



# 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

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# Principles

The following five principles from BC's Health 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"><li>• Frequent hand-washing</li><li>• Cough into your sleeve</li><li>• Wear your face mask properly</li><li>• No handshaking</li></ul>	<ul style="list-style-type: none"><li>• Routine daily screening</li><li>• Anyone with <i>any</i> symptoms must stay away from others</li><li>• Returning travelers must self-isolate for 14 days</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>

# 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 between yourself and others
- All participants will exit the building at front, and must not congregate in groups when they get picked up.
- 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 complete Daily Checklist (attached to this email).
- 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.
- 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 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.
- **All socializing by participants, parents, and guardians before, during, and after programming should be eliminated. Social activities have been proven to increase the transmission of COVID-19**

## Facility Operations

- Celestina Popa Gymnastics maximum occupancy is:
  - Maximum Occupancy for the Office is: 4-5
  - Maximum Occupancy for the main gym is: 36 (coaches and athletes)
- We have marked 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), 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 will clean the entrance, exit, gym lobby, and other high touch-point areas (e.g. washroom counters, doorknobs, handrails, etc.) frequently and at the end of the day. Washrooms will be disinfected also frequently and at the end of the day.

Gymnastics equipment will be disinfected at the end of the day.

## Communication

Celestina Popa Gymnastics will inform members of new protocols via email as soon as possible, to foster confidence in the staff's commitment to keeping everyone safe. This will include information on club:

- Screening protocols
  - Personal hygiene requirements
  - Physical distancing requirements outside and inside the facility
  - Cleaning protocols
  - Programming changes (limitations on number of people permitted inside of the facility at once etc.)
- Any concerns or questions will be addressed via email: Celestina Popa- Toma (owner) [celestinapopa@hotmail.com](mailto:celestinapopa@hotmail.com)
  - 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
- 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

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. On December 15, 2021, Canadians were advised to avoid non-essential travel outside of Canada, regardless of vaccination status: <https://travel.gc.ca/travelling/health-safety/travel-health-notices/226>. As of January 7, 2022, this advisory has remained in effect.

For those returning to Canada, parents/guardians are reminded that, as of January 7, 2022:

- Unvaccinated and partially vaccinated children and youth up to and including 17 years of age are subject to the 14 day quarantine requirement.
- During quarantine, these children are not to attend gymnastics.

- Families planning to travel or have returned from international travel should check this website for the most up-to-date quarantine and testing requirements: <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada>
- **Everyone entering the facility 5 years and older must wear a face-mask.** Athletes/participants will be allowed to drop the mask down the chin during training /exercise.
- If you have been identified as a close contact and you may have been exposed to COVID-19: You need to self-monitor and may also need to self-isolate and/or get tested.
- Self-monitoring for close contacts: Monitor for symptoms of COVID-19 listed below for 14 days from the day you last had contact with the person who has COVID-19, even if you are fully vaccinated or had COVID-19 in the last 90 days.
- If you develop symptoms of COVID-19 listed below, please use the Self-assessment Tool to see if you should get tested for COVID-19.
- If you have no symptoms of COVID-19, you do not need a test. See below for more details on testing locations and results.
- Self-isolation for close contacts: If you are fully vaccinated or have had COVID-19 in the last 90 days, you are not required to self-isolate, and you can continue to participate in routine activities, such as work or school, as long as you **do not** have any symptoms. However, do not visit friends or relatives who are higher risk for severe COVID-19 for 14 days after you were last exposed to COVID-19. More details on risk factors for severe disease are available on the BCCDC website.
- If you are not fully vaccinated and did not have COVID-19 in the last 90 days, you are required **to self-isolate for 10 days from the day you last had contact with the person** who has COVID-19, even if you do not have any symptoms. Self-isolation means keeping away from others to help stop the spread of COVID-19. Visit the BCCDC website to learn more about how to self-isolate: [bccdc.ca/covid19selfisolation](https://bccdc.ca/covid19selfisolation). In addition to the 10 days of self-isolation, you should not visit friends or relatives who are higher risk for severe COVID-19 for 14 days after you were last exposed to COVID-19. More details on risk factors for severe disease are available on the BCCDC website.
- **Fever or chills/ Cough/ Loss of sense of smell or taste /Difficulty breathing/ Sore throat/ Loss of appetite /Extreme fatigue or tiredness /Headache Body aches/ Nausea or vomiting Diarrhea**
- Instructions for close contacts: January 5, 2022. Fully vaccinated means you have received both doses of a 2-dose series (e.g. AstraZeneca, PfizerBioNTech, or Moderna vaccine) more than 7 days ago, or have received a single dose of a 1- dose series (e.g. Janssen/Johnson and Johnson) more than 14 days ago. Testing and results: If you need to get tested, find the nearest testing location: [healthlinkbc.ca/covid19test](https://healthlinkbc.ca/covid19test)
- If you test positive for COVID-19, you will need to self-isolate **for at least 5 days** from when your symptoms started or from the date of the positive test **if you are fully vaccinated** (at least **10 days for those who are not fully vaccinated**). You must also be free of fever and experience an improvement in your symptoms to end isolation. If you end isolation after 5 days, you should wear a mask even in settings where a mask isn't required and avoid higher risk settings, such as long-term care facilities and gatherings, for another 5 days after ending isolation.
- If you test negative for COVID-19, you still need to self-isolate for 10 days from the day you had contact with the person who has COVID-19 unless you are fully vaccinated or had COVID-19 within the last 90 days. If you are fully vaccinated or had COVID-19 within the last 90 days, you do not need to self-isolate and may return to normal activities once you feel better. You must also be free of fever and experience an improvement in your symptoms to end isolation

## 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 encourages washing hands at home
- Hand sanitizing will be required between apparatus/rotation changes and at the end of class
- All participants should arrive dressed for their class and only bring what they need in a marked bag (full water bottle, socks)
- 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).
- **All individuals must wear masks in all indoor public spaces (gymnastics clubs are included). Children 5 years and older wear masks indoors. Participants are not required to wear masks during physical activity.**
- Anyone five years of age and older is eligible for the vaccine. Parents can register their child in the Get Vaccinated provincial system to be notified of when their child can get vaccinated. Please visit <https://www.getvaccinated.gov.bc.ca/s/> for information on registering for the vaccine and how to book an appointment.

## 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.
- Celestina Popa Gymnastics **will not host** drop-in classes or Birthday Parties until further notice
- Detailed attendance and membership tracking will be taken and kept on file.

## Injury Protocol

### Requirements

- Celestina Popa Gymnastics will have extra face masks stored separately from first-aid kits and extra hand sanitizer.
- Celestina Popa Gymnastics will maintain a well-stocked first aid kit in case of emergency.

## 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. The Omicron variant spreads rapidly and, as such, contact tracing is a less effective measure in the timely management of COVID-19. What this means is that Public Health is no longer able to contact everyone who

tests positive. Individuals who test positive for COVID-19 should follow advice from the BC Centre for Disease Control, found here: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19>.

As Public Health is not contacting every person who tests positive, youth recreational sport exposure notices will not be issued by Public Health for individual cases.

- 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/kids confirmed to have COVID-19 and have been at the workplace/activity place, their families will inform their close contacts  
Close contacts are defined generally as people with whom a person lives**