



Flipside Gymnastics COVID-19 Safety Plan

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

Flipside Gymnastics COVID-19 Club Representative: Bill Poirier, Owner and President

Nanaimo Office: 250-756-9102, bill@flipsidegymnastics.ca

This Club COVID-19 Safety Plan has been approved by Flipside Gymnastics Ltd on September 13, 2021.

THIS IS A WORKING SHEET AND WILL BE UPDATED FREQUENTLY. CERTAIN PROCESSES AND PROTOCOLS ARE SUBJECT TO CHANGE AS THOSE CHANGES MAY BE RECOMMENDED FROM THE BC MINISTRY OF HEALTH AND THE CDC.

Principles

The following five principles from BC's Restart 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">• Frequent hand-washing• Cough into your sleeve• Wear a medical or fabric mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travelers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high-touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and others• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces

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 limited to necessary occurrences in matters of safety.
- Small class size ratios of 6:1 and reduced training time of 60 minutes for the exception of Advanced and Performance members will be offered.
- 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.
- Larger class size ratios of 8:1 and increased training times of 75 and 90 minutes will be scheduled.

Step 3: Progressively Loosen – Effective August 24, 2020, continued December 3rd.

Flipside Gymnastics will now have these protocols in place:

- Drop off is available at the MAIN entrance: Right door at the face of the building.
- Ability to maintain physical distancing.
- Adherence to occupancy limit.
- Minimal sharing of equipment.
- Heightened cleaning protocols.
- Focus on expanding programming to include regular training preparation.
- Expand classes to younger, less experienced participants.
- Maintain ratio and training time for each group.

Facility Access

To access Flipside Gymnastics, please complete the following steps:

- Drop off is available at the MAIN entrance: Right door at the face of the building.
- Please line up outside the front door of the facility, maintaining a physical distance of 2m between yourself and others by standing on the sidewalk directly outside the MAIN entrance.
- All participants will exit the building via the door located at the left side of the face of the building marked EXIT, and must NOT congregate in groups when they get picked up. To facilitate this, we have placed Tape Markings outside the exit doors and in front of the BAY DOOR also located at the left face of the building.
- Parents/guardians will be instructed to drop off and pick up their children ***on time*** without coming into the gym, if possible. Parent & Tot classes are the exception.
- Parents enrolled in Parent & Tot classes are **required** to wear a mask while in the facility.
- Children under the age of 12 are not required to wear a mask (current phase).
- Parents/guardians will be instructed to tell their children to follow instructions of all Flipside Gymnastics staff when entering and exiting the facility.
- 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. Children will not be permitted to change in washrooms/change rooms until further notice.
- Members will be asked to register and pay for all programming through our website, which can be found here: www.flipsidegymnastics.ca. If the website is not accessible for members, they can call Administration at 250-756-9102 or email admin@flipsidegymnastics.ca.
- Prior to participating in any programming, parents/guardians registration/waiver(s) **must be signed and completed**.

Facility Operations

- Flipside Gymnastics maximum occupancy (during Steps 1 and 2) is: 49.
- Maximum Occupancy for the lobby is: 8
- Maximum Occupancy for the Office is: 4
- Maximum Occupancy for the main gym is: 30
- Signs indicating these occupancy limits are posted clearly in each space.
- We have marked pathways inside the gym using Target Markers, Cones and Signage.
- Shared items (e.g., iPads) that can be disinfected between users are permitted. Avoid bringing unnecessary shared items to the gym.
- Unusable areas of the gym have closed areas of the gym until further notice.
- Participants will be required to have their own chalk in a container/bag large enough to fit their hands.
- Spectator observation area will be closed until further notice.
- The foam pit will remain open in a limited fashion. Some exceptions for advanced rec have been allowed as the pit has been reconfigured with a covering of mats so the space can be used as a landing zone from the Tumble Trak.

Cleaning

Flipside 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, kitchen/break areas, etc.) frequently throughout the day. Washrooms will be disinfected at least twice per day.
- Gymnastics equipment will be disinfected between each class/cohort.
- Equipment that cannot be cleaned (cloth-like surfaces, foam pits, etc.) will not be used until an appropriate cleaning process has been identified.
- The gym does use an Ozone Generator to disinfect the entire gym nightly between 1am – 3am.
- Communal gym tools such as Staff Electronic Note Pads will be cleaned or sanitized between each user.
- 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

Flipside 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 to Bill Poirier, 250-756-9102, bill@flipsidegymnastics.ca.
- Flipside Gymnastics will post various resources provided by the BC Centre for Disease Control (CDC), Health Canada, in the facility entrance, and in prominent places throughout the gym.
- Bill Poirier (Owner) will be the 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 insurance policies. Prior to participating in any programming, **all participants, parents/guardians** must complete required Registration and Waiver forms.

Staff Training

- Formal and ongoing staff training at Flipside Gymnastics will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff will be creating and modifying resources 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

- Flipside Gymnastics will be randomly screening participants prior to entering the facility.
- Please check your/participants temperature prior to entering the facility. If you/they show any signs of fever (38 degrees or more) please do not enter the facility.
- 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

- Flipside Gymnastics will provide hand-washing and/or sanitizing stations at the Entrance and at designated stations within the Gym area.
 - Flipside Gymnastics has determined that a secured/monitored entrance strategy will be implemented to ensure the athlete's hands are sanitized before they enter the gym.
 - Hand-washing or sanitizing will be required at a minimum each and every time the participant enters the facility, after using the washroom, and between cohort 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) food and beverages (e.g. water bottles) is forbidden.
- Use of masks is: not mandatory but highly recommended.

Cohorts and Physical Distancing

Spotting: Effective November 24, 2020, physically spotting students will no longer be permitted during classes. Coaching for all programs must be performed hands-free (no spotting). However, if a participant's safety is at risk, the coach should not hesitate to spot. All coaches must be wearing a mask at all times *unless authorized exempt*.

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.

- Cohorts must not exceed 100 people.
- Clubs must document who are members of every cohort. This will help contract tracing, if needed. Flipside does this through our registration software.
- All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.
- Cohorts must be 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.).
- At least two meters distancing should be maintained between all participants when outside of the field of play (e.g. dressing rooms, hallways, etc.). If physical distancing cannot be maintained, masks should be worn.
- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for activities, gatherings may not exceed 50 people.
- Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
- Cohorts can remain together for an extended period of time. If changing cohorts is required, an athlete must either:

- Maintain a minimum of 2 meters of physical distance from all sport participants for two weeks before switching into a new cohort, or;
- Take a two-week break between activities.
- Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with (e.g. gymnastics, soccer, baseball, etc.).
- Communication must be sent to members of cohort groups outlining behavioral expectations.
- Parents, guardians, and spectators should not be included in a cohort. They must continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where programming occurs.
- Communication must be sent to members of cohort groups outlining behavioral expectations.
- Parents, guardians, and spectators should not be included in a cohort. They must continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where programming occurs.
- In the context of gymnastics, the introduction of cohorts means that:
 - Spotting is allowed only in the event of a safety issue (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 meters 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 meters 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.

Scheduling of Activities

- No adult group programming is allowed at this time. Individual adult programming (maintaining three meters physical distancing) is allowed to continue.
- Active start and adaptive programs that include parent/guardian/aid support are allowed to continue as long as parents/guardians/aids wear masks and maintain three meters of physical distance from all participants other than their child. In order to meet provincial health officer requirements, group 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 electronically.
- All socializing by participants, parents, and guardians before, during, and after programming should be eliminated. Social activities and interactions have been proven to increase the transmission of COVID-19.
- Everyone inside the facility must maintain a minimum of two meters separation at all times.
- All individuals must wear masks in all indoor public spaces (gymnastics clubs are included). It is recommended, but not required, that children under the age of 12 wear masks indoors. Participants are not required to wear masks during physical activity. Please review the Government of BC website for more information about mask use.

Injury Protocol

- If an injury occurs and physical distancing measures must be broken, all persons attending to the injured individual must put on a mask and gloves.
- Flipside Gymnastics will have personal protective equipment (PPE) on hand (gloves, masks), stored separately from first-aid kits in case of emergency.
- Flipside Gymnastics will maintain a well-stocked first aid kit in case of emergency.

Illness Policy

- Flipside Gymnastics illness policy is provided in Appendix 2.

Outbreak Response

Flipside 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, Bill Poirier, 250-756-9102, bill@flipsidegymnastics.ca will be the main point of contact for all parties. Mr. Poirier also reserves the right 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, Mr. Poirier will implement enhanced cleaning measures to reduce risk of transmission.
3. Mr. Poirier and/or Anjelica Lum (Head Coach) 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 at <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>.
4. In the event of a suspected case or outbreak of influenza-like-illness, Mr. Poirier and/or Anjelica Lum (Head Coach) 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 Flipside 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.

Appendix 2: Flipside Gymnastics Illness Policy

In this policy, "Team member" includes an employee, volunteer, participant or parent/spectator.

1. Immediately inform an individual in a position of authority (coach, team manager, program coordinator) 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.