

Wayland Sports (Chilliwack) Ltd

Return to Sport Plan



COVID-19 RETURN TO SPORT PLAN

Wayland Sports believes that gymnastics is a critical activity within our community, and is vital to the health and wellness of our membership. Weighing our sport's benefits against the obvious concerns presented to us by the COVID-19 pandemic has taken up much of our organization's time over the past three months, as the health and safety of our athletes, staff, and wider community is always our top priority. Through resources and guidance provided to us by Gymnastics BC, viaSport, and WorkSafeBC, we are confident that we have developed suitable programs that will welcome participants back to a safe environment.

Since gymnastics does not require the direct contact between teammates or coaches, social distancing can be maintained provided a proper structure is established. We have decided to re-open our gymnastics programs for ages five and over. We will organize a plan to re-open our gymnastics classes for ages four and under at a later time to ensure social distancing can be maintained for our younger participants.

This plan only pertains to our Chilliwack facility, as each gym is following a plan that is best suited to their facility. We will begin by offering classes of up to four kids per coach with a max of three groups in the facility at a time. GBC's guidance and our club's COVID-19 Safety Plan requirements may change as government and provincial health requirements for businesses evolve. Please also note that claims related to the transmission of COVID-19 will not be covered by GBC's insurance policies. Currently, the entire sport industry is dealing with an absence of coverage for claims related to the transmission of COVID-19. The entire sport industry is working together to find a resolution; this is not an issue unique to GBC.

Please read through the following document carefully as it contains many new rules and regulations that all athletes and parents will be required to abide by. Should you have any additional questions, please email the General Manager and Program Director - Carissa Williams at carissa@waylandsports.com.



Rules and Regulations

- Do not attend practice if you or any of your household members feel unwell or are being tested for COVID-19.
- All participants must sign the **COVID-19 Liability Form** AND the **Participant Compliance Form** BEFORE attending classes. These are located at <https://www.waylandports.com/programs-registration/gymnastic-programs/chilliwack-campus/> under the “Location Information” heading and will be emailed to families on July 2nd. If you need a printed copy, you need to contact the office prior to the start of classes and arrange a time to pick up the forms.
- All parents/guardians must fill out the COVID-19 daily screening checklist on the day of your child’s class before entering the facility (refer to appendix 1). You must have your child submit it to their coach before every class. **Participants will not be able to participate if this checklist is not filled out properly before arriving.**
- Arrive 5 minutes early and wait with your child outside of the facility. Your coach will check your COVID-19 screening checklist and bring your child inside to begin their class (do not enter the facility until your coach has checked your COVID-19 checklist and has given you permission to enter).
- No parent/guardian viewing of classes is permitted to ensure we can maintain physical distancing within our facility at all times. One parent/guardian of an athlete is allowed to enter the facility to assist their child if absolutely necessary but will be asked to leave after assisting.
- All athletes will be required to use the hand sanitizing station upon their arrival
- Athletes are required to come fully dressed and prepared for gymnastics to reduce the time needed in washrooms.
- Please encourage your child to use the washroom before coming to gymnastics. Washrooms are available if needed.
- Bring a full water bottle, as we will not be providing cups for athlete use.
- Please note that claims related to the transmission of COVID-19 will not be covered by GBC’s insurance policies. Upon registration we will require you to sign a liability waiver

STAY HOME IF YOU...

- Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or symptoms identified by the BCCDC.
- Have been in contact with someone who has tested positive for COVID-19 in the last 14 days.
- Are a person with underlying conditions or considered to be at a higher risk demographic as outlined by the BCCDC.



WHEN TRAINING:

- Each athlete will be assigned a colour upon arrival and must use that colour the entire training period (All equipment is labeled by colour for simple social distancing and transitions)
- Follow directions for spacing and stay at least six feet (2 m) apart from others.
- Do not make physical contact with others, such as shaking hands, giving high fives or hugging.
- Do not share equipment unless it has been cleaned by your coach in-between turns
- Do not share water bottles or snacks.
- Notify your coach immediately if you feel sick (refer to appendix 2).

AFTER TRAINING:

- Your coach will dismiss all athletes outside at the end of class after athletes collect their belongings.
- Athletes will be required to use hand sanitizer upon leaving the facility
- Parents/guardians must wait in the parking lot while athletes exit the facility. We ask that you arrive 5 minutes early to ensure your kids are picked up on time to allow coaches the appropriate time needed to clean before their next class.

Other Notes and Considerations

- Insurance claims related to the transmission of COVID-19 will not be covered by Gymnastics BCs insurance policies.
- Any discussion between parents and coaches must be completed over the phone, email or by electronic communication. If you are wanting to speak with you coach, please contact the office and they will arrange a time for the coach to contact you.
- Social Distancing (2m) must also be maintained in the parking lot. Parents are requested to leave the premises during practice times so as not to cause congregations in the parking lot.
- If an individual experiences seasonal allergies (or other flu-like symptoms), they must get a doctor's note explaining their symptoms before entering the gym. You can have your doctor email the note to chilliwackinfo@waylandsports.com
- Individuals may choose to wear masks at any time. However, for safety reasons, athletes are not required to wear a mask during activities. Masks must be worn in any situation where physical distancing of two meters is not possible.



- Equipment bags will need to be taken home and cleaned every session. Wayland Sports is permitted to dispose of any equipment/personal belongings that are left behind by athletes after each training. Do NOT leave anything behind!

REMEMBER - STAY HOME IF YOU...

- Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or symptoms identified by the BCCDC.
- Have been in contact with someone who has tested positive for COVID-19 in the last 14 days.
- Are a person with underlying conditions or considered to be at a higher risk demographic as outlined by the BCCDC.

What to Bring to Training

The following should be placed within one personal gym bag per athlete:

- Full water bottle
- Light snack if needed
- Personal yoga mat to use on floor and beam to allow easy cleaning
- Personal hand sanitizer
- Face mask (not used when training, but have access to one if needed)
- Extra hair elastics
- Socks (We recommend the ones you get at trampoline parks, but any will work)
- Knit gloves to wear on floor/strap bars
- Spare clothes to wear on-top of gymnastics attire upon leaving the facility (if needed)
- Please do not bring toys or any unnecessary items to gymnastics

Cleaning & Safety Protocols

Our cleaning and safety protocols are as follows:

Cleaning:

- All equipment in the gym will be cleaned in between each use with ‘Vital Oxide’ which is a hospital grade disinfectant approved by Health Canada and recommended by Gymnastics BC for use in gymnastics facilities. This product is skin safe and not a skin sensitizer.



- A cleaning binder will be available that shows the time when specific areas have been cleaned. To keep our numbers low inside the facility, please contact the office if you wish to see the binder and we will bring it outside for you to view.
- High touch areas within our facility will be cleaned and disinfected frequently
- Equipment that cannot be cleaned will not be used until an appropriate cleaning process is developed. As we develop new cleaning protocols, these will be distributed to families
- Once classes are over for the day and all athletes have left, all surfaces will be disinfected (e.g., mats, floors, counters, washrooms, light switches, door handles, etc.). This will be done over and above regular cleaning requirements.

Safety:

- Smaller class sizes of 4 kids/coach and colour coded equipment will ensure coaches and athletes can maintain social distancing and do not share equipment. There will be visual aids to assist with directing the flow of athletes and coaches.
- Staff have measured and confirmed that athletes will be able to maintain 6' social distance at all times within the gym.
- There will be NO in person payments, so you MUST have a bank account or credit card on file for payment.
- Coaches will be picking athletes up outside and dismissing them outside to limit the amount of bodies in the facility
- Athletes and coaches are not required to wear masks, but MUST sanitize or wash their hands upon entering and leaving the facility
- Athletes and coaches must maintain a physical distance of 6 feet. Please discuss this with your athlete BEFORE they attend gymnastics
- Coaches are not permitted to spot; however, they are expected to step in if your athlete is at risk of being injured



Appendix 1: Daily Screening

This needs to be completed and given to your coach prior to each training day

Today's Date:

Activity Start & End Time:

Participant Name:

Class Name:

1. Do you have any of the symptoms below? Please circle your answer.

Fever (greater than 38.0°C) and/or chills	Yes	or	No
Coughing	Yes	or	No
Sneezing	Yes	or	No
Sore throat and/or Painful swallowing	Yes	or	No
Stuffy and/or Runny nose	Yes	or	No
Fatigue related to illness	Yes	or	No
Loss of appetite	Yes	or	No
Shortness of breath	Yes	or	No
Loss of sense of smell	Yes	or	No
Headache	Yes	or	No

2. Have you, or has anyone in your household travelled outside of Canada in the last 14 days?
Yes or No

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? Yes or No

4. Are you currently being investigated as a suspected case of COVID-19? Yes or No

5. Have you tested positive for COVID-19 within the last 10 days? Yes or No

Participant or Parent/Guardian name:

Signature

Emergency Contact #:

Staff Member:

Signature



Appendix 2: Illness policy from viaSport

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.