



# 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

## August 24, 2020 Updates (NEW)

Effective August 24, 2020, the Government of BC and viaSport announced measures to progressively loosen restrictions on the sport sector. viaSport's Return to Sport document has been updated accordingly, and is available [here](#).

The focus during this new phase is to carefully increase the number of contacts and contact intensity in sport.

New updates in this document appear highlighted in yellow. All changes that appear on this page have also been included in the document.

### Contact Tracing

For contact tracing purposes, if sport organizations are not the owner or operator of the sport facility, they must provide the facility operator with the first and last names and telephone number, or email address of all participants. Read the [Ministerial Order](#) for more details. If the sport organization is the owner or operator of the facility, it must maintain its own contact tracing records.

### 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. For further information, see the Physical Distancing section on page 10-11.

### 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 (i.e., a series of events).

- Cohorts must not exceed 100 people.
- Clubs must document who are members of every cohort. This will help contract tracing, if needed.
- 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 metres 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 (see PHO Order).
- Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
- Cohorts should remain together for an extended period of time. If changing cohorts is required, an athlete must either:

- maintain a minimum of 2 metres 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.

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.

Please note: Although viaSport guidelines currently permit regional competitions, GBC's competition season is not currently underway. GBC will provide additional information later this fall, as the competition season approaches.

# Introduction

This document is intended to help Gymnastics BC (GBC) clubs create their own COVID-19 Safety Plan, which will guide their reopening following the COVID-19 global pandemic. It includes requirements that clubs must implement as part of their reopening as well as tips to help implement those requirements.

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 return to operations (this document should be each club's primary reference point in developing individual COVID-19 Safety Plans). In the event that a club is audited by WorkSafeBC, all club personnel will be required to demonstrate compliance to the club COVID-19 Safety Plan.

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

Prior to returning to operations, each club's Board of Directors or Owner must formally approve the club's COVID-19 Safety Plan. Club Board Members and Owners are ultimately liable for the decisions and work of the club; therefore, the Board/Owner of each club should understand and be comfortable with the level of risk that the organization is taking on, and approve their clubs' COVID-19 Safety Plan before implementation occurs.

GBC guidance and club COVID-19 Safety Plan requirements may change as government and provincial health requirements for businesses evolve.

**Please note:** Claims related to the transmission of COVID-19 will not be covered by GBC's insurance policies; it is the responsibility of each member club to ensure that their individual members are aware of the absence of insurance coverage in this area and the risk they assume by returning to the gym.

Currently, the entire sport industry is dealing with an absence of coverage for claims related to the transmission of COVID-19. The entire sport industry is working together to find a resolution; this is not an issue unique to GBC.

To mitigate risks, GBC has developed several risk management documents which must be completed by participants, parents/guardians, and club Owners/Managers prior to reopening, and/or participating in programming.

The original version of this Return to Sport document (without revisions effective August 24, 2020) was approved by the GBC Board of Directors on June 4, 2020.

# Steps to Reopen

In order to reopen, each GBC member club must:

1. Create a COVID-19 Safety Plan that meets the requirements set out in this document;
2. Gain approval of the COVID-19 Safety Plan from club Board of Directors/Owner; and
3. Publish the approved COVID-19 Safety Plan electronically, front and center on club website home page and/or in hard-copy on the walls of the gym, in a conspicuous place.

# 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"> <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>

### 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.
- ✓ Start with older, more experienced athletes who will be able to follow the rules.
- ✓ Small class sizes (e.g. six participants per class) and reduced training time.

### 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.
- ✓ Expand classes to younger, less experienced participants.
- ✓ Increase ratio (e.g. eight participants at a time) and training time for each group.

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

- ✓ Ability to maintain physical distancing (see Physical Distancing section on pages 10-11 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 (see Section 3.4 of [GBC's Coaching Education Operations Manual](#)) and training time for each group.
- ✓ 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](#).

# Part I: Requirements and Tips

Part I of this document outlines requirements clubs must follow in order to resume and continue operations, as well as tips for ways to implement and adhere to requirements.

## Facility Access

### Requirements

- Assess facility traffic flow to ensure that two metre physical distancing is maintained at all times.
- Close unnecessary access points in order to monitor the number of people in the facility.
- Place two metre physical distancing markings outside and where needed inside of the facility.
- 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.
- 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.
- Staff must ask participants to leave the facility immediately after their class to prevent gatherings in the lobby, gym, or parking lot. *Parents should plan accordingly to be on time to pick up their child.*
- Participants must arrive dressed for activity. If locker rooms must be used, access should be controlled so that physical distancing can be maintained.
- Prior to participating in any programming, required GBC forms must be completed (to be shared separately).

### Tips

- Create a separate facility entrance and exit, if possible.
- Choose doors with an automatic function or prop doors to reduce contact with door handles.
- Request that only one parent/guardian accompanies their child inside the facility.  
Use contactless or online methods of registration and payment, if possible.

## Facility Operations

**Review protocols with staff regularly and adjust as needed.**

### Requirements

- Determine the maximum occupancy of all separated areas within the facility (e.g., gymnastics area, lobby, class rooms).
- No more than 49 people are ever allowed in the facility at one time (see [Government of BC ban](#) on gatherings of 50 people or more, and [viaSport guidelines](#)) while respecting physical distancing requirements.
- Coordinate with other facility operators to determine occupancy limits in shared, large facilities (e.g., shared space in a rec center or school).
- Use cones, arrows and/or large signage to indicate pathways inside the gym.
- Remove shared items that elevate the risk of transmission, such as coffee makers, shared office equipment, vending machines, and turn off water fountains, etc.
- Remove small shared gymnastics equipment such as stopwatches, bar straps, weights, rollers, etc.
- Close play structures (e.g., trestle equipment, monkey bars) that are difficult to clean and disinfect.
- Remove chalk boxes; participants should have their own chalk in a container/bag large enough to fit their hands.
- Close areas of the facility that are not being used (e.g., storage, lockers, meeting rooms).

- Prohibit entry into loose foam pits.

### Tips

- Remove equipment to free up space if necessary, to allow for traffic flow.
- Increase ventilation where possible.
- Create a gym map to show how activities on various apparatus can continue while everyone maintains physical distancing requirements.
- Do not use mats or shapes that are torn as they cannot be cleaned properly.
- Consider closing spectator viewing areas for some time, or mark on the bleachers where spectators can observe activities while maintaining physical distancing.

## Cleaning

### Requirements

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

- Document the time when each apparatus or specific area is cleaned (e.g., washrooms). Logs should be accessible to parents and athletes.
- Club personnel must determine and communicate high touch-points to individuals responsible for cleaning.
- Entrance, gym lobby and other areas with high touch-points must be cleaned and disinfected frequently, preferably prior to and after each class.
- Surfaces with high touch-points must be cleaned at least twice per day (e.g., washroom counters, doorknobs, handrails, guest seating, kitchen/break areas, etc.).
- Disinfect gym equipment between each person; if not possible, properly disinfect all equipment after each class and/or rotation.
- Equipment that cannot be cleaned (i.e., cloth-like surfaces, foam pits, etc.) cannot be used until an appropriate cleaning process is implemented.
- Communal and high-touch gym tools (e.g., iPads, computers, copiers, music systems) must be cleaned or sanitized between each use. If possible, coaches should come prepared with their own training tools and technology, and avoid sharing with other coaches.
- Once classes are over for the day and all athletes have left, all surfaces must be disinfected (e.g., mats, floors, counters, washrooms, light switches, door handles, etc.). This must be done over and above regular cleaning requirements.
- Facilities must have lined garbage bins for the safe disposal of cleaning products and other materials.

### How to Clean

- Read the labels of cleaning products, and follow directions on the label. Wear gloves if necessary.
- Wash first, then disinfect. Use caution when mixing cleaning chemicals.
- 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](#)).
- Maintain adequate supplies for high frequency hand-washing and disinfection of surfaces (e.g., soap, paper towel, bleach solution).
- Equipment cleaning strategies are provided by Spieth America (see cleaning strategies [here](#)).
- GBC has become aware of a product called 'Vital Oxide' which clubs may use to clean facilities. GBC clubs are welcome to reach out to Brent from Vital Clean to receive a 15% discount at 604-506-3787 or [brent@vitalclean.ca](mailto:brent@vitalclean.ca). Please ensure you reference GBC in order to access the 15% discounted rate.



## Communicate

### Requirements

- Inform members of the new protocols before their first visit to the gym, to foster confidence in the staff's commitment to keep everyone safe. Include information on club:
  - Screening protocols
  - Illness Policy (See Appendix 2)
  - Personal hygiene requirements
  - Physical distancing requirements outside and inside of the facility
  - Cleaning protocols
  - Programming changes (e.g., limitations on number of people permitted inside the facility at once, policies regarding spotting, etc.)
- Any discussion between parents and coaches must be completed over the phone, email or by electronic communication.
- Post various resources provided by the BC Centre for Disease Control (BCCDC), WorkSafeBC and GBC on the club's website, facility entrance, and in prominent places throughout the gym. Further details are provided in the Part II of this document.
- Insurance claims related to the transmission of COVID-19 will not be covered by GBC's insurance policies. It is the responsibility of each member club to ensure that their individual members are aware of the absence of insurance coverage in this area and the risk they assume by returning to the gym.
- Each club/facility must appoint a **COVID-19 Club Representative** (this can include a club's WorkSafeBC Joint Health and Safety Committee/Representative) to address all COVID-19-related communications, compliance, and coordination in the gym. *The name and contact information for the COVID-19 Club Representative will be included on the GBC Club Declaration form.*

### Tips

- Share challenges, questions, resources, and best practices with peers (other clubs) via GBC's Online Learning Academy [discussion forum](#).

## 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.
- Club leaders and COVID-19 Club Representatives must hold a mock training session with staff and volunteers before the official opening of the gym to test protocols. As a group, discuss what worked, what didn't, and make adjustments before finalizing your COVID-19 Safety Plan and reopening.
- 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.

### Tips

- Remind staff and volunteers to avoid touching eyes, nose, and mouth.

## Screening

### Requirements

- Prior to entering the facility, all individuals must complete a Daily Screening Checklist (see Appendix 1) in electronic or hard-copy. The club must retain these checklists. As participants and parents enter the facility, everyone must respect the process to ensure that it is completed smoothly and efficiently.
- 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).
- Do not allow individuals to 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.

### Tips

- If an individual experiences seasonal allergies (or other flu like symptoms), they should get a doctor's note explaining their symptoms before entering the gym.
- Immuno-compromised (high-risk) individuals should consult a medical practitioner before returning to the gym.
- A club may choose to add temperature checks as part of their COVID-19 Safety Plan.

## 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.
- Individuals may choose to wear masks at any time, at their discretion. However, for safety reasons, athletes can not be required to wear a mask during activities. Masks must be worn in any situation where physical distancing of two metres is not possible.
- Participants and staff must wash and/or sanitize their hands prior to training. Hand-washing or sanitizing should be frequent throughout classes, and at a minimum, after each rotation, for participants, staff, and volunteers.

### Tips

- Participants should wear socks when possible, and when using specific apparatus.
- Remind all facility visitors to avoid touching eyes, nose, and mouth.

## Cohorts and Physical Distancing

### **Spotting:**

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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. For further information, see the Physical Distancing section on page 10-11.

### **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. series of events).

- Cohorts must not exceed 100 people.
- Clubs must document who are members of every cohort. This will help contract tracing, if needed.
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- Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
- Cohorts should remain together for an extended period of time. If changing cohorts is required, an athlete must either:
  - maintain a minimum of 2 metres 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.).
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In the context of gymnastics, the introduction of cohorts means that:

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- 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.
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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.

### **Tips**

- Use personal yoga mats on beam, single skills on floor, etc., and ask athletes to clean their mats daily, and after training sessions.

- Use outdoor space for conditioning and other safe activities assuming physical distancing requirements and cleaning requirements can be maintained.

## Scheduling of Activities

### Requirements

- The [Rule of Two](#) must be adhered to at all times.
- Training groups should remain consistent for seasonal programming periods (including cohorts).
- Plan a progressive return to activities; create a phased programming plan that includes reducing the number of classes at any given time and class sizes to meet physical distancing requirements.
- Drop-in classes are prohibited.
- Detailed attendance and membership tracking are required for all activities. This includes staff, volunteers, and participants.

### Tips

- Set an appropriate time for participant arrival, prior to scheduled activities.
- Stagger classes so group arrivals and departures do not overlap, and run fewer classes at a time.
- Schedule longer breaks between classes to allow for cleaning, as well as participant arrival and departure.
- Eliminate athlete breaks during practices to prevent participants from congregating.

## 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.

### Tips

- Separate PPE storage could be located in multiple areas of the gym or carried in fanny packs worn by coaches.

## Illness Policy

### Requirements

- Adopt and adhere to the club Illness Policy outlined in Appendix 2.

## Outbreak Response

### Requirements

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.

- Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
- 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, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility operator right away.
- Implement your illness policy (see above, and Appendix 2) and advise individuals to:
  - self-isolate
  - monitor their symptoms daily, report respiratory illness and not 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.
  - use the [BC COVID-19 Self-Assessment Tool](#) to help determine if further assessment or testing for COVID-19 is needed.
    - Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
    - Individuals can learn more about how to manage their illness [here](#).
- In the event of a suspected case or outbreak of influenza-like-illness, 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 your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

# 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 and spectators 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

Clubs must post the following posters in visible spaces at their facilities:

- [Hand-washing poster \(more detailed\)](#)
- [Physical distancing](#)
- [Entry check for visitors](#)
- [Occupancy limit poster](#)
- [Cover coughs and sneezes](#)

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 (sample email attached as Appendix 3).

## Optional Posters

<p><b>GBC (gymnastics-specific):</b></p> <ul style="list-style-type: none"> <li>○ <a href="#">Got Symptoms?</a></li> <li>○ <a href="#">Germy-Handed</a></li> <li>○ <a href="#">Welcome Home</a></li> <li>○ <a href="#">Strike A Pose</a></li> </ul>	<p><b>Government of Canada:</b></p> <ul style="list-style-type: none"> <li>○ <a href="#">Stop the spread</a></li> <li>○ <a href="#">About COVID-19</a></li> <li>○ <a href="#">Cleaning</a></li> <li>○ <a href="#">Hand-washing</a></li> </ul>
<p><b>WorkSafeBC:</b></p> <ul style="list-style-type: none"> <li>○ <a href="#">How to use a mask</a></li> <li>○ <a href="#">Entry check for workers</a></li> <li>○ <a href="#">Handwashing instructions</a></li> </ul>	<p><b>BC Center for Disease Control:</b></p> <ul style="list-style-type: none"> <li>○ <a href="#">Personal protective equipment</a></li> </ul>

## Part III: Coaching Tips and Resources

### Considerations as Athletes Return to the Gym

#### Resources

1. Clubs/Coaches need to realize the **importance of taking it slow**; athletes are not returning from a two-week summer vacation and getting back into training with the rest of their group. Everyone has had a significant de-training period over the past 10-12 weeks. Gymnasts may want to enter the gym and begin to flip and twist like they did in February. A coach's biggest challenge will be to pace the return and keep participants from advancing too quickly. Overuse injuries and new quickly-progressing chronic injuries should be of concern. Remember, it is not a race to get back to 'normal'. When athletes return, there will be a significant transition phase in an annual athlete development plan. This is the perfect opportunity to start using Heather Ramsbottom's Strength and Conditioning resource. Heather recommends that her plan be started during a transition period.
2. Heather Ramsbottom Physical Preparation Tools:
  - [Strength and Conditioning Manual](#)
  - [Periodization Chart](#)
  - [Informational videos](#)
3. Watch GBC's webinars on our [Gymnastics YouTube Channel!](#)
4. USA Gymnastics has created an [eight-week return to training plan](#) for each discipline. This document has had input from USAG administrators and coaches. It is based on a 100% return to activity for an athlete normally training 15 hours per week.
5. Clubs may consider use of outdoor space for programming purposes as outdoor spaces are generally safer, better ventilated, and able to accommodate physical distancing. Clubs using outdoor facilities should consider: the ability to control group sizes and proximity within the environment and; compliance with BC Parks and Recreation Association Guidelines.
6. Suggested contents for individual gym bags (final list should be provided to families by club):
  - a. Mask
  - b. Knit Gloves (wash after each training session)
  - c. Full water bottle
  - d. Large Ziploc bag with chalk
  - e. Grips / safety straps / wrist bands
  - f. Athletic tape
  - g. Thera bands / tubing
  - h. Ankle weights
  - i. Skipping rope
  - j. Yoga mat
  - k. Socks / gym shoes
  - l. Personal hand sanitizer
  - m. Hair ties

## Apparatus-Specific Ideas

Below is a list of possible apparatus-specific activity suggestions and modifications.

### Foam Pit Area

If your gym is equipped with a Resi-Pit set up, you may add mats on top that are easy to sanitize after use. You may choose to cover your usage area with a large tarp to avoid incidental contact with the Resi-Pit.

Consider covering foam pits with a tarp (tucked in around the foam) with mats placed on top of the tarp to allow for proper cleaning.

- If you have a loose foam pit area:
  - Determine which areas of the pit you would like to use, guaranteeing no entry into the actual cubes.
  - Bring the area up to floor level.
  - Consider covering an area larger than a mat with a large tarp (IE: using a 5' x 10' x 20cm safety mat could use a 15' x 20' or 20' x 30' painters' tarp).
  - Place your mats on top of the tarp in the area you wish to use.
  - Consider extending the matted area with extra mats to reduce the likelihood of falling onto the tarp.

### Floor

- Use personal yoga mats for single skills, handstand work on floor, etc., and ask athletes to clean their mats daily, after each training session.
- Consider using sting mats (4' x 6' - 10 cm) on the floor (vinyl side up) – easier to clean.
- Chalk use should be avoided.
- Implement leg conditioning drills before tumbling.
- Front tumbling is easier on the Achilles tendon, so will have less stress on ankle joints to start.
- Wear knit gloves for handstand and basic drills.
- Leaps, turns, dance - wear socks/avoid bare feet.
- Series tumbling on soft surfaces.
- No loose foam pit entry - place mat on top of foam.
- Group dance/choreography with physical distancing.

### Bars

- Use strap bars and ask participants to bring their own knit gloves and straps.
- No spitting on hands or grips, do not use honey on the bar.
- Athletes should have a personal stock of chalk in a bag large enough to fit their hands. Eliminate communal chalk boxes.
- Wear knit gloves on the floor bars.
- Using straps, work on basic swings.



## Trampoline

- Participants are recommended to use footwear.
- Participants must wait away from the edge of the trampoline and avoid excessive contact with the equipment; however, spotters should be close enough if needed.
- Define one entry/exit point to minimize cleaning area.
- No loose foam pit entry - place mat on top of foam.
- Use throw mat for safety, avoid stomach/face first landings - wipe down the mat between people.

## Vault

- Use this time to improve the run! Do running drills for arm and leg alignment/technique.
- Chalk should be avoided.
- Non-vault table drills (no touching of hands).
- No stomach landing (avoid droplet spread).

## Parallel Bars

- Avoid using same spot on bars.
- Set bars wide at one end and narrow at other: gymnasts can find the spot they fit for basics.
- Athletes should have a personal stock of chalk bag large enough to fit their hands. Eliminate communal chalk boxes.
- Upper arm/shoulder strength - not gripping bars.
- Long swing work done without honey/extra stick.
- Work on basic support swing.
- Use parallettes for strength and handstand drills.

## DMT/Fast Track

- Participants are recommended to use footwear.
- Allow only one inversion skill per pass.
- Basic dismount skills (to start).
- Soft landings for dismounts - roll out to avoid ankle injuries.
- No loose foam pit entry - place mat on top of foam.

## Beam

- All participants must maintain a physical distance of two metres while using beams. If beams are less than two metres apart, alternate usage.
- Use personal yoga mats on beam, etc., and ask athletes to clean their mats daily, after each training.
- Work on floor 'line work' for confidence building.
- Avoid chalk on hands and feet - at least at the beginning.
- Use knit gloves when possible for handstand work on low beams/floor beams.

## Rings

- As rings cannot be cleaned after every turn, consider using strap rings only, everyone has own knit gloves.
- Athletes should have a personal stock of chalk in a bag large enough to fit their hands. Eliminate communal chalk boxes.
- Athletes will need significant shoulder flexibility and strength work upon returning to rings.
- Work on basic swing and simple static strength.

## Pommel Horse

- Lots of wrist strength/preparation on floor (wear knit gloves).
- Small numbers to avoid overuse pain (mushroom/horse) - wipe down mushroom between gymnasts.
- Great time for pendular swing prep on floor.
- Athletes should have a personal stock of chalk in a bag large enough to fit their hands. Eliminate communal chalk boxes.

## 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
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:

### Sample Illness Policy from viaSport

In this policy, “Team member” includes an employee, contractor, 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, loss of appetite, nausea or diarrhea.

See BCCDC website for a full list of symptoms: <http://www.bccdc.ca/health-info/diseasesconditions/covid-19/about-covid-19/symptoms>

#### **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. If Team Members are unsure please have them use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en>.
- c. Managers/coaches may 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.

#### **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 within the sport environment, they should be sent home immediately and contact 8-1-1 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. Follow the direction of health officials.

#### **5. Quarantine or Self-Isolate if:**

- a. You have travelled outside of Canada within the last 14 days.
- b. You have come into close contact with someone who has tested positive for COVID-19.
- c. You have been advised to do so by health officials.

## Appendix 3: Sample Club Email

Dear <<PARTICIPANT, COACH, PARENT>>,

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, Gymnastics BC has been working with viaSport and the Province of British Columbia to understand the recommendations our Chief Provincial Health Officer and how they best apply within sport. The attached <<CLUB NAME>> COVID-19 Safety Plan has been developed in order to ensure:

- the health and safety of all individuals is a priority
- activities are in alignment with provincial health recommendations
- modifications to activities are in place in order to reduce risks
- our sport is united and aligned on a plan to reopen throughout the province

While we do hope things will return to normal in the not too distant future, this COVID-19 Safety Plan will be the 'new normal' until we are advised otherwise by public health authorities.

If you choose to enter the club facility and/or participate in activities, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have (or if someone from your household has) traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- Wash your hands before participating, and frequently during participation.
- Bring your own equipment, water bottle and hand sanitizer.
- Comply with physical distancing measures at all time.
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the facility as quickly as possible after you finish.
- <<INSERT ADDITIONAL INFORMATION>>

Our Return to Sport Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. As such, you must consider your own circumstances and make a decision that is right for you. Should you choose to join us, we require your full cooperation with our COVID-19 Safety Plan.

Sincerely,

<<INSERT CLUB NAME>>

## Appendix 4: 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](#)