Offices, Regional Health Authorities, WorkSafeBC, and Gymnastics BC.

## Appendix 1: Britannia Gymnastics Club 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 until they are free of the COVID-19 virus.
- b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
- c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be 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 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- 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, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have

come into close contact with the Team Member will also be removed from the workplace for at least 14 days.

- 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 or Self-Isolate if:**

- a. Any 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.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.