

PULSARS GYMNASTICS
Return to Play Handbook
September
2020

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Section 1: Overview

The health and safety of our students, their families, and our staff are of the utmost importance. As we return to play after the disruption of the COVID-19 pandemic, every policy, procedure, and decision is being made in the interest of all participants' safety and health.

Everything about this illness, its' spread, government guidelines, social responses, the needs of our families, and the economic impact have been fluid and in constant change. Our plans and procedures for addressing these issues must be fluid and adaptable as well. We will constantly evaluate our policies and procedures and adjust our responses accordingly.

We will do everything we can to meet and exceed Provincial and Federal guidelines, as well as those of our sport's governing body (Gymnastics Ontario), while at the same time minimizing interruption to "normal life" as much as possible. We understand that certain solutions and policies will not be the most appropriate for each family. While we try our best to create the optimal environment for everyone to safely participate, we of course will respect those families who have had to make the difficult decision to delay their return.

Given the above statements, and in the interest of protecting the health and safety of our students, their families, and our staff, we will be enforcing all policies and procedures listed within the Return to Play Handbook. If a student, their family, or a staff member is unwilling to abide by these policies and procedures, they will not be allowed to participate until their willingness to do so has changed.

Section 2: Member Awareness

1.	We will inform participants, families, and staff of protocols by email, via our website, and through signage in the facility
2.	An Assumption of Risk/Waiver agreement must be signed prior to participation
3.	A Declaration form must be signed by all members and staff entering our facility to declare their understanding of COVID-19, as well as their responsibility to self-monitor
4.	We will post Ministry of Health signage with approved hand washing and physical distancing protocols
5.	a) Participants, their families, and staff may not enter the facility if either they or a household member has had onset of symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days. Potential symptoms include fever, cough, difficulty breathing, sore throat, trouble swallowing, runny nose, loss of taste or smell, nausea, vomiting, or diarrhea, or generally feeling unwell. Anyone presenting with these symptoms must contact Telehealth Ontario or their family physician to determine whether a COVID-19 test is required, prior to returning to the facility. If a test is deemed necessary, self-isolation is required until those test results have come back, after which time the instructions provided by Public Health must be followed. After a period of any illness, we must receive notification in writing that the student or staff member has been medically cleared to return. b) If anyone in a student or staff member's household is showing symptoms of illness, they can not attend
6.	If anyone in the athlete's or staff member's household has been in contact with a confirmed case of COVID-19, a self-isolation period of 14 days is required. The student or staff member may not attend classes during that time.
7.	If anyone in the athlete's or staff member's household has travelled outside of Canada, the student or staff member can not attend classes until 14 days after their return
8.	There are no refunds or credits for missed classes. <i>An athlete may be able to do a make up upon their return provided there is availability in the desired program, within the same program session.</i>
9.	Refunds will not be issued for gym closures including, but not limited to, storms, power outages, heating failures, outbreaks, floods, or other unforeseen circumstances. If the club is required to shut down due to COVID-19, we will credit all classes affected by the closure to the family's account.

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| 10. We will maintain the confidentiality of any person confirmed to have been infected with COVID-19 but will cooperate with Public Health to assist with contact tracing. |
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Section 3: Entering and Exiting the Facility

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| 1. It is recommended that carpooling not take place, and that only members of the same family ride in a vehicle together |
| 2. A screening questionnaire will be administered at the entry door (Unit 8) prior to allowing the student to enter the facility. The parent must come to curbside to attend this screening |
| 3. Staff will also be screened before being allowed to work |
| 4. Students or staff presenting with any symptoms will not be allowed to enter the facility, and will be directed to return home and to contact Telehealth Ontario or their family physician, to determine whether a test for COVID-19 is required. |
| 5. a) Students are to be dropped off and picked up in the parking lot. A staff member will monitor arrivals at Unit 2 and departures at Unit 1. Staff will ensure athletes are escorted to the Exit and to their parent/guardian for pick up
b) Tardiness can not be accommodated - please ensure you are on time for drop off and for pick up. |
| 6. a) There are no spectators allowed in the facility. Exception: Every child 3 years of age or younger must be accompanied into the gym by one parent. This parent is required to wear socks, or indoor shoes and a mask always when social distancing is not viable, and to remain with the child throughout the class. |
| 7. Everyone must use hand sanitizer immediately upon entering the facility. Everyone is asked to bring their own sanitizer and keep in their gym bag. |
| 8. Everyone must wear a mask when entering and exiting the facility, and in all common areas. |
| 9. Physical distancing guidelines must be followed. No one may be within 2m of another person |
| 10. Upon arrival, students will be directed to their warmup area - each athlete will have a designated spot |
| 11. Gymnasts should come dressed, wearing their training attire under their clothes. Backpacks to store all their belongs as the change rooms will not be available, until further notice. |

12. Once class is over, participants must leave the facility promptly, and must sanitize their hands prior to leaving.

Section 4: Facility Safeguarding

1. Heightened cleaning and disinfection of entire facility, especially high traffic areas
2. Limit the number of participants and staff in the facility.
3. No spectators are permitted
4. Changerooms will not be used until it is deemed safe to be in closer proximity to one another
5. Post a copy of handwashing guidelines at entrance and in bathrooms
6. Cleaning between each use of the bathroom, when possible
7. Ensure respiratory etiquette is following by advising individuals to cough, sneeze or yawn into their arm or a tissue
8. Avoid touching your eyes, nose, or mouth, especially with unwashed hands
9. Sanitize gymnastics equipment between classes, where possible, and at the end of the day with a COVID-19-effective fogger
10. At the end of the day, all high traffic areas will be cleaned and disinfected
11. When possible, the garage doors will be opened to allow for fresh air during training
12. The overhead fans will always be turned on to promote air circulation
13. The pit will be out of use, and will be covered with mats, which can not be moved
14. Office is closed, contact by email or via phone voice mail only. Once the office re-opens, one visitor at a time will be permitted, with physical distancing
15. Office staff must clean and sanitize high touch areas upon arrival and at departure (i.e.: mouse, keyboard, telephone, etc.). Work at designated workstations if possible (avoid sharing)

Section 5: Participant Safeguarding

1.	Physical distancing guidelines are followed throughout the facility. Participants must always maintain a distance of 2m from one another
2.	Students must bring their own spill-proof water bottle from home. A touchless water refilling station is available by the washrooms.
3.	Water bottles and all other belongings must be kept in a bag large enough to fit all personal belongings, i.e., Backpack.
4.	Athletes (and any parents accompanying them into class) must have a personal yoga mat, or personal towel for floor activity.
5.	If an athlete becomes ill at the facility the following actions will be taken: a) Isolate the child in a separate area, with supervision b) Ensure physical distancing from other participants c) Staff should be mindful of hand washing and avoid contact with the child's respiratory secretions d) Notify parents to come pick up their child immediately e) All equipment used by the child should be immediately removed from use by any other student, and cleaned immediately
6.	Limit use of props and small equipment, and set aside for cleaning after use
7.	Clean and disinfect gymnastics equipment if a gymnast's head or face met the equipment
8.	Students may only use Thera-bands which belong to them. No sharing.
9.	If the rope is used during training, students must use hand sanitizer before and after each use
10.	Porous props and equipment are temporarily taken out of use
11.	a) Each competitive athlete will be required to bring, and take back home, their personal training equipment each day. This includes grips, wrist bands, chalk and container, water spray bottle, drinking water bottle, socks, hand sanitizer, yoga matt. Everything should be enclosed in a bag large enough to hold everything, including shoes. A backpack works best. b) Each competitive student is required to have their own chalk and roll of tape (which we can provide at a cost of \$5 per block, or \$3.00/tape paid by either club credit or by e-transfer), as well as a container or bag to keep your personal chalk.

<p>c) Each competitive athlete is required to have their own spray water bottle if they require it for bars. Spray bottles may not be shared.</p> <p>d) All belongings should be labelled to avoid mix up</p>
<p>12. Each recreational athlete will be required to bring, and take back home, all their belongings each day. This includes hand sanitizer, socks, water bottle, etc. Everything should be enclosed in a bag large enough to hold everything. A backpack works best. All belongings should be labelled to avoid mix up.</p>

Section 6: Program Management

<p>1. Adhere to maximum number of participants in the training area as mandated by Gymnastics Ontario</p>
<p>2. Reduce the number of classes in the gym at any one time</p>
<p>3. No physical contact among participants. Staff are required to wear a mask if they must attend to a student in the event of an emergency</p>
<p>4. Stagger start and end times to ensure physical distancing can be maintained during arrivals and departures, and to allow cleaning, where possible</p>
<p>5. Velcro and other markings will be used to create physical distancing lines within the facility</p>
<p>6. Apparatus rotation schedules will be updated to maintain the guidelines for physical distancing</p>
<p>7. There will always be a minimum of 2 adults in the facility during class</p>

Section 7: Class Management

1.	a) Physical distancing guidelines are followed by staff and athletes - participants must always remain 2 metres apart b) Students that do not abide by physical distancing rules will be given one warning. The second occurrence will result in suspension from class
2.	Athletes are to avoid physical contact with one another i.e.: no hugs, high fives
3.	No partner activities during warmup, training, or conditioning if physical distancing cannot be maintained
4.	Create physical distancing between stations and circuits
5.	All staff and athletes must properly wash or sanitize their hands between rotations
6.	Limited spotting is allowed in competitive programs only. Use enhanced progressions in teaching skills to ensure limited need for spotting.
7.	No spotting is allowed in recreational programs. Recreational programs will use circuits with varied progressions to avoid the need for spotting.