



# RETURN TO TRAIN/PLAY PLAN



**\*\*As of June 12, 2020**

**UPDATED: Aug 27, 2020**

**: November 19, 2020**

**: December 4, 2020**

Approved & Implemented June 12, 2020

## Introduction:

This document will outline what measures and protocols Synergy Gymnastics Centre has put in place to safely return athletes and coaches to the gym in accordance with the regulations set out by the Province of BC's Ministry of Health, Avia Sport, WorkSafe BC and Gymnastics BC.

Note: this document will be reassessed and up-dated in accordance with changing regulations, by the above- mentioned entities, as circumstances around COVID-19 evolve.

Claims related to the transmission of COVID-19 will not be covered by GBC's Insurance Policies. The Province of BC has implemented non-liability protection for all amateur sporting organizations who adhere to all measures and protocols set out by their respective governing bodies. Synergy will be implementing and enforcing all safety measures and protocols as outlined by the Province of BC's Ministry of Health, Avia Sport, WorkSafe BC and Gymnastics BC.

Parents, athletes and staff will be required to adhere to all measures outlined and return the NEW Gymnastics BC's COVID-19 Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement and the Participant Declaration of Compliance Form prior to returning to the gym. Form attached.

**Note: In accordance to the measures that we must adhere to NO persons will be allowed to enter the facility if forms are not received and/or on file.**

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 elbow</li><li>• Wear a nonmedical mask (optional if 2 metre)</li><li>• No high 5's handshaking/hugs</li></ul>	<ul style="list-style-type: none"><li>• Routine daily screening</li><li>• Anyone with any symptoms must stay <b>HOME</b> &amp; away from others</li><li>• Everyone must adhere to all current isolation requirements as stated by Province of BC</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 for payment</li></ul>	<ul style="list-style-type: none"><li>• Group with lower number of athletes</li><li>• Maintain 2 metre distance between you and others</li><li>• Size of room: determines # of athletes in space (Never over 49 people in the gym)</li></ul>	<ul style="list-style-type: none"><li>• Spacing within rooms or in transit</li><li>• Room design</li><li>• Movement of people within</li></ul>

Measures Synergy Gymnastics Centre has implemented:

#### Facility Access:

##### **North Gym:**

- Entrance: Note entrance door has been changed to door #165. Athletes are asked to line up outside along the front windows (every 3 metres as indicated) and wait for Health Check prior to entering and enter the gym.
- Exit and pick-up: will still be through door #155.

##### **NEW: South Gym:**

- Entrance: Parents are asked to drop off athletes at door #175. Athletes will then line up outside the wall (every 3 metres as indicated) and wait for Health Check prior to entering.
- Exit and pick-up: will be through door #170. **Please note the drop off and pick up doors have been reversed to help us with flow in the South gym.** This may be adjusted as we move through the next week.

#### Athlete Admittance and Hygiene:

- **NEW:** All athletes ages 12 and over must wear masks in all indoor public spaces (waiting in line for admittance, rotation changes & leaving the gym). 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.
- Athletes will be assessed/admitted in accordance with the daily assessment checklist & temp taken with non-contact thermal temp. devise by Synergy staff prior to entering gym.
- Parent or athlete (10+yrs with parental permission) will be required to answer the daily assessment questions regarding symptoms (athlete/family/household) & travel.
- If an athlete is displaying any of the symptoms identified on the assessment checklist at time of assessment they will NOT be allowed into the gym(s). Refer to Synergy Illness Policy for further direction. Form attached.  
**PLEASE STAY HOME IF SICK or SHOWING SYMPTOMS!**
- If your child/athlete has seasonal allergies please let us know, obtain a Dr's note indicating symptoms asap (needed in file) and track symptoms so it can be determined if/when athlete is actually sick with something else.
- Immuno-compromised (high-risk) individuals should consult a medical practitioner before returning to the gym. A note in the file would be appreciated.
- If an athlete starts to display symptoms during training/class they will be re-assessed, quarantined from others and parents will be called to come pick-up asap. All equipment and areas touched will be sanitized. Athletes are asked to remain out of the gym until they are symptom FREE. Refer to Synergy Illness Policy for further direction. Form attached.
- Current entrance/exit vestibule, #160 will be used as a quarantine room should we require it. Hopefully NEVER!
- Parents, athletes and staff will be required to adhere to all measures outlined and return the **NEW** Gymnastics BC's COVID-19 Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement and the **Participant Declaration of Compliance Form** prior to returning to the gym. Form attached. **This is required for all returning athletes entering the gym(s) as of December 4<sup>th</sup>.**

- **Note: In accordance to the measures that we must adhere to NO persons will be allowed to enter the facility if forms are not received and/or on file.**
- Athletes are required to arrive dressed for gymnastics, including hair (buns and hair secured away from face to prevent touching face) to reduce congestion and maintain social distancing. ALL personal belongings must be kept with the athlete at all times. This includes jackets & all require gym equipment (yoga mat, skipping rope (ages 7+ unless specified), water bottle & 1-1.5lb ankle weights (ages 7+ unless specified). Please note: Foundation & Developmental athletes are not required to have ankle weights.
- **NEW: All socializing (grouping) by participants before, during, and after programming is now prohibited. This means athletes will NOT be admitted early to class time** (athletes are asked to wait in vehicles or in designated, appropriately spaced, line up areas **3 Metres apart prior to check in/door opening**. Parents must maintain distance from the doors and other athletes/parents during drop off and pick up.  
NOTE: Athletes **MUST** be dropped off and picked up on time to assist us in Health Check in, maintaining required social distancing and number restrictions. Parents/adults I know this can be challenging but **PLEASE** be on time.
- **Any athlete who arrives more than 5 minutes LATE/after class start time will NOT be allowed into class. In the past we have tried to accommodate late athletes when possible, but with new restrictions, limited space and staff to oversee warm-up and stretching we are no longer able to do so. Again, I know this is challenging.**
- **NEW: A new 3 metre (previous was 2 metres) Social Distancing (SD) rule is now in effect in all areas of the gym and during all activities. PLEASE speak with your athlete about keeping the 3 metre SD. We have been informed by the Prov. of B.C, GBC & Interior Health that gyms who are not able to enforce and maintain the outlined safety measures will be SHUT DOWN immediately**
- **NEW: All athletes ages 12 and over must wear masks in all public spaces** (waiting in line(s), rotation changes & entering/exiting the gym(s)). It is recommended, but **not** required at this time, that children under the age of 12 wear masks in all public areas **IF** we/they are able to maintain the required **3 metre** distancing at all times. Athletes who are unable to follow and/or maintain the appropriate distancing **will** then be required to wear a mask in all public spaces (waiting in line(s), rotation changes & leaving the gym) or asked to leave the class. Please speak with your athlete(s) about the importance of maintaining social distancing for the safety of everyone and **so we can continue to keep our doors open.**  
**All athletes are NOT required to wear masks during physical activity/training.**
- All athletes are required to bring a gym bag with ALL items listed on their Personal Equipment List. Please have everything labeled with athlete/family name. Equipment **must** be cleaned prior to entering the gym each day.
- Due to our number restrictions our Parent Viewing Areas will be CLOSED until further notice\*.  
\* exceptions may be made for parents of athletes who were born in 2016 or later. Masks **MUST** be worn at all times and parents will be subject to all Health Check protocols.
- **NEW: PRE-FOUNDATION (Pre-school morning classes)**- As per the Provincial order we are now back to a Hands Free training scenario. This means coaches are NOT allowed

to assist/touch children during class. As of December 4<sup>th</sup>, all Pre-foundation classes will now require parent/adult participation to ensure safety of athletes. Masks MUST be worn at all times and parents will be subject to all Health Check protocols and 3 metre SD from all other participants and coaches.

#### Staff Training & Protocols:

- All staff will be trained and knowledgeable with regards to protocols and responsibilities.
- Staff will be assessed/admitted in accordance with the daily assessment checklist & temp taken with non-contact thermal temp. device prior to entry by an appointed Synergy staff member.
- Staff will be required to answer the daily assessment questions regarding symptoms (athlete/family/household) & travel.
- If a Staff member is displaying any of the symptoms identified on the assessment checklist at time of assessment they will NOT be allowed into the gym(s). Refer to Synergy Illness Policy for further direction.
- Staff members will be required to wash hands regularly. Prior to and after each rotation at minimum and reminded not to touch their face.
- Staff must adhere to social distancing measures when possible.
- **NEW: It is now MANDATORY that All staff MUST wear masks at ALL times (while waiting in line for admittance and while in the gym(s) and coaching).**  
Staff are required to clean masks prior to wearing each/every day.
- Athlete return plans will not require spotting in the first two phases of the re-entry training plan as per Gymnastics BC Return to Train/Play Plan.
- **NEW: We are now back to a Hands-Free training scenario. Spotting in general is NOT allowed at this time. Focus will be on cleaning/perfecting current skills, drills for upcoming skills athletes are able to do independently and strength and flexibility modules. Spotting is ONLY allowed if athlete safety is at risk. Coaches will not hesitate to spot if an athlete needs help to avoid injury in this situation.**
- Staff will have access to masks, gloves, and hand sanitizer. Staff administering to an injured athlete it is require, when possible, to put on/wear mask and gloves prior to contact.
- If a staff member starts to display symptoms during training/class they will be re-assessed, quarantined from others and sent home asap. All equipment and areas touched will be sanitized. Staff members are required to remain out of the gym until they are symptom FREE. Classes will be covered by a substitute coach when possible. If class needs to be cancelled refunds will be issued. Refer to Synergy Illness Policy for further direction.
- If a staff member has seasonal allergies a Dr's note will be kept in their file and they will track symptoms so it can be determined if/when they are actually sick with an illness.
- Immuno-compromised (high-risk) staff/individuals should consult a medical practitioner before returning to the gym. A note in the file is required.
- **All staff will be required to adhere to measures outlined and return the NEW Gymnastics BC's COVID-19 Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement and the Participant Declaration of Compliance Form prior to returning to the gym. Form attached.**

- **Note: In accordance to the measures that we must adhere to NO persons will be allowed to enter the facility if forms are not received and/or on file.**

#### **Facility Operations:**

- The Synergy Gymnastics Centre utilizes 12,768 square feet of rental space. Of this approx. 12,000 square feet of usable gym space. With current social distancing measures we can accommodate the following number of athletes training at one time in each space (taking into account equipment availability/use) and total maximum capacity based on 2 metre social distancing restrictions in each space.  
Gym A – 8,200 sq. feet – max. 32 athletes on apparatus - total body capacity 49  
Gym B – 4,000 sq. feet – max. 28 athletes on apparatus – total body capacity 40
- Training groups will be kept consistent with 6-8 athletes in accordance with current restrictions and all athletes will return on a modified phased training plan to ensure a safe injury free return.
- At no time will numbers in either space exceed the 49 person limit as set out in the current restrictions by the BC Provincial Ministry of Health.
- **UPDATED – New COHORT restrictions are now in place. Athlete/Coach cohort must not exceed 100/cohort. This has made it challenging for scheduling and some class day/times have been adjusted to adhere to this new restriction. All impacted athletes have been notified.**
- **3 Metre social distancing will be adhered to by all persons while entering, training and exiting the premises.**
- All small shared items, equipment and chalk, have been removed from the gym and water fountains have been closed off to minimize risk as required by Province of BC's Ministry of Health, Avia Sport, WorkSafe BC and Gymnastics BC.
- All equipment will be in good repair to ensure proper cleaning. Equipment that may be ripped/torn will be sewn/taped.
- Due to number restrictions Parent Viewing Areas will be CLOSED until further notice\*.  
\* excepts may be made for parents of athletes who were born in 2016 or later when possible due to cohort restrictions. **Masks MUST be worn at all times and parents will be subject to all Health Check protocols.**

#### **Cleaning & Sanitization:**

- A supply of soap and hand sanitizer will be on hand to ensure athletes and staff wash their hands regularly. Athletes/staff will be instructed on how this needs to be done (20 seconds, before & after each rotation etc..)
- A cleaning log will be kept in the gym to ensure proper cleaning occurs.
- High touch areas will be cleaned frequently throughout the day. This will include door handles, washrooms, and seating/waiting areas. At minimum prior to and after each class.
- Any shared equipment will be cleaned between each training group/class. Equipment will be cleaned as per Spieth America protocol and cleaning product instructions.



- Approved cleaning/disinfecting products, practices and disposal procedures will be implemented and utilized at all times.
- Prior to next day classes ALL surfaces/equipment will be cleaned/disinfected as per requirements.

#### Communication:

- Parents, athletes and staff will be informed of all current and changing protocols in our ongoing commitment to keep everyone safe and healthy and Synergy's doors open.
- All communication with parents will be done via email [crost2017@gmail.com](mailto:crost2017@gmail.com) or [synergygymkel@gmail.com](mailto:synergygymkel@gmail.com). Parent questions or concerns can be emailed or call/text 250-300-1546 to Cindy Rost – Owner.
- Claims related to the transmission of COVID-19 will not be covered by GBC's Insurance Policies. The Province of BC has implemented non-liability protection for all amateur sporting organizations who adhere to all measures and protocols set out by their respective governing bodies. Synergy will be implementing and enforcing all safety measures and protocols as outlined by the Province of BC's Ministry of Health, Avia Sport, WorkSafe BC and Gymnastics BC.
- Parents, athletes and staff will be required to adhere to all measures outlined and return the NEW Gymnastics BC's COVID-19 Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement and the Participant Declaration of Compliance Form prior to returning to the gym. Forms attached to document.
- **Note: In accordance to the measures that we must adhere to NO persons will be allowed to enter the facility if forms are not received and/or on file.**

All policies and protocols are in compliance with those set out by the Province of BC's Ministry of Health, Avia Sport, WorkSafe BC and Gymnastics BC.

Plan Approved by: Cindy Rost. Position: Owner

Original Date Approved: June 12, 2020. Updated: December 4th, 2020