



## Inspire Sports Victoria: **Return To Sport 2021**

### Updated **1<sup>st</sup> of November, 2021**

This document has been prepared by Inspire Sports Victoria Owners using the directives provided by Gymnastics BC (GBC) to assist clubs in creating their own COVID-19 Safety Plan. These will be our directives to reopening following the COVID-19 global pandemic. **This plan was approved by the owners on the 1<sup>st</sup> of November 2021.** ViaSport and GYM BC requirements that have been changed OR that need to be reviewed have been highlighted in Green.

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

### **General Directives From GBC**

WorkSafeBC requires that all businesses have their own publicly-posted COVID-19 Safety Plan at work sites as they return to operations. In the event that a club is audited by WorkSafeBC, all club personnel will be required to demonstrate compliance to the club COVID-19 Safety Plan.

Every GBC member club's COVID-19 Safety Plan must include clear policies to ensure the safety of all individuals taking part in club programming or entering the facility.

Further, each COVID-19 Safety Plan must be based on a thorough assessment of risk.

Each club must train and adequately supervise employees and volunteers to ensure they implement measures appropriately. Risks must be re-assessed and plans updated as needed, if regulations or circumstances change.

Prior to returning to operations, each club's Board of Directors or Owners must formally approve the club's COVID-19 Safety Plan. Club Board Members and Owners are **ultimately liable** for the decisions and work of the club; therefore, the Board/Owner of each club should understand and be comfortable with the level of risk that the organization is taking on and approve the clubs' COVID-19 Safety Plan before implementation occurs.

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



## Steps to Remain Open

Inspire Sports Victoria has done the following to stay open:

1. Created a COVID-19 Safety Plan that meets the requirements set out in GBC documents and updated the plan effective 1<sup>st</sup> November 2021.
2. Gained approval of the COVID-19 Safety Plan from Owners;
3. Published the approved & updated COVID-19 Safety Plan electronically on our website;
4. Posted hard copies at the gym desk; and
5. Signed and submitted a club certificate of compliance to gym BC.

## 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
Frequent Handwashing	Routine daily screening	More Frequent cleaning	Meet with smaller numbers of people	Spacing within rooms or in transit
Cough into your sleeve	Anyone with symptoms must stay away from others	Enhance surface sanitation in high-touch areas	Maintain distance between you and others	Room Design
Wear a non-medical mask when not on the field of play		Touch-less technology	Size of room: Bigger the Better	Plexiglass barriers
No handshaking			Outdoor over indoor	Movement of people between spaces

# Inspire Sports Victoria (ISV) Directives

## Facility Access

### Entry

- ISV is using a combined entrance and exit door, however individual entrance and screening will be maintained. We still require members to arrive **NO MORE THAN 15 minutes** prior to the start of a groups training session to allow us to **minimize the cross traffic at entrance**. Signage on door will direct that people do a self-assessment prior to entering building.
- Just inside the door all individuals must complete a Daily Screening Checklist. This will be combined with the attendance list.
- 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. **This is related to all illness, not just COVID-19 symptoms.**
- If an individual experiences seasonal allergies (or other flu like symptoms), they should get a doctor's note explaining their symptoms before entering the gym. This will be attached to their file.
- Immuno-compromised (high-risk) individuals should consult a medical practitioner before returning to the gym.
- **Gymnasts must arrive dressed for activity. All competitive gymnasts will be required to have their own gym bag with all their belongings. Use of cubbies for gymnasts are permitted.**

### Proof of Vaccination Requirement

**Public Health Orders require that everyone entering the facility that is 21 years or over (other than for drop-off) must show the BC Vaccination card and a piece of Government Picture ID.**

**This specifically applies to all participants of Adult Class and all adults supporting Daytime Parented programs (Parent & Tot and Yellow Frog)**

### Exit

- Gymnasts will be required to leave the facility immediately after their class to prevent gatherings in the lobby or gym. *Parents should plan accordingly to be on time to pick up their child.*
- A designated waiting area will be set up in the lobby for gymnasts, for gymnasts to wait for parents. Gymnasts will hand sanitize and replace their shoes prior to moving into the waiting area.
- Gymnasts will exit through the glass doors once parents have arrived. Parents will not come into the gym. Coaches will ensure that gymnast leave with a parent/guardian.

## Facility Operations

- Occupancy limitation has been lifted in the gym, however Inspire Sports maintains extra vigilance since 90% of our gymnast are less than 12 years old and therefore cannot be vaccinated .

- There will continue to be no parent viewing. Changes to this will be dependent on future changes to existing government directives and the requirements for vaccination screening.
- Masks will be optional when in the field of play (on the gymnastics equipment) but must be worn by gymnasts when not in field of play. This means masks will be worn in bathrooms, hallways, and while waiting in the lobby.
- Hands must be washed with soap and water and dried using air dryer prior to returning to the gym after using the washrooms.
- The Accessible washroom will be restricted to staff only. Hands must be washed with soap and water and dried using air dryer prior to returning to the gym.
- All facility participants are required to bring the following:
  - Recreational Gymnasts
    - Mask (to be worn at all times when not in field of play)
    - Full water bottle - Water fountain will be closed, but water bottle filler will be available.
    - Hair ties for long hair.
    - Anti-Slip Socks or Gym shoes (optional but recommended)
    - Personal hand sanitizer- ISV will have hand sanitizer throughout the gym, however if a gymnast has a personal preference, they must provide their own.
  - Competitive Gymnasts (All of the above, as well as)
    - Personal Grips & wrist bands
    - Athletic tape
    - Skipping rope
    - Nail clippers
    - Scissors (for cutting tape/skin rips etc)

## Cleaning

- Inspire Sports Victoria is divided into zones for activities and for cleaning (see Appendix 2)
- Between each zone will be a dedicated cleaning station. Each station will have:
  - Mop with disinfecting solution plus extra cleaning pads
  - Spray bottle with disinfecting solution plus cleaning clothes
  - Gloves for use with cleaning or first aid
  - Band-Aids
  - Lined garbage can for disposal of gloves and Band-Aids/wrappers
- Each zone will have posted a procedure sheet with a minimum of:
  - Policies and procedures for the equipment usage in the zone;
  - Cleaning required after each usage (if applicable)
  - Cleaning required after each rotation/session
  - Cleaning required each day
- A covered laundry hamper will be located on each side of the gym for used mop pads, cleaning clothes and coaches masks. Laundry will be done daily.
- Equipment cleaning strategies provided by Speith America and Gymnastics BC will be incorporated into procedure lists for each zone.

## Communication and Training

- All staff and members will be emailed the link to the new protocols before their first visit back to the gym and be required to reply with an email confirmation of compliance before being permitted into the facility.
- All discussion between parents and coaches should be completed over the phone, email or by electronic communication unless specifically arranged by coach.



- ISV's owners will be the **COVID-19 Club Representative** and can be reached below to address all COVID-19-related communications, compliance, and coordination in the gym :
- Primary Lucas Tiefenbach: [lucas@inspiresportsvictoria.com](mailto:lucas@inspiresportsvictoria.com)
- Secondary June Tiefenbach: [june@inspiresportsvictoria.com](mailto:june@inspiresportsvictoria.com)

## Injury Protocol

- If an injury occurs and physical distancing measures must be broken, all persons attending to the injured individual must first put on a mask and gloves.
- Gloves will be stored at each cleaning station throughout the gym.
- Regular Band-Aids will be stored at each cleaning station as well as a garbage can for safe disposal.
- The main first aid kit and ice will be stored at the gym desk. Ice will be provided by the desk person on request. A drop off point for used ice packs will be located at the desk. Ice packs will be sanitized prior to returning them to the freezer.
- The current Inspire Sports Victoria First Aid policy will still be in effect. All staff members will be provided with another copy of the existing policy, for review, prior to returning to work.

## Illness Policy

ISV will adopt and adhere to the following Illness Policy provided by ViaSport.

In this policy, “**Team Member**” includes staff, volunteers, gymnasts or parents.

**1. Inform an individual in a position of authority (manager/owner) 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. Daily 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 the gym, 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 or until a negative COVID test is confirmed 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 be 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 into 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.

## **Outbreak Response**

**ISV will adopt and adhere to the following Outbreak Response Policy provided by ViaSport.**

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 confirmed cases; a “case” is a single case of COVID-19.**

- if a case or outbreak is reported, Lucas or June Tiefenbach or their delegate has the authority to modify, restrict, postpone or cancel activities.
- If staff or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If neither Lucas or June are at the facility, notify one of them right away.
- Implement the illness policy (see above)
- In the event of a suspected case or outbreak of influenza-like-illness, ISV will immediately report and discuss the suspected outbreak with the Saanich Medical Health Officer, our local health authority, and implement the Illness Policy and enhanced cleaning measures.

## Part III: Coaching

Inspire Sports Victoria will enforce the following Coaching Restrictions

**Coaches must realize the importance of communicating frequently and enforcing the restrictions that are currently in place at the gym and ensuring required social distancing is in place.**

**Coaches MUST wear a mask anytime touching an athlete for spotting, stretching, shaping, etc.. OR with in 6 feet. Sanitizing in between turns.**

**Coaches are required to wear masks outside the field of play.**



## Appendix 1:

### Daily Screening Checklist

Each class will have their own sheet. Their parent/guardian will have to attest to the following and sign the log for each session in the gym or out.

#### Daily Screening Checklist - \_\_\_\_\_

1. Do you have any of the symptoms below?

- Fever (greater than 38.0°C) and/or chills
- Coughing
- Sneezing
- Sore throat and/or painful swallowing
- Stuffy and/or runny nose
- Fatigue related to illness\* (not related to return to training activities)
- Loss of appetite
- Shortness of breath
- Loss of sense of smell
- Headache
- Muscle aches related to illness\* (not related to return to training Activities)

2. Have you, or has anyone in your household travelled outside of Canada/province in the last 14 days?

3. Have you, or has anyone in your household been in contact in the last 14 days with someone who is being investigated or who has a confirmed case of COVID-19?

4. Are you currently being investigated as a suspect case of COVID-19? Have you tested positive for COVID-19 within the last 10 days?

With the signature below, I attest that the answers to all the questions above is **NO**

#### **Class / Squad:** \_\_\_\_\_

Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gymnast A							
Gymnast B							



Gymnast C							
Gymnast D							
Gymnast E							
Gymnast F							
Gymnast G							

**\*\*Allergy note must be placed in file if applicable\*\***



