



RETURN TO SPORT

This document is intended to help Gymnastics BC member clubs create and implement their own COVID-19 Safety Plans.

Summary of Changes

GBC's Original Return to Sport (RTS) document was published on June 5, 2020 and was approved by the GBC Board of Directors on June 4, 2020.

The GBC Return to Sport document has been updated multiple times since the original publication date.

The most recent update is June 15, 2021 guided by the [Government of BC's Gathering and Events Order](#) - as a part of the Government of BC's Restart Plan, Step 2.

Please note that these updates may only be in place for a short period of time as the Government of BC is looking to progress to Step 3 of the Restart Plan as soon as July 1, 2021.

A large amount of the requirements have been modified in this Restart Plan. Please review the entire document and update your club's Safety Plan accordingly.

Information and graphics describing the [BC Restart Plan are available here](#).

viaSport's Information and FAQs about the [Sport Sector is available here](#).

Key Requirements and Changes for Indoor Sporting Activities as of June 15th, 2021 for Step 2 of the BC Restart Plan Include:

- Recreational Travel is allowed within BC, including for Sport.
 - Anyone **other than spectators** can enter your club's facilities for the purposes of sport as long as they follow your club's Safety Plan. This includes learning facilitators, judges, athletes, coaches, etc.
- No physical distancing is required on the field of play for indoor sports.
 - This means that all types of spotting are allowed.
- A maximum of 50 individuals (including coaches, athletes, managers, etc.) can be in one gym space (separate area) at one time. For more information refer to the Occupancy Section below.
- Physical distancing of 2 Metres is required to be maintained by all individuals outside of the field of play, unless seated.
- Socializing before and after sport activities is not allowed inside the facility.
- Hand sanitizing stations should be maintained throughout facilities.
- Floor markings to direct traffic flow and physical distancing should be maintained.
- Contact tracing and screening requirements should be maintained.
- There is no differentiation for youth programming or adult programming.
- Masks must be used for all participants aged 12+ off of the field of play.
- No spectators are allowed in gymnastics clubs.
- Cleaning requirements must follow the [WorkSafeBC Guidelines](#), indicating that all high touch surfaces (including Gymnastics Equipment) should be cleaned, then disinfected twice per day.
- Drop-in classes and Birthday Parties are allowed as long as all aspects of your Safety Plan are followed.

Introduction

This document is intended to help Gymnastics BC (GBC) clubs navigate the Government of BC's four step Restart Plan (beginning in May, 2021).

This document includes all relevant information from the [BC Government](#) (Provincial Health Officer), [WorkSafeBC](#), and [viaSport](#).

WorkSafeBC requires that all businesses have **their own** publicly-posted COVID-19 Safety Plan at work sites as they operate. In the event that a club is audited by WorkSafeBC or a bylaw officer, all club personnel will be required to demonstrate compliance to their club's COVID-19 Safety Plan.

Every GBC member club's COVID-19 Safety Plan must include clear requirements to ensure the safety of all individuals taking part in club programming and entering the facility.

Further, each COVID-19 Safety Plan must be based on a thorough assessment of risk. This may involve consultation with employees, volunteers, participants, and other individuals.

Each club must train and adequately supervise employees and volunteers to ensure they implement measures appropriately. Risks must be re-assessed and plans updated as needed, if regulations or circumstances change.

GBC guidance and club COVID-19 Safety Plan requirements will change as government and provincial health requirements for businesses evolve throughout the Restart Plan.

The original version of this Return to Sport document (without revisions effective October 1, 2020) was approved by the GBC Board of Directors on June 4, 2020.

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 non-medical mask • No handshaking or high fives 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning international 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 • Managing occupancy limits 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

Part I: Requirements

Facility Access

Requirements

- Socializing by participants, parents, and guardians before, during, and after programming is not allowed inside the facility.
- Assess facility traffic flow to ensure that **two meters** physical distancing is maintained when participants are not in the field of play.
- Club personnel must manage the flow of individuals entering the facility. If space is limited, staff should escort participants inside the facility. If possible, parents/guardians can pick up their child outside.
- Staff must ask participants to leave the facility immediately after their class to prevent gatherings in the facility.
- Participants must arrive dressed for activity. If locker rooms must be used, access should be controlled so that 2m physical distancing can be maintained.
- Prior to participating in any programming, required GBC forms must be completed.

Facility Operations

Requirements

- Close areas of the facility that are not being used (e.g., storage, lockers, meeting rooms).
- Prohibit entry into loose foam pits.
- GBC member clubs are responsible for collecting contact tracing information, but are not required to share this information with facility owners or operators. All GBC member clubs must have access to contact tracing information for their programming including the first and last names and telephone numbers or email addresses of all participants (and other individuals in the member club facility) for a duration of 30 days after each individual attends the facility.

Occupancy

Requirements

- Member clubs are allowed to adjust the maximum occupancy of their facility, if the facility has **separate spaces** (see details below).
- Clubs should continue to use their current maximum occupancy (50 people or less, dependent on space) or, if their gym facility has separate spaces, adjust their maximum occupancy according to the requirements outlined below.

Occupancy Requirements (for facilities with separate spaces)

Up to 50 people may be permitted within each separated space, assuming 2m physical distancing is completed in areas not in the field of play. For example, a GBC member club facility with three separate spaces (e.g., classroom, gym area, and administrative area) may have more than 50 people within their facility at one time, as long as the maximum occupancy in each space is respected.

A separated space is defined as a space which:

- Prevents individuals from mixing with other individuals that are in a different, separate space,
- Allows for safe transition of individuals inside and outside of the facility while maintaining physical distancing,
- Allows individuals access to a washroom while maintaining physical distancing, and;
- Adheres to all other GBC Return to Sport requirements.

- Coordinate with other facility operators to determine occupancy limits in shared, large facilities (e.g., shared space in a recreation center or school).
- The total occupancy limit for an entire facility should be determined by combining the occupancy limits for each separate space in the facility. Occupancy limits for each separate space should be posted in high visibility spaces.

Cleaning

Requirements

Create cleaning and sanitation protocols. Facility owners/operators have the overall responsibility of cleaning protocols within the facility.

- Club personnel must determine and communicate high touch-points to individuals responsible for cleaning.
- Entrance, gym lobby, gymnastics equipment, and other areas with high touch-points must be cleaned and disinfected frequently, twice daily – as per [WorkSafeBC Cleaning Requirements](#).
- Ensure that all cleaning products are authorized disinfectants against SARS-CoV-2, the coronavirus that causes COVID-19 (see example from [BC Centre for Disease Control or the Government of Canada](#)).

Communicate

Requirements

- Inform members of the updated protocols, to foster confidence in the staff's commitment to keep everyone safe. Include information on club:
 - Screening protocols
 - Personal hygiene requirements
 - Physical distancing requirements inside of the facility
 - Cleaning protocols
 - Programming changes

Train Staff and Volunteers

Requirements

- Train staff and volunteers; continually review protocols so they understand their clubs' COVID-19 Safety Plan. Clearly identify their responsibilities in maintaining gym protocols.
- Discuss and determine with your staff the best approach to explaining the new protocols to children. Athletes must be made aware of the gym's new safety protocols and their responsibility in maintaining their health, and the health of others.
- Help staff and volunteers resolve conflict, manage anxiety, and balance competing priorities.
- Hand-washing or sanitizing must be frequent throughout classes, before/after breaks, and at a minimum, after each rotation, for participants, staff, and volunteers.
- Ensure physical distancing measures and cleaning protocols have been adhered to in all spaces.
- According to WorkSafeBC, staff have a right to refuse to work in unsafe conditions ([WorkSafeBC website](#)). Staff and supervisors must be prepared to respond to such concerns.

Screening

Requirements:

- Prior to entering the facility, all individuals must complete a Daily Screening Checklist (see Appendix 1) in electronic or hard copy format. This includes coaching and non-coaching staff, participants, parents, janitors, etc. Parents/guardians of minors must collaborate with club staff to ensure that this process runs smoothly and efficiently. Clubs must keep completed checklists on file for 30 days.
- Individuals must stay home if they have knowingly been exposed to someone who has tested positive for COVID-19 recently.
- Do not allow individuals to enter the facility or participate in any activity if they have travelled outside of Canada in the last 14 days.
- If you are unsure about how to address a COVID-19 issue, call Service BC or your regional health authority for guidance.

Personal Hygiene

Requirements

- Provide hand-washing and/or sanitizing stations at the entrance, exit, and throughout the facility. Ensure these stations are accessible for all individuals.
- Limit the items participants bring into the gym; participants must 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.
- 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.
- Participants and staff must wash and/or sanitize their hands prior to training. Hand-washing or sanitizing should be frequent throughout classes.

Physical Distancing

Requirements:

- Everyone inside the facility must maintain a minimum of **two meters** separation at all times when not in the field of play, and not seated.
- Coaches are allowed to spot athletes.
- No spectators are allowed for indoor activities at this time.

Scheduling of Activities

Requirements

- The [Rule of Two](#) must be adhered to at all times.
- Drop-in classes are allowed.
- Birthday Parties are allowed.
- Detailed attendance and membership tracking are required for all activities. This includes staff, volunteers, and participants.

Injury Protocol

Requirements

- 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.
- Clubs must have personal protective equipment (PPE) on hand (i.e., gloves and masks), stored separately from first-aid kit in case of emergency.
- Each club must have a well-stocked first aid kit in case of emergency.

Part II - Communications

Ensuring safety measures are met and adhered to depends on everyone being aware of and understanding requirements they must follow. Communication of requirements to participants is vital.

GBC has developed and compiled a number of resources to help your club communicate the health and safety measures being taken within your facility.

Requirements	
<p>Clubs must post the following posters in visible spaces at their facilities:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hand-washing poster (more detailed) <input type="checkbox"/> Physical distancing <input type="checkbox"/> Entry check for visitors <input type="checkbox"/> Occupancy limit poster <input type="checkbox"/> Cover coughs and sneezes <p>GBC clubs must also communicate the health and safety measures being taken within their facilities/operations in writing to all appropriate individuals, including members, staff, and volunteers.</p>	
Optional Posters	
<p>GBC (gymnastics-specific):</p> <ul style="list-style-type: none"> o Got Symptoms? o Germmy-Handed o Welcome Home o Strike A Pose 	<p>Government of Canada:</p> <ul style="list-style-type: none"> o Stop the spread o About COVID-19 o Cleaning o Hand-washing
<p>WorkSafeBC:</p> <ul style="list-style-type: none"> o How to use a mask o Entry check for workers o Handwashing instructions 	<p>BC Center for Disease Control:</p> <ul style="list-style-type: none"> o Personal protective equipment

Appendix 1:

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
	• Nausea or diarrhea	Yes	No
2.	Have you travelled outside of Canada in the last 14 days?	Yes	No
3.	Are you currently being investigated as a suspect case of COVID-19?	Yes	No
4.	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: Risk Management Forms

1. [Gymnastics BC Club Declaration of Compliance – COVID-19](#)
2. [Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement](#)
3. [Participant Declaration of Compliance – COVID-19](#)