



Wings Gymnastics Society COVID-19 Safety Plan

Please note: this document is subject to change following provincial and federal health and safety requirements. Updated February 3, 2022

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This Club COVID-19 Safety Plan was originally approved by the Wings Gymnastics Society Board of Directors on Nov. 9, 2020.

Introduction

This document includes all relevant information from the BC government (Provincial Health Officer), WorkSafeBC, and viaSport.

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

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	<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 the occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is prohibited.

Step 2: Expanding Activities

A gradual decrease of restrictions can occur with the following public health recommendations in place:

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to the occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics.

Step 3: The 'New Normal'

To be determined at a later date, according to the [Government of BC regulations](#).

Wings Gymnastics Safety Plan Requirements

Facility Access

To access Wings Gymnastics, please complete the following steps:

- Participants may enter through the lower-level doors, by the Sports Desk, for all groups.
- Masks are mandatory for everyone, ages 5+, entering the Cameron Recreation Centre and they are required in all public areas, like the lobby or using the washroom.
- Parents/guardians will be instructed to drop off and pick up their children **on time** without coming into the gym, if possible.
- Parents/guardians will be instructed to tell their children to follow the instructions of all Wings Gymnastics staff when entering and exiting the facility.
- Prior to entering the facility, **all individuals** must complete the Daily Health Check. This can be found on the BC Government's website [here](#).
- 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.
- Members will be asked to register and pay for all programming through a link sent via email. If the email link is not accessible for members, they can call our club Administrator, Starla, at 778-996-9464 or email wingsgymnastics@gmail.com
- Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete the required Gym BC forms, which will be made available in the registration process.

Facility Operations

- Wings Gymnastics' maximum occupancy is 80 persons in the Sports Hall.
- 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.
- There will be no spectators allowed in the Sports Hall (gym) until further notice.

Cleaning

Wings 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 in the gym frequently. Washrooms will be disinfected by Cameron Complex staff.
- Communal gym tools (iPads) will be cleaned or sanitized between each user.

Communicate

Wings Gymnastics will inform members of the new protocols before their first visit to the gym, to foster confidence in the staff's commitment to keeping everyone safe. This will include information on club:

- Screening protocols

- Illness Policy (Appendix 2)
- Personal hygiene requirements
- Cleaning protocols
- Programming changes (e.g. limitations on the 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 at teamwingsgymnastics@gmail.com or 778-996-9464. If you are trying to reach a specific coach, please make sure to put their name in the subject line.
- We have appointed Anthea Ogle, 778-996-9464, as a 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 Gym BC's insurance policies. Prior to participating in any programming, all participants, parents/guardians, and club personnel must complete the required Gym BC forms, which will be made available to you during the registration process.

Staff Training

- Formal and ongoing staff training at Wings Gymnastics will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff should contact their supervisor if they have questions or concerns as they return to their roles.

Screening

- Wings Gymnastics requires that prior to entering the facility, all visitors 12 years and older must show proof of double vaccination and Government-issued ID. **Masks are mandatory and must be worn at all times while in 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

- Wings Gymnastics will provide hand-washing and/or sanitizing stations in the Sports Hall and in the Lobby.
- Hand-washing or sanitizing will be required multiple times throughout a class. (IE: upon entering the facility, after using the washroom, and between apparatus 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 personal items including (but not limited to) food and beverages (e.g. water bottles) is forbidden.

- Masks are required in the gym, during the class, for all age groups. Masks will be worn while your child is waiting for their turn on the equipment and when walking to various stations. **We are unable to accept any mask exemptions.**
- Your child's mask can be removed when they are practising a skill on the equipment.
- Masks are mandatory for everyone, ages 5+, entering the Cameron Recreation Centre and they are required in all public areas, like the lobby or using the washroom.

Physical Distancing

- Wings Gymnastics will not use outdoor space for conditioning or any other safe activities at this time.

Scheduling of Activities

- Wings Gymnastics will adhere to the [Rule of Two](#) at all times. This means that no one-on-one training (without another coach present) will take place.
- In order to meet provincial health officer requirements, group sizes and schedules are being adjusted.
- Detailed attendance and membership tracking will be taken and kept on file.

Injury Protocol

Requirements

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

Illness Policy

- Wings Gymnastics Illness Policy is provided in Appendix 2.

Outbreak Response

Wings 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, Anthea Ogle, 778-996-9464, will be the main point of contact for all parties. Anthea has the authority 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, Anthea Ogle, 778-996-9464, will implement enhanced cleaning measures to reduce the risk of transmission. Anthea will communicate with the facility operator to notify the facility right away.
3. Anthea 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 [here](#).
4. In the event of a suspected case or outbreak of influenza-like illness, Anthea 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 Wings 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: Wings Gymnastics Society Illness Policy

In this policy, "Team member" includes an employee, 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 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 been 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.

8. Revised Isolation Directive:

1. Any person who tests positive for Covid 19, either vaccinated or unvaccinated must isolate for 5 days starting from the time of the positive test and be symptom-free before returning.
2. Any person who has come into close contact with a person with Covid-19 who is not fully vaccinated will not be able to enter the facility for 5 days and must be symptom-free before returning. (To ensure that they have not contracted the disease)
3. Any person who has come into close contact with a person with Covid-19 who is fully vaccinated must self-monitor at that point for any symptoms and be symptom-free before returning.