

**Yellowknife Gymnastics Club Return to  
Play  
July 20<sup>th</sup>, 2020  
Updated March 16<sup>th</sup> 2021**



### **Phase One: Reintroduction of experienced, competitive athletes (over the age of 10-19yrs)**

- Tentative date: August 4th 2020
- 2 coaches/8 athletes' ratio
- Three groups of eight athletes during the week (not at the same time)
- Groups will not change during this time, once assigned a group this will be there group. (Bubble groups)
- Experienced, competitive athletes over the age of 10 only
- Limit hours to 3 days a week – 2-hour training sessions
- Training basic gymnastics only and fitness, so coaches do not need to spot
- Some equipment is closed – Both pits, water fountain.

### **Phase Two: Reintroduction of younger competitive athletes (over the age of 6-19)**

- Date August 17<sup>th</sup> 2020
- 2 coaches/6 athletes' ratio
- Three groups of 6 during the week (not at the same time)
- Groups will not change during this time, once assigned a group this will be there group. (Bubble groups)
- Competitive athletes over the age of 6
- Limit hours to 3 days a week – 2-3 hours per group
- Training basic gymnastics only and fitness, so coaches do not need to spot
- Some equipment is closed – Both pits, water fountain.

### **Phase Three: Reintroduction of recreational athletes (ages 3-14yrs)**

- Date Sept 14<sup>th</sup> 2020
- 2 coaches/6 athletes' ratio
- Multiple groups of 6 during the week (No more then 3 classes)
- Athletes will not be able to change classes during the session. Classes will be their own bubble.
- Recreational gymnasts & all competitive gymnasts will train at different times
- Limit hours to 6 days a week – 1 to 4 hours per group
- Training basic gymnastics only and fitness, so coaches do not need to spot
- Some equipment is closed – Both pits, water fountain.

### **Phase Four: Oct 5<sup>th</sup> 2020 Tentative Date “New Normal”**



- Fall programming resumes for recreational and competitive – including parented classes
- Parented classes will not run at the same time of any other classes
- Recreational Classes 3 groups of 6
- Athletes will not be able to change classes during the session. Classes will be their own bubble.
- Competitive as above.
- Kids aged 12 months – 19yrs
- Open daily
- Birthday parties & large group rentals remain closed
- Coaches will not be spotting
- Safe six guidelines will be in place

### **Phase Five: March 29<sup>th</sup> 2021 - Occupancy Change**

- Date March 29<sup>th</sup> 2021
- 2 coaches/8 athletes' ratio
- School bookings for classes within their class bubble
- Group bookings during the day time with a max of 15 participants
- Adult class – 1-2 times per week max 6 participants
- Kids aged 12 months – 19yrs
- Open daily
- Athletes will not be able to change classes during the session. Classes will be their own bubble
- Birthday parties & large group rentals remain closed
- Coaches will not be spotting
- Safe six guidelines will be in place
- Pits remain closed

### **Phase Six: Date TBA - Large group and public bookings**

- Additional groups added based on updated facility maximums
- School booking rental bookings resume
- Public (Party) rental bookings resume
- Large sport bookings resume

### **Phase Seven – Date TBA - Operating at real full capacity again**

Yellowknife Gymnastics Club commits to the following strategies to help ensure the health and safety of our community:

## Occupancy

Yellowknife Gymnastics Club will limit athletes attending our program to a ratio of up to 2 coaches/staff to 12.

- Children should be limited by size and grouping. Children enrolled should be in small groups of no more 12 children per two staff.
- Teach safe spacing (physical distancing, keeping two meters of separation) and encouraging activities that encourage more distancing than normal. To ensure we can adhere to the two-meter spacing, we are only allowing our older athletes in the facility during phases one and two.
- Foam pit will be closed and covered with a tarp and mats.
- Communal water fountain will be closed, athletes will need to bring their own water bottles. (Working on replacing water fountain with a water bottle fill station.)
- Gymnastics club can operate with class groups as their own units. When 3 groups(max) are in the gym each group will have their own area and equipment to use as a group. Groups will not be sharing any equipment. Groups following the maximum group size guidelines.
- Athletes are not allowed to congregate in groups larger than their grouping.

## Illness

Any child, staff or parent/guardian who is sick is not permitted to enter the facility, even if the symptoms are mild. Illness Symptoms to look for include, but are not limited to, fever, cough, shortness of breath, sore throat or feeling unwell.

If a child develops symptoms while at the facility, please take the following actions:

1. Isolate the child in a separate room. If a separate room is not available at that time, keep the child at least two metres away from other children. Coaches should be mindful of hand washing and avoid contact with the child's respiratory secretions.
2. Notify the parents/guardians to come and pick up the child immediately. 3. All equipment used by the child should be immediately removed from the reach of any other athletes and should be sanitized right away.

Any athlete or staff member living with someone who is self isolating is not permitted in the club during the isolation period.

## Physical Distancing

Yellowknife Gymnastics Club facility is utilizing a number of facility safe-guard techniques, and coaching techniques to ensure physical distancing is adhered to.

## Return to Play Gymnastics Specific Strategies



## **Member Awareness**

- Inform members of new protocols through email, club website, member receipts, in house communications.
- Post NWT Government approved handwashing and social distancing protocols in high traffic area eg. main entrance door, bathrooms
- Include COVID in club refund policy

## **Entering & Exit Facility**

- Place cones outside facility for parents & gymnasts to line up before and after entering with social distancing measures.
- Have the door open whenever possible so that handles do not need to be touched
- Staff member escorts the gymnast inside the facility
- Hand sanitizer station immediately in facility
- Athletes will be escorted to the designated area to place their gear and clothing in a designated tote that are two meters apart
- Coach will be stationed to monitor gymnast washing hands
- Gymnast may proceed to the gym once the coach has instructed them to.
- Chairs will be removed in waiting areas to ensure safe spacing
- The communal changing room/locker room will be closed

## **Spotting and Safety**

Gymnastics is typically a hands-on sport, but can be safely taught without so much spotting interaction to ensure physical distancing. Here are some strategies our staff are trained to utilize:

- Hands free coaching (no spotting) for recreational and competitive programs; circuits with safe, simple progresses they can do on their own, and modified training needs to ensure athletes are doing only safe skills, not learning new skills, which might require spotting.
- Wearing masks optional for the coaches/staff if they cannot maintain physical distancing (example: child gets hurt and needs first aid attention)
- Coaches may wear masks if they wish at work
- Personal safety measures such as coughing/sneezing into arm

## **Facility Safe Guarding**

- Our facility will be cleaned by staff in all high touch areas, immediately following practices.
- Provide hand sanitizing stations at the entry way of the facility
- For the time being, lost and found items will be disposed of if the owner is unknown to avoid pile up of clothing, water bottles and people rummaging through the lost and found. Members will be alerted of this.
- Clean/sanitize the gymnastics equipment between classes.
- Foam pit will be closed
- Communal water fountain will be closed



- Use of personal chalk containers rather than open chalk bucket (each athlete should be supplied with their own chalk and instructed not to share) and wash hands after using equipment.
- Air Handling Unit has been serviced, filters changed and fan motors and belts checked. Next service schedule the week of Aug 10<sup>th</sup>-15<sup>th</sup>.

### **Staff and Coaching Management**

- Prior to coming to work (daily), staff will be required to screen via self-assessment tool, report to their designated supervisor to present and discuss their assessment
- Staff are required to sanitize/wash hands between rotations
- Hands free coaching (no spotting) for recreational programs – i.e. mainly circuits
- Hands free coaching (no spotting) for competitive programs – i.e. modify training, need to ensure athletes are only doing safe skills, not learning new skills which might require spotting.
- Personal safety measures such as coughing/sneezing into arm
- If feeling unwell, MUST STAY HOME

### **Program Management**

- Reduce the number of classes/programs in the gym at any one time
- Adhere to maximum numbers in the gym as dictated by Health
- Athletes should have a designated area for rest between turns that can be marked off for safe distances
- Add time between class changeover to ensure time to clean/disinfect equipment and all previous class has left before new class comes in
- Remove or cover any equipment that is not necessary to be in use, to reduce cleaning
- Rearrange, remove or spread out equipment for better physical distancing
- Create pathways (eg. Velcro, colored tap) within facility for better flow
- Eliminate pit use for all programs – cover pit with tarp and landing mats

### **Class/Team Management**

- Reduce the number of gymnasts per coach
- Create physical distancing between stations/circuits
- No break times needed for competitive due to shorter training hours

### **Screening**

Parents/guardians need to conduct screening at home daily, prior to bringing their child to the gymnastics facility.



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Parents/guardians should check their children's temperatures daily before coming to the facility. Parents should be informed at the time of program enrollment or registration that this is the practise and place visible signage (posters) at the facility as a reminder.

For reference, normal temperatures are:

- Mouth: 35.5-37.5°C (95.9-99.5°F)
- Underarm: 36.5-37.5°C (97.7-99.5°F)
- Ear (not recommended in infants): 35.8-38.0°C (96.4-100.4°F)

Staff need to conduct daily screening; staff are required to screen via the self-assessment tool and report to their designated supervisor to present and discuss their assessment. If feeling unwell, even just a little, they must stay home.

NWT Self assessment tool: <https://www.surveymonkey.com/r/nwt-covid19-self-assessment>

## Hand Hygiene

All Yellowknife Gymnastics Club members and staff must adhere to the following hand hygiene guidelines.

Programs must engage in frequent hand washing with soap and water for at least 20 seconds. Teaching children to properly wash hands should be part of the daily curriculum.

Hand washing should be frequent throughout the day and should occur at, but not limited to, the following times:

- At the start of the work day and before going home.
- When arriving at the facility, and before leaving
- Before the children enter the gymnastics equipment, and after they leave
- After using the washroom.
- Before handing food of any kid (not typical, but sometimes kids snack)
- After getting hands dirty
- After sneezing, coughing or handling dirty tissues.
- After cleaning tasks (staff)
- After all outdoor activities

Coaches should help all children to ensure hand hygiene is performed correctly.

Hand sanitizers (alcohol-based products) may be used at the public entry space when first entering the gym during child drop off, but hand washing will be considered the best practice for all children. NWT Government Posters about practicing hand hygiene and physical distancing will be posted.

## **Infection Control Measures**

Yellowknife Gymnastics Club must follow the territorial regulations regarding cleaning, sanitizing and disinfecting: <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/cleaning-disinfecting-public-spaces/cleaning-disinfecting-public-spaces-eng.pdf>

Yellowknife Gymnastics Club will commit to cleaning, sanitizing and disinfecting high contact common areas after each training session. Each staff is encouraged to clean and disinfect shared staff items, such as phones etc., at least twice a day.

If a child becomes sick while at the facility, all items used by the child must be cleaned and disinfected.

## **Visitors**

Only parents/guardians/YKGC staff are permitted to enter the facility. All parents/guardians/YKGC staff must observe physical spacing of two metres from all persons except their own children. All non-essential visitors and volunteers are not permitted to enter.

Due to numbers we are asking those with older children to drop off only. For those with younger children we will have a designated area to view with physical distancing signage in place.

## **Signage**

Yellowknife Gymnastics Club will post NWT Government signs and other visual cues throughout the facility to remind staff, children and parents/guardians to perform hand hygiene and good respiratory hygiene (cover nose and mouth when coughing or sneezing).

Post signs to remind individuals not to enter if they are sick, even if their symptoms are mild.

Social distancing practices are encouraged at home and in the work environment whenever possible. Avoid close greetings such as handshakes and hugs to help reduce the spread of illness.

Posters with additional social distancing measures are available here.

<https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/social-distancing/physical-distancing-eng.pdf>



Appendix A:  
Daily Screening Questionnaire

Dear Parent or Guardian, so we can assess our ability to care for your child today, please fill out this questionnaire to determine if your child can attend.

1.	Do you, your family or your child attending today, have any or the following symptoms?	Circle one	
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of breath or difficulty breathing	YES	NO
	• Sore throat	YES	NO
	• Runny nose or congestion	YES	NO
	• Feeling unwell	YES	NO
	• Nausea, vomiting or diarrhea	YES	NO
	• Muscle aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis	YES	NO
2.	Have you, or anyone in your household, traveled outside of the NWT in the past 14 days?	YES	NO
3.	Have you, or your child(ren) attending today, had close contact (within 2 meters) with someone who has a cough or fever?	YES	NO



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4.	Have you, or anyone in your household, been in contact in the last 14 days with someone that is being investigated for or confirmed to have COVID-19?	YES	NO
5.	Have you, or anyone in your household, been instructed to self-isolate?	YES	NO

If you answered “yes” to any of the above questions, DO NOT enter at this time.

If you have recently developed any of the symptoms, please call 811 or visit:

NWT Self assessment tool: <https://www.surveymonkey.com/r/nwt-covid19-self-assessment>

If you have answered “no” to all the above questions, please sign in.

Be sure to practice good hand hygiene (use hand sanitizer or wash your hands with soap and water for at least 20 seconds) before entering and when leaving the facility.

Our goal is to minimize the risk of illness to you, your children, family and our staff. We thank you for your cooperation and understanding.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_