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# RETURN TO PLAY



**FEBRUARY 1, 2021**

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**Altadore Gymnastic Club**

**Questions: [shannon@altadoregym.com](mailto:shannon@altadoregym.com)**

# Benchmark Step 1 Restrictions

**Updated Feb 1 2021 by the Alberta Gymnastics Federation**

PLEASE NOTE THIS SECTION IS IN EFFECT FEB 8, 2021. IT SUPERSEDES ANY INFORMATION FOLLOWING.

For Step 1 to proceed, the hospitalizations in Alberta will need to remain below 600.

If Step 1 is granted:

- One on one or one-on-one household training is allowed in the facility provided:
  - Household training consists of one coach per group of siblings.
  - Each coach and athlete remain 3 metres away from all other coach and athlete pairs at all times, including in entryways and exits.
  - Each coach can only interact with their athlete, and each athlete can only interact with their own coach.
  - No interaction between the pairs of coach/athlete allowed.
  - No 'cycling through' multiple trainers as in circuit training.
  - No spotting allowed.
- Coaches must remain masked during the session.
- Athletes are not required to wear a mask while training however, must wear one when not training in all common areas.
- No in-person viewing is allowed unless it is to apply the rule of two.
  - The Rule of Two must be maintained for all training sessions. Another adult, certified coach or parent/guardian, must be within earshot and eyesight of the training while maintaining the 3 metre distance and wearing a mask at all times.
- K-12 schools, post-secondary institutions and home-schooled curriculum-related educational activities are allowed.
- All training must be done through registered participants only, no drop-ins allowed.
- It is highly recommended that you return to an electronic or paper [Daily Checklist](#) for anyone entering your facility during this step.
- All other COVID related guidelines must be followed.

# AGC's Return To Play

## DESIGNATED COVID-19 SAFETY COORDINATORS:

- SHANNON HILTON
- WYNAND PRETORIUS
- DEREK HANSON

## General

- Altadore Gymnastic Club COVID-19 Safety Coordinators have read and reviewed all Alberta Government's COVID-19 websites and will review them on a regular basis to ensure protocols are being followed.
- Athletes in the gym will not exceed 1 per 144sq. ft. as instructed by the Alberta Gymnastics Federation on Oct 20, 2020. This is approximately 184 in our gym area.
- Natural ventilation will be provided whenever possible by opening the bay doors on the west side of the gym.
- All unnecessary communal items and equipment have been removed.

## Staff

- Coaches have been informed that equipment has to be assigned and protocols are in place to avoid any unnecessary sharing.
- Protocols are in place to ensure any staff who are exhibiting symptoms of COVID-19, who have travelled internationally in the past 14 days, or who have been in close contact with a case of COVID-19 are instructed to stay home and isolate.
- Staff have been educated about COVID-19 and how it is transmitted (i.e. droplet and contact transmission). [COVID-19 Info for Albertans webpage](#).
- Hand hygiene is enforced among staff. Coaches are instructed to sanitize/wash their hands between rotations.
- Coaches will wear masks and sanitize their hands before and after any spotting.
- Masks for Coaches are recommended and provided but not required.

## Points of Entry

- Hand sanitizer (60% alcohol or higher) is available at entry and exit points, and patrons are encouraged to also bring their own.
- Physical contact is limited through use of online payment and registration.
- Participants should not arrive more than 5-10 mins before their scheduled training or activity.
- Entry and exit points will be split between our two front doors at times to reduce congestion.
- Activities are coordinated to allow for ample cleaning and to avoid crowding and reduce wait times.

## Screening

- Any participant that is exhibiting any COVID-19 symptoms will not be allowed to enter the facility or participate.
- Athletes staff will be asked to complete the [Session Screening Checklist](#).
- Spectators will be asked to complete a Daily Screening Checklist that will be updated regularly and be available in the lobby upon entry.
- AGC will maintain confidentiality of any person confirmed to have been COVID-19 infected.

## Sanitation, Cleaning & Disinfecting

- Hand sanitizer is provided throughout the facility and all hand washing sinks are fully stocked with soap.
- Staff responsible for cleaning have been familiarized with the cleaning and disinfecting guidelines in [Alberta's General Relaunch Guidance document](#) and are implementing these guidelines.
- Staff responsible for cleaning have been familiarized with the [Gymnastics Equipment Cleaning Guidelines](#) and are implementing these guidelines.
- AGC uses only COVID-19 approved cleaning products – including spraying, wipes, cloths & disinfectants.
- All touchpoints and bathrooms will be disinfected throughout the day and as required.

## Facility

- Athletes are encouraged to come to the gym in their training attire. Changing in bathrooms is discouraged.
- Surfaces, sinks and toilets are cleaned and disinfected regularly.
- Water fountain has been blocked off and will not be available for use.
- Multiple doors may be used for athletes entering and exiting and will be scheduled and communicated to parents.
- There are MINIMAL seats available for spectators and it will be strongly suggested that parents do not enter the facility unless absolutely necessary.
- Appropriate Government of Alberta posters are prominently displayed throughout the facility.
- Vending machine has been removed.
- Pits are covered and will not be used.
- All unnecessary equipment has been moved/stored away.
- Masks are to be worn by all parents and spectators. Athletes may wear a mask in the lobby.

## Physical Distancing

- If spotting, Coaches will wear a mask and sanitize their hands before and after.
- Participants and spectators are prompted and monitored by staff to ensure physical distancing of 2 meters or more is maintained in the gym, lobby, viewing areas etc.
- Masks and gloves are readily available for coaches, staff and athletes in case emergency contact is required, such as tending to an injury.
- Coaches and staff are given the option to wear masks should they choose.
- Measures are in place (e.g. directional arrows) that promote one-way traffic flow to avoid individuals from inadvertently interacting.

## Rapid Response to Symptomatic Individuals

- If anyone (spectator, athlete, staff member) comes to the gym and appears to be ill, they will be asked to leave the premises.

- If an athlete or staff member falls ill while in the facility, they will be isolated in the Coaches lounge until they can be picked up. They will be sent home and be instructed to do the self-screening on the AHS website or call 811 for further isolation instructions. All cohorts in the gym will be instructed to wash their hands.
- Immediate cleaning and disinfection of all equipment and surfaces that the symptomatic participant may have touched/come in contact with will occur immediately.
- Should a new case be reported from someone who has been in the gym, the facility will follow the Alberta Government's instructions, and all families who have attended classes at the same time as the COVID-19 individual will be notified.

## Information for Athletes & Parents

- Participants are not permitted to share personal items or training equipment (e.g. grips, slippers, wrist bands, wrist supports, ankle braces, tape, water bottles etc.)
- *Competitive* Participants are instructed to bring their grips and other items needed during training in a bag and come dressed for their activity as lockers are off-limits. Lobby cubbies can be used for clothing and shoes.
- *Recreational* Participants will be allowed to use the lobby cubbies.
- Protocols are in place to enable and encourage participants to perform frequent hand hygiene before, during and after the activity. Athletes are encouraged to bring their own hand sanitizer from home, but we do have hand sanitizer in the gym.
- Athletes will be directed to sanitize their hands when entering the building. Athletes should also sanitize their bare feet when entering the gym.
- Participants will be taught expectations by their Coach. Physical distancing, refraining from touching their eyes, nose, mouth and face, reminding them to exhibit good respiratory etiquette (i.e. sneezing or coughing into the crook of their elbow), and using hand sanitizer will be explained to all athletes.
- No food is allowed to be shared among athletes or staff.
- Participants are instructed not to wear masks during periods of activity.
- It is suggested that parents take their child's temperature, do the screening form and check for signs of illness before bringing them to the gym. If signs of illness are present, please do not bring your child to the gym.
- Do not bring your child to the gym if anyone in your household is showing symptoms of COVID-19.

- Carpooling – only members of the same household should be in a vehicle together.
- Parents are encouraged to pick their children up outside of the facility. Please respect physical distancing in the parking lots.
- Participants should not arrive more than 5-10 mins before their scheduled training or activity and must be picked up on time. Coaches/staff will assist children to find their parents in the parking lot in order to allow parents to remain outside of the facility.
- Class times are staggered to limit people coming and going at the same time.
- There are MINIMAL seats available for spectators and it will be strongly suggested that parents do not enter the facility unless absolutely necessary. Spectators must wear a mask and fill out the Daily Screening Checklist.
- Athletes must bring a filled water bottle from home. The water fountain is off-limits.
- Classes may be cancelled if a staff member is sick.
- Refunds will be offered for any COVID-19 related shutdowns of 2 weeks or longer.
- AGC suggests all families download the ABTraceTogether app onto their phones to help with contact tracing.