



**WINGS**  
**G Y M N A S T I C S**

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# Wings Gymnastics Society COVID-19 Safety Plan

*Please note: this document is subject to change following provincial and federal health and safety requirements.*

*Wings COVID-19 Club Representative: Anthea Ogle 778-996-9464*

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

# Summary of Changes

Wings Gymnastics Society's Original Covid-19 Safety Plan was approved by the Wings Board of Directors on November 9, 2020.

The Wings Covid-19 Safety Plan has been updated since the original approval date. All updates have been integrated in the document and are listed below.

December 3, 2020 Updates have been included on pages 4 and 6 and are highlighted in purple.

## 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>

# 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 occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is prohibited.
- ✓ Training groups for Step 1 are described in Appendix 1.
- ✓ Small class size ratios of 6:1 and 8:1 and reduced training time of 1.25 - 3 hrs will be scheduled.
- ✓ A program summary for Step 1 is included in Appendix 1.

## 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. Spotting is prohibited.
- ✓ Training groups for Step 2 are described in Appendix 1.
- ✓ Larger class size ratios of 8:1 and increased training times will be scheduled.
- ✓ A program summary for Step 2 is included in Appendix 1.

## 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:

- Drop off is available at the southwest outdoor entrance to the tennis courts for all groups.
- All socializing by participants, parents and guardians before, during, and after programming will be eliminated. Social activities have been proven to increase the transmission of COVID-19.
- No travel is allowed at this time outside of your local communities for sport participation. This means that individual members are able to attend training at their home club even if their residence is in a neighbouring municipality or health region.
- Assess facility traffic flow to ensure that three (3) meters physical distancing is maintained at all times
- Everyone inside the facility must maintain a minimum of three (3) meters separation at all times.
- Place three (3) meter physical distancing markings outside and where needed inside the facility.
- Please line up outside the front door of the facility, maintaining a physical distance of 2m between yourself and others by standing on the markers along the sidewalk
- All participants will exit the building at the southwest tennis court door, and must not congregate in groups when they get picked up. To facilitate this, we have placed MARKINGS outside the exit doors
- 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 instructions of all Wings Gymnastics staff when entering and exiting the facility.
- Prior to entering the facility, **all individuals** must fill out the Daily Screening Checklist. Daily checklists will be kept online. Wings Gymnastics staff will **not** be collecting hard copies. Electronic copies can be completed and submitted [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. We have closed our locker rooms until further notice.
- 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 Starla at 778-996-9464 or email [wingsgymnastics@gmail.com](mailto:wingsgymnastics@gmail.com)
- Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required Gym BC forms, which will be made available in the registration process.

## Facility Operations

- Wings Gymnastics maximum occupancy (during Steps 1 and 2) is: 49
  - Maximum Occupancy for the lobby is: 6
  - Maximum Occupancy for the washroom is: 2 in the washroom.
  - Maximum Occupancy for the Office is: N/A
  - Maximum Occupancy for the main gym is: 49 on each side
  - [Signs indicating these occupancy limits](#) are posted clearly in each space.
- We have marked pathways inside the gym using cones, arrows and/or large signage.
- 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.

- Participants will be required to have their own chalk in a container/bag large enough to fit their hands.
- There will be no spectators allowed in the gym, or in the building, 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 have implemented a cleaning log that is kept inside the Wings Gymnastics Cupboard in the Sports Hall storage room. A template of our log is available online: it can be found [here](#).
- 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.
- Gymnastics equipment will be disinfected between each user. If not possible, equipment will be disinfected after each class and/or rotation during until further notice.
- Equipment that cannot be cleaned (cloth-like surfaces etc.) will not be used until an appropriate cleaning process has been identified.
- Communal gym tools (iPads) will be cleaned or sanitized between each user.
- Once classes are over for the day and all athletes have left, all surfaces that were contacted will be sanitized (mats, floors, counters, washrooms, light switches, etc.). This will be completed in addition to cleaning processes during daily operations.

## Communicate

Wings Gymnastics will inform members of the new protocols (See Appendix 3) before their first visit to the gym, to foster confidence in the staff's commitment to keep everyone safe. This will include information on club:

- Screening protocols
  - Illness Policy (Appendix 2)
  - Personal hygiene requirements
  - Physical distancing requirements outside and inside the facility
  - Cleaning protocols
  - Programming changes (e.g. limitations on 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](mailto: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.
  - Wings Gymnastics will post various resources and posters provided by the BC Centre for Disease Control (CDC), WorkSafe BC, and Gym BC on our website, facility entrance, and in prominent places throughout the gym.
  - 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 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 have created a video to show participants what to expect at the gym.
- Staff should contact their supervisor if they have questions or concerns as they return to their roles.

## Screening

- Wings Gymnastics requires that **everyday**, prior to entering the facility, all individuals must complete the [Daily Screening Checklist](#). Parents will be sent a link via email; they can also access the form on our website. Athletes may **not** enter the gym without a completed screening checklist.
- 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 at each rotation.
- Wings Gymnastics has determined that an adult will provide sanitizer at the door, to ensure the athlete's hands are sanitized before they enter the gym.
- Hand-washing or sanitizing will be required at a minimum four times each day. (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 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.**
- Use of masks is: optional in the gym, but **mandatory** upon entry and in common spaces such as washrooms.

## Physical Distancing

- **Everyone inside the facility must maintain a minimum of three (3) meters separation at all times.**
- Everyone who enters Cameron Recreation Centre must maintain, at minimum, physical distancing of 2 meters, at all times.
- Coaching for all programs must be performed hands-free (no spotting). Spotting will only be done if a participant's safety is at risk.
- 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 scheduling are being adjusted.

- Drop-in classes are cancelled until further notice.
- 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 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.

Wings Gymnastics will post the following posters in visible spaces at our facility:

- [Hand-washing poster \(more detailed\)](#)
- [Physical distancing \(At entrance and in other spaces\)](#)
- [Entry check for visitors \(at Entrance\)](#)
- [Occupancy limit poster \(in each applicable space\)](#)
- [Cover coughs and sneezes](#)

Additional Posters that incorporate humor include:

Gym BC's Posters:

- [Got Symptoms?](#)
- [Germy-Handed!](#)
- [Welcome Home!](#)
- [Strike A Pose](#)

This document is based on Gymnastics BC's Return to Sport Plan, which is available [here](#). Further, our club is staying current with all requirements provided by Provincial Health Offices, Regional Health Authorities, WorkSafe BC, and Gymnastics BC.



## Appendix 1: Programming Summary

### Step 1 Programming Summary (To be posted in the gym lobby with occupancy limit poster)

**Wings Gymnastics  
Step 1: Program Summary  
(January 23, 2020)**

Number of training groups each week: \_\_\_\_15\_\_\_\_

Maximum Occupancy for gym (publicly posted in the lobby): \_\_\_\_49 on either side of the gym/curtain\_\_\_\_

#### Summary of Activities

Coach Name	Class Description	Days and Times	Group Size
Levi	Fun, Fitness, Fundamentals (recreational girls)	Saturday 5-6:15pm	4
Gina	Fun, Fitness, Fundamentals (recreational girls)	Saturday 5-6:15pm	6
Jenna	Fun, Fitness, Fundamentals (recreational girls)	Saturday 5-6:15pm	5
Josh	Fun, Fitness, Fundamentals (recreational girls)	Saturday 5-6:15pm	5
Jodi	Skill Builders - Early class (recreational girls)	Saturday 5-6:15	5
Brooke	Recreational Boys	Saturday 5-6:15	5
Gina	Skill Builders (recreational girls)	Saturday 6:30-8:00	6
Jodi	Skill Builders (recreational girls)	Saturday 6:30-8:00	6
Brooke	Skill Builders (recreational girls)	Saturday 6:30-8:00	6

June 2, 2020

Levi	Movement Essentials B (recreational boys)	Saturday 6:30-8:00	6
Josh	Youth Boys (recreational)	Saturday 6:30-8:00	4
Jenna	Youth Girls (recreational)	Saturday 6:30-8:00	7
Interclub & Competitive will train at TAG Gymnastics Jan 23 - March 13.	From April 10 - June 5 Interclub & Competitive will train at Wings Gymnastics in Cameron Recreation Centre.		
Savana	Interclub 1	Saturday 3:30-6:30	4
Ursula	Interclub 2	Saturday 3:30-6:30	3
Jill	Competitive 1	Saturday 3:30-6:30	5
Joanna	Competitive 2	Saturday 3:30-6:30	5



## 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.

## Appendix 3: Sample Club Email

Dear Wings Gymnastics Families,

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 of our Chief Provincial Health Officer and how they best apply within sport.

The attached Wings Gymnastics Society COVID-19 Safety Plan has been developed in order to ensure:

- 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 the risks to each sport organization and its participants
- 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 Wings Gymnastics 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 COVID19, please stay home.
- Wash your hands before participating.
- Bring your own skid-proof socks (rubber decals on soles), full water bottle and hand sanitizer.
- Comply with physical distancing measures at all times.
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the facility as quickly as possible after the program, parents should plan to drop off and pick up their children promptly at the scheduled times.

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,

Wings Gymnastics Society

# GBC Return to Sport Plan: *Declaration of Compliance – Addendum August 28, 2020*

## August 28, 2020

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](#). New updates to [GBC's Return to Sport document](#) appear highlighted in yellow.

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

This document has been created as a template for GBC member clubs to use as an addendum to their Return to Sport plans. *All clubs must complete this document and send a signed copy to [nkindrachuk@gymbc.org](mailto:nkindrachuk@gymbc.org) as soon as possible.*

## **Changes implemented as of August 24, 2020**

### **Contact Tracing**

**Wings Gymnastics** will provide our facility operator (or track internally if we manage our facility) with the first and last names and telephone number, or email address of all participants. We are committed to following the [Ministerial Order](#) to ensure that contact tracing can be completed promptly if required.

### **Spotting**

**Wings Gymnastics** will remain committed to physical distancing practices while operating.

**Wings Gymnastics** will permit its coaches 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.

### **Cohorts and Physical Distancing**

**Wings Gymnastics** will carefully consider the safety and usefulness of cohorts in our club environment. In our club, a cohort is a group of participants who primarily interact with each other over an extended period of time (i.e., a series of training sessions and events). At **Wings Gymnastics**:

- Cohorts must not exceed 100 people. Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for activities, gatherings may still not exceed 50 people.
- We will document 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 of 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 gymnastics area (e.g. hallways, etc.). If physical distancing cannot be maintained masks should be worn.
- 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 sports 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 the maximum capacity of the facility where programming occurs.

In the context of gymnastics at **Wings 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.

However, at **Wings Gymnastics**, 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.

**Compliance Statement- TO BE SIGNED AND SUBMITTED VIA EMAIL TO GBC ([nkindrachuk@gymbc.org](mailto:nkindrachuk@gymbc.org))**

**Wings Gymnastics** has updated its organizational COVID-19 Return to Sport plan, and we will adhere to all requirements set out in the GBC's Return to Sport Plan, and in our plan. This addendum (dated August 28, 2020) will be attached to our club's Safety Plan.

Signature:  Date: JAN 7, 2021  
Member Club Owner/Board Chair

Signature:  Date: Jan. 7, 2021  
COVID-19 Club Representative