

# Return to Play Guidelines

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## What to Expect

Prolonged time away from the physical and mental aspects of competitive sport is far from easy. Although most athletes have had the opportunity to maintain some level of physical and mental fitness through online training sessions, the safe return to training will be gradual in order to prevent injuries. The safe return to gymnastics remains our priority and, despite this unprecedented situation, we have been given a tremendous opportunity to demonstrate the strength and resilience of our team. We understand that our athletes have not been on the equipment in some time and the return rate will be slow and steady. There is a lot to work to get their skill level back up and we are here to support the girls. We will ease them into each event.

There will be no spotting for skills in the initial phase. Remember, it is not a race to get back to what you think normal is. When gymnasts return, it will be in phases, ensuring their safety along the way.

The equipment will be disinfected between cohorts. All events and facility space have been marked off for the correct distancing. All Members are expected to maintain a distance of two meters at all times.

Athletes will be asked to perform frequent hand washing before, during and after events. In addition, they will be expected to thoroughly wash their hands before and after using shared equipment (e.g. beams, bars etc). Athletes must carry and use their own hand sanitizer and should refrain from touching their eyes, nose, mouth, and face while participating. Good respiratory etiquette such as sneezing or coughing into the crook of the elbow, coughing, or sneezing into a tissue. Water bottles should be labelled with the name of the athlete and cannot be shared.

As we navigate through these unprecedented times, we will continue to follow all AHS/AGF/City of Spruce Grove Protocols and Guidelines.

## Alberta Health Guidelines

- Social distancing of 2 meters will be observed while entering and exiting the building.
- Individuals who have returned from travel outside of Canada are not permitted in the facility until the mandatory 14-day isolation period is over and they have not shown symptoms in that isolation period.
- Individuals who have a cough, fever, shortness of breath, runny nose, or sore throat (that is not related to a pre-existing illness or health condition) are legally obligated to be in isolation for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer. These requirements must be followed regardless of whether or not the individual has been tested for COVID-19.
- We are encouraging participants to download the ABTraceTogether App to assist public health officials with contact tracing in the event an outbreak should occur.

# AGF/Aerials Gymnastics Guidelines

- The following has been implemented in the gym as per AHS/AGF/City of Spruce guidelines:
  - All chalk bowls have been removed
  - All drinking fountains are out of use
  - Breakroom is unavailable for breaks
  - No access to microwave/refrigerator
  - Lockers and Changeroom are off use
  - Washrooms will be utilized 1 at a time
  - All equipment that cannot be properly disinfected has been removed or covered.
  - All equipment will be disinfected between cohorts
  - No shared personal equipment
  - All athletes will keep all personal items in their designated tote for the day
  - All coaches will keep all personal items in their designated tote for the day
  - All totes are returned for sanitizing between uses
  - Spectators and Parents are unable to enter the facility at this time
  - Chalk Eaters will remain ON at all times
  - There is no access to space outside of our leased area
  - Social distancing will be adhered at all times (unless injury; see policy)
  - Temperatures will be taken for ALL Members entering facility on a daily basis
  - Hand sanitizer will be available at entry and exit points of the gym and athletes must also bring their own (60% alcohol content or greater).

## Staff

- All staff will be required to complete the Alberta Government Daily Checklist on a daily basis.
- All staff will adhere to a 24-hour wellness standard. Should they feel fatigued, obtain a fever or exhibit any symptoms they will not be allowed to work.
- Staff members will have their temperatures taken daily.
- Staff Members will be required to wash their hands before and after every class and between rotations.
- Staff Member will be required to wear a mask when social distancing cannot be adhered to.
- Gloves will be used while any contact is made with any gymnast/parent: (ex, taping, first aid and front desk).
- Physical barriers have been put in place to separate front-desk attendants and patrons.

## To be done before coming to a workout

- All parents must complete to Daily Checklist 2 hours prior to every class. It is located on the website under COVID-19.
- Wash hands thoroughly and go to the bathroom before arrival.
- Prepare personal backpack (see items to be included on additional attachment).

## Arrival

- All participants will need their Daily Screening Checklist completed 2 hours prior to arrival on a daily basis.
- <https://docs.google.com/forms/d/e/1FAIpQLScb0kE7xP7DyGRHlqajz2sdZn844lSc1YlxvHYpK9w0pl5TVA/viewform>
- Any participant that is exhibiting any symptoms cannot enter the facility or participate.
- Due to the City of Spruce Grove guidelines, only participants can enter the facility at this time.
- Participants should arrive no more than 5-10 minutes before the start of training.
- Participants will enter using the Program Room door to the left of the main doors.
- Distancing markers will be visible on the sidewalk while waiting.
- Observe social distancing as you wait to enter the building.
- Participants will have their temperature taken daily.
- All personal items will, including backpack, will be placed in an individual tote.
- They will carry this tote to their designated spot as directed by a staff member.

## Dismissal & Pick up

- Parents will be expected to arrive 5 minutes prior to the end of class.
- Athletes will be picked up on the East side of the facility.
- Handwashing will be done prior to exiting the building.
- We will have gymnasts outside, socially distanced, and a coach/staff member will guide them to your car.

## Cleaning and Disinfecting

- Increased frequency of cleaning and disinfecting of high traffic areas, common areas, and washrooms and equipment.
- Frequent cleaning and disinfecting of high touch/shared surfaces such as:  
Doorknobs, light switches, toilet handles, faucets, soap dispensers, taps, and railings
- Spray cleaners will be available to staff to regularly clean commonly used surfaces.
- Communal items that cannot be easily cleaned have been removed (magazines, toys, stuffed animals, stamps).
- Coaches will be required to wash or sanitize their hands between classes.
- Signs have been posted in washrooms to inform users of how to mitigate risks of COVID-19 transmission (e.g. hand hygiene, respiratory etiquette).
- An adequate supply of soap, paper towel, and hand sanitizer will be maintained

## Injury Protocol

- If an injury occurs and physical distancing measures must be broken, all persons attending to the injured individual must first put on a mask and gloves.
- Gloves and extra masks will be stored at each sanitization station throughout the gym.
- Band-Aids will be stored at each sanitization station as well as a garbage can for safe disposal.
- The main first aid kit will be located at the competitive counter and ice will be provided from the front desk. All ice packs will be discarded after single use.

# Illness Policy - Exposure

In this policy, Member, will include staff, gymnasts and coaches:

1. Inform an individual in a position of authority (Executive Director/Coach) immediately if you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. Daily Assessment
  - a. All Members are required to complete the daily self-assessment tool prior to coming to SGA. It is found on our website at [www.aerialsgymclub.ca](http://www.aerialsgymclub.ca) under the COVID tab.
3. If a Member is feeling sick with COVID-19 symptoms
  - a. They should remain at home and refer to <https://www.albertahealthservices.ca/topics/Page16997.aspx#what>
  - b. If they feel sick and /or showing symptoms while at Aerials Gymnastics, they will be isolated immediately and arrangement for safe travel home will be made.

## PROCEDURE WHEN SHOWING SYMPTOMS

- Call 811 to determine if testing is required.
- If no testing is required, member may return to SGA once they are feeling better.
- If testing is required, remain isolated until tested and results are received.
- If test results are negative, remain at home until feeling better.
- If a member tests positive for COVID-19, follow guidance from AHS.

Please email all updates to Executive Director. [lindsayk@aerialsgymclub.ca](mailto:lindsayk@aerialsgymclub.ca)

4. If a Member tests positive for COVID-19
  - a. The Member will not be permitted to return to Spruce Grove Aerials Gymnastics until they are free from the COVID-19 virus.
  - b. Any Member who work/play closely with the infected Member may potentially be removed from the workplace/practice/facility for at least 10 days, if social distancing has not been practiced, to ensure the infection does spread further.
  - c. Close off, clean and disinfect the facility area immediately and any surfaces that could have potentially be infected/touched.
  - d. Possible restriction, postponement or cancelled activities will occur based on AHS recommendations.
5. If a Member has been tested and is waiting for the results of a COVID-19 Test
  - a. As with the confirmed case, the Member must be removed from the facility.
  - b. Other Members who may have been exposed will be informed and removed from the facility for at least 10 days or until the diagnosis of COVID-19 is ruled out by AHS.
  - c. Close off, clean and disinfect the facility area immediately and any surfaces that could have potentially be infected/touched.

6. If a Member has come into contact with someone confirmed to have COVID-19.
  - a. The Member must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
  - b. Once contact is confirmed, the Member will be removed from the facility for at least 10 days or as otherwise directed by AHS.
  - c. Close off, clean and disinfect the facility area immediately and any surfaces that could have potentially be infected/touched.
  
7. Self-Isolate if:
  - a. SELF ISOLATE  
You are legally required to self-isolate for:
    - 14 days if you returned from international travel or are a close contact of a person with COVID-19
    - 10 days if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition  
If you are self-isolating:
    - Stay home – do not go to work, social events or any other public areas or community settings
    - Avoid close contact with other people, including household members but especially seniors and people with chronic conditions or compromised immune systems
    - Do not use public transportation or ride sharing
    - Do not go for walks in public places. This includes children in mandatory self-isolation.
    - If you go outside, you must remain on private property not accessible by others.
    - If you live in an apartment building or high-rise, you must stay inside and cannot use the elevators or stairwells. If your balcony is private and at least 2 meters away from other balconies, you may use your balcony to get fresh air.

## Rapid Response Plan – COVID -19

Spruce Grove Aerials Gymnastics will adhere to the Rapid Response to **Symptomatic Individuals** as per AHS. Early detection of symptoms will facilitate the immediate implementation of effective control measures.

If staff become aware of a symptomatic member within SGA, the following guidelines will be followed:

1. Immediately ask the member to wear a face mask and advise the member that they will need to go home.
2. Have the member wait in the designated isolation room until their transportation has arrived
3. If unable to arrange a ride, staff will attempt to arrange transportation.
4. After the individual has left, staff will ensure the entire isolation area has been sanitized.
5. Any spaces utilized by the individual will be sanitized immediately.

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. Our success is dependent on our Members to be confident in the understanding of this document and Spruce Grove Aerials Gymnastics Guidelines.

- If a case or outbreak is reported, the Executive Director/President has the authority to modify, restrict, postpone, or cancel activities
- If a Member reports they are suspected or confirmed to have COVID-19 and have been at the facility, implement enhanced cleaning measures to reduce the risk of transmission. If the Executive Director is not at the facility, notify the WAG Liaison or MAG Director.
- Implement the Illness Policy
- In the event of a positive case or outbreak of COVID-19 at SGA, SGA will work with AHS/CDC Team to implement their procedures.