



# Celestina Popa Gymnastics COVID-19 Safety Plan

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

*Celestina Popa Gymnastics COVID-19 Club Representative: Celestina Popa Toma*

This Club COVID-19 Safety Plan has been approved by the owner Celestina Popa Toma on June 5, 2020.

Effective August 24, 2020, the Government of BC and viaSport announced measures to progressively loosen restrictions on the sport sector- **STEP 3.** viaSport's Return to Sport document has been updated accordingly, and with Gymnastics BC guidance, our COVID 19 Safety plan was updated

# 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>

# Steps to Return to the Gym

## **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.
- ✓ Training groups for Step 1 are described in Appendix 1(will be posted prior to training at the gym).
- ✓ Small class size ratios of 5-7:1 and reduced training time of 2H/class \* 2 days/week(Interclub) will be scheduled. Recreational classes TBD.
- ✓ A program summary for Step 1 is included in Appendix 1.

## **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.
- ✓ Training groups for Step 2 are described in Appendix 1(will be posted prior to training at the gym).
- ✓ Larger class size ratios of 8:1(interclub and Recreational classes).
- ✓ A program summary for Step 2 is included in Appendix 1.

### Step 3: Progressively Loosen –Effective August 24, 2020

- ✓ Ability to maintain physical distancing(see Physical Distancing section on pages 7-8 that addresses cohorts and spotting requirements)
- ✓ .Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ Focus on expanding programming to include regular training and competition preparation.
- ✓ Expand classes to younger, less experienced participants.
- ✓ Increase ratio and training time for each group(5-7 for younger groups, 8-1 for older).
- ✓ In-club and regional competitions can occur, if viaSport/GBC requirements are followed(more information will be provided to GBC member clubs as our competition season approaches).

### Step 4: The new “Normal”

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

# Celestina Popa Gymnastics: Safety Plan Requirements

## Facility Access

To access Celestina Popa Gymnastics, please complete the following steps:

- Drop off is only available at the front entrance.
- Please line up outside the front door of the facility, maintaining a physical distance of 2m between yourself and others by standing on the marking on the ground
- All participants will exit the building at front, and must not congregate in groups when they get picked up. To facilitate this, we have placed markings outside the exit doors
- Parents/guardians will be instructed to drop off and pick up their children **on time** without coming into the gym (until further notice).
- Parents/guardians will be instructed to tell their children to follow instructions of all Celestina Popa Gymnastics staff when entering and exiting the facility.
- Prior to entering the facility, **all individuals** must fill out the Daily Screening Checklist(attached to this email). Daily checklists will kept on file. Celestina Popa Gymnastics staff will be collecting hard copies as you enter.
- 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.
- Members will be asked to register and pay for all programming :
- A) during the office hours, office will be open when the classes are NOT in session to minimize congregation of people, max 3 people. Plexiglass is installed, tape markings on the floor and hand-sanitizer is available .
- B) by using our drop-off box
- C)By email [celestinapopa@hotmail.com](mailto:celestinapopa@hotmail.com)
- Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required GBC forms.

## Facility Operations

- Celestina Popa Gymnastics maximum occupancy (during Steps 1 and 2) is: 36 distributed as follows:
  - Maximum Occupancy for the lobby is: 3(available only starting SEPT)
  - Maximum Occupancy for the Office is: 3
  - Maximum Occupancy for the main gym is: 26-30(coaches and athletes)
    - [Signs indicating these occupancy limits](#) are posted clearly in each space.
- We have marked waiting areas, warm-up areas inside the gym using markings/tape on the floor.
- NO FOOD allowed! Avoid bringing unnecessary items to the gym.
- Waiting area and one cubby area of the gym are closed until further notice.
- Participants will be required to have their own bottle of water(labeled with their name),
- Interclub: we will provide chalk in a Ziplock bag large enough to fit their hands.
- NO waiting inside the gym and lobby until further notice.

## Cleaning

### **Celestina Popa 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 have implemented a cleaning log that is kept in the office.
- We will clean the entrance, exit, gym lobby, and other high touch-point areas (e.g. washroom counters, doorknobs, handrails, etc.) frequently and after every class. Washrooms will be disinfected also frequently and after every class.
- Gymnastics equipment will be disinfected after each class and/or rotation during until further notice.
- Equipment that cannot be cleaned (cloth-like surfaces, rope, 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

Celestina Popa Gymnastics 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 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: Celestina Popa Toma(owner) [celestinapopa@hotmail.com](mailto:celestinapopa@hotmail.com) , 604-459-4458
  - **Celestina Popa 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 Celestina Popa Toma(owner) [celestinapopa@hotmail.com](mailto:celestinapopa@hotmail.com) , 604-459-4458 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.** 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 Celestina Popa Gymnastics will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff have created posters to show participants what to expect at the gym.
- Staff should contact their supervisor if have questions or concerns as they return to their roles.

## Screening

- Celestina Popa Gymnastics requires that prior to entering the facility, all individuals must complete the Daily Screening Checklist. Parents must complete the form and give to the staff.
- 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

- Celestina Popa Gymnastics will provide hand-washing (at the washroom from front entrance and inside the gym) and/or sanitizing stations(on the wall front entrance and inside the gym)
- Celestina Popa Gymnastics has determined that every person before entering the gym MUST wash hands or use hand-sanitizer; this policy will be implemented and enforced
- Hand-washing or sanitizing will be required between apparatus/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, yoga mat, socks, gloves, tape, etc.).
- Sharing of personal items including (but not limited to) beverages (e.g. water bottles) , phones etc is forbidden.

Athletes/participants can use a mask while entering the facility and take it off when they enter the gym and are able to maintain physical distancing. Worn masks should be placed in a separate bag and left with their personal items. The mask can be worn again while using other areas of the facility (e.g. washrooms, common areas).

## Physical Distancing and Cohorts

- Everyone who enters Celestina Popa Gymnastics must maintain, at minimum, physical distancing of 2 meters, at all times.

### Spotting:

- Effective August 24 , 2020, spotting is now permitted in GBC member clubs. Although physical distancing is still strongly advised, coaches are permitted to spot athletes who are learning new skills, or when spotting is required for safety.
- Coaches must wear masks when spotting athletes , and coaches must also sanitize their hands between spotting different athletes.

## Cohorts and Physical Distancing:

- Effective August 24, 2020, the concept of sport cohorts was introduced. In sport, a cohort is a group of participants who primarily interact with each other over an extended period of time (e.g. **INTERCLUB** groups).
- Clubs must document who are members of every cohort. This will help contact tracing, if needed.
- All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.
- Cohorts are used for activities in which it is not possible to maintain two metres physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised. All individuals who are unable to physically distance must be counted within the total cohort number including coaches, staff, volunteers, etc.).
- **In the context of gymnastics, the introduction of cohorts means that :**
  - -Spotting is allowed (see requirements above for the coach).
  - -Coaches can stand next to athletes for safety (under the bar(s), next to the beam, etc.)
  - -A small group of athletes can work at the same station.
  - -Athletes can have stretching/conditioning partners.
  - -Acro athletes can train hand-to-hand with their consistent partners.
  - However, it is important to note that two metres of physical distance must be maintained unless an activity has been deemed fundamental and it is not possible to maintain physical distancing while doing so
- For example:
  - A group of athletes must not sit within two metres of each other when on their break or resting.
  - Athletes at the end of the vault, DMT runway, or starting area for tumbling must not stand close together while they wait for their turn.
- -Physical distancing must still be maintained when moving from one apparatus to another.
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## Scheduling of Activities

- Celestina Popa Gymnastics 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.
- Celestina Popa Gymnastics will have personal protective equipment (PPE) on hand (gloves, masks), stored separately from first-aid kits in case of emergency.
- Celestina Popa Gymnastics will maintain a well-stocked first aid kit in case of emergency.

## Illness Policy

- Celestina Popa Gymnastics Illness Policy is provided in Appendix 2.



## Outbreak Response

Celestina Popa 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, Celestina Popa Toma(celestinapopa@hotmail.com) will be the main point of contact for all parties. Celestina Popa Toma has the authority to modify, restrict, postpone or cancel any or all club activities.
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, Celestina Popa Toma(celestinapopa@hotmail.com) will implement enhanced cleaning measures to reduce risk of transmission.
3. Celestina Popa Toma(celestinapopa@hotmail.com) 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, Celestina Popa Toma(celestinapopa@hotmail.com) 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 Celestina Popa 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.

## Daily Screening Checklist

This checklist may be updated as the situation progresses over the next weeks and months.

### Daily Screening Checklist

Today's Date:		Activity Start Time:	
Participant Name:			
Activity/Group:			

1.	Do you have any of the symptoms below? Please circle your answer.		
	• Fever (greater than 38.0°C) and/or chills	Yes	No
	• Coughing	Yes	No
	• Sneezing	Yes	No
	• Sore throat and/or painful swallowing	Yes	No
	• Stuffy and/or runny nose	Yes	No
	• Fatigue related to illness*	Yes	No
	• Loss of appetite	Yes	No
	• Shortness of breath	Yes	No
	• Loss of sense of smell	Yes	No
	• Headache	Yes	No
	• Muscle aches related to illness*	Yes	No
2.	Have you, or has anyone in your household travelled outside of Canada in the last 14 days?	Yes	No
3.	Have you, or has anyone in your household been in contact in the last 14 days with someone who is being investigated or who has a confirmed case of COVID-19?	Yes	No
4.	Are you currently being investigated as a suspect case of COVID-19?	Yes	No
5.	Have you tested positive for COVID-19 within the last 10 days?	Yes	No

Participant or  
Parent/Guardian name: \_\_\_\_\_ Signature \_\_\_\_\_

Emergency Contact #: \_\_\_\_\_

Staff Name: \_\_\_\_\_ Signature \_\_\_\_\_

\*Note: fatigue and muscle aches may be expected as athletes return to sport. All participants, parents/guardians of minors, and club personnel must determine the difference between this and symptoms of illness.

## Appendix 2: Celestina Popa Gymnastics 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.

