
RETURN TO SPORT

Ironwood Gymnastics Late Spring and Summer Programs

June 9th, 2020

Updated: June 25th, 2020



Wayland Sports

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Introduction

Wayland Sports believes that gymnastics is a critical activity within our communities, 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 in a safe and effective environment.

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

At this time, we are only re-opening our Ironwood Wayland Sports facility as it is privately owned and operated, so we have full control over the flow of individuals, the cleaning regiment, and the structural layout of all of our sessions. Starting with up to five to six athletes per one coach at a time and a maximum of two to three coaches teaching classes at a given time, we are excited to begin offering some much needed physical exercise to the youth of the lower mainland!

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; it is the responsibility of each member club to ensure that their individual members are aware of the absence of insurance coverage in this area and the risk they assume by returning to the gym. 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 Head Coach and Gymnastics Program Director Innocent Eragbhe at: innocent@waylandsports.com

Rules and Regulations

UPON ARRIVING:

- Do not attend practice if you or a member of your household does not feel well.
- Have athletes wait outside the front entrance door until their coach allows them into the facility. Arrive no more than five minutes before your class starts).
- All athletes will be required to use the hand sanitizing station located at the main entrance to the facility upon their arrival.
- No parent/guardian viewing of classes is permitted to ensure we maintain less than 50 individuals within our facility at all times. Parents/guardians are only permitted to enter the facility to register/pay for services and/or ask questions at the front office. One parent/guardian of an athlete is allowed to enter the facility to assist their child if absolutely necessary.
- After athletes sanitize their hands at our sanitizing station, they will be led by their coach on where to put their bags and where to wait for their class to start.
- Coaches will verbalize the Daily Screen Checklist to their athletes prior to starting training (**refer to appendix 1**)
- Wear your bodysuit/athletic wear to and from practice (limit use of change rooms if possible).
- Bring a full water bottle to avoid using a water fountain.

WHEN TRAINING:

- Follow directions for spacing and stay at least six feet (2 m) apart from others (includes coaches and participants).
- Use hand sanitizer/wash hands between each event
- Do not make physical contact with others (i.e. shaking hands or giving high fives)
- Do not share water bottles or snacks.
- Notify your coach immediately if you feel sick (**refer to appendix 2**).

AFTER TRAINING:

- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the gym (there will be a hand sanitizing station at the gym exit).
- Coaches will help participants exit the facility one at a time from the side exit door within the gym (this side exit is completely visible from our front parking lot).
- Parents/guardians must wait in the parking lot while athletes exit the facility.

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 to wear on trampoline
- Skipping rope for warm-up & conditioning
- Personal wristbands for athletes to use strap bar (competitive athletes only)
- A ziploc bag of chalk (big enough to fit athletes' hand in) for personal use on bars if desired (we are unable to provide chalk for athletes to use for sanitary reasons) (competitive athletes only)
- Spare clothes to wear on-top of gymnastics attire upon leaving the facility

Cleaning & Safety Protocols

Our cleaning and safety protocols are as follows:

- We will be posting a document that shows the time when each apparatus and specific area is cleaned (e.g., washrooms).
- High touch areas within our entrance, exits, lobby, and gym will be cleaned and disinfected frequently, prior to and after each class.
- Surfaces with high touch-points will be cleaned at least twice per day (e.g., washroom counters, doorknobs, handrails, kitchen/break areas, etc.).
- The gym equipment will be properly disinfected after each class and rotation.
- Equipment that cannot be cleaned (i.e., cloth-like surfaces, foam pits, etc.) will not be used until an appropriate cleaning process is completed.
- 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.
- Our Facilities will have lined garbage bins for the safe disposal of cleaning products and other materials.
- We will use cones, tape, and hoola-hoops within our facilities to ensure participants can safely maintain physical distancing

Late Spring Session Schedule

WAYLAND IRONWOOD LATE SPRING SESSION JUNE 15TH - JULY 3RD 2020									
GROUPS	COACH	MON	TUE	WED	THUR	FRI	S A T	S U N	HRS
ARTISTIC COMP GROUP 1	ARIANA & INNOCENT	5:45-7:45PM		5:45-7:45PM		5:45-7:45PM			6
ARTISTIC COMP GROUP 2	ARIANA & INNOCENT	3:30-5:30PM		3:30-5:30PM		3:30-5:30PM			6
ARTISTIC COMP GROUP 3	ARIANA & INNOCENT	3:30-5:30PM		3:30-5:30PM					4
TRAMP & TUMBLING COMP (10+)	INNOCENT	5:45-7:45PM		5:45-7:45PM		5:45-7:45PM			6
TRAMP & TUMBLING INTERMEDIATE (8-10YRS)	ARIANA		4:45-5:45PM		4:45-5:45PM				1
TRAMP & TUMBLING BEGINNER (6-8YRS)	INNOCENT		4:45-5:45PM		4:45-5:45PM				1
TEEN GIRLS (13-15 YRS)	ARIANA		7:15-8:15PM		7:15-8:15PM				1
PRE-TEEN GIRLS (10-12 YRS)	INNOCENT		7:15-8:15PM		7:15-8:15PM				1
RECREATIONAL (8-9 YRS)	ARIANA & INNOCENT		6-7PM		6-7PM				1
JUNIOR RECREATIONAL (6-7 YRS)	ARIANA & INNOCENT		3:30-4:30PM		3:30-4:30PM				1

Late Spring Session Fees June 15-July 3rd 2020 (3 weeks)

Class # of hours per week	# of classes per week	Total # of classes	3 week session total	Per week session total
1 hour	1	3	\$75 + tax	\$25 + tax
4 hours	2	6	\$180 + tax	\$60 + tax
6 hours	3	9	\$225 + tax	\$75 + tax

*Yearly/Seasonal GBC/Wayland Membership Fees also may apply

Summer Schedule

WAYLAND IRONWOOD SUMMER SESSION JULY 6TH -AUGUST 28TH 2020									
GROUPS	COACH	MON	TUE	WED	THUR	FRI	SAT	SUN	HRS
ARTISTIC COMP GROUP 1	INNOCENT	7:00-9:00pm		7:00-9:00pm	6:00-8:00PM				6
ARTISTIC COMP GROUP 2	ARIANA & INNOCENT	4:45-6:45PM		4:45-6:45PM	6:00-8:00PM				6
ARTISTIC COMP GROUP 3	ARIANA & INNOCENT	4:45-6:45PM		4:45-6:45PM					4
TRAMP & TUMBLING COMP (10+)	INNOCENT	2:30-4:30PM		2:30-4:30PM	2:30-4:30PM				6
TRAMP & TUMBLING INTERMEDIATE (8-12YRS)	ARIANA & INNOCENT		4:45-5:45PM 6-7PM	3:30-4:30PM	4:45-5:45PM				1
TRAMP & TUMBLING BEGINNER (6-9YRS)	ARIANA		3:30-4:30PM 4:45-5:45PM		4:45-5:45PM				1
TEEN GIRLS (13-15 YRS)	ARIANA		7:15-8:15PM						1
PRE-TEEN GIRLS (10-12 YRS)	INNOCENT		7:15-8:15PM						1
RECREATIONAL (8-9 YRS)	ARIANA & INNOCENT		6-7PM		3:30-4:30PM				1
JUNIOR RECREATIONAL (6-7 YRS)	ARIANA	3:30-4:30PM	3:30-4:30PM						1

Summer Fees July 6th-August 28th 2020 (8 weeks)

Class # of hours per week	# of classes per week	Total # of classes per month	Monthly total	Per week session total
1 hour	1	4	\$100 + tax	\$25 + tax
4 hours	2	8	\$240 + tax	\$60 + tax
6 hours	3	12	\$300 + tax	\$75 + tax

*Yearly/Seasonal GBC/Wayland Membership Fees also may apply

Private Lessons

Note: Private lessons (one-on-one coaching) with Ariana and Innocent may also be available at **\$65 + tax per hour** upon request on a first come first serve basis. Please contact Innocent Eragbhe at innocent@waylandsports.com for more details as spots may be limited.

Summer Camp Fees July 6th-August 28th 2020 (8 weeks)

***Note:** Camp registration is for days, weeks, and months at a time. A discount is applied if registered for the entire week and months at a time. **Online registration is available.**

Camp Type	Time	Cost per day	Cost per week	Cost per month
Gymnastics Camp (Half Day)	Monday-Friday 9:00am-1:00pm	\$48 + tax	\$225 + tax	\$850 + tax

Other Notes and Considerations

- Insurance claims related to the transmission of COVID-19 will not be covered by Gymnastics BCs insurance policies.
- The facility has been, and will continue to be, subject to a new and more rigorous cleaning protocol.
- We will be holding regular staff meetings to make sure everyone is up to date with the current COVID-19 related guidelines.
- Any discussion between parents and coaches must be completed over the phone, email or by electronic communication
- Only one person is allowed to use the washroom facilities (the washrooms located within the gym) at one time
- Every athlete needs to arrive in their gymnastics attire, and bring clothes to put on top after training in order to quickly exit the facility once their class is finished
- 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.
- 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!

Appendix 1: Daily Screening

***This will be verbalized to athletes from their coach prior to each training**

This checklist may be updated as the situation progresses over the next weeks and months.

Daily Screening Checklist

Today's Date:

Activity Start Time:

Participant Name:

Activity/Group:

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

- | | |
|---|--------|
| • Fever (greater than 38.0°C) and/or chills | Yes No |
| • Coughing | Yes No |
| • Sneezing | Yes No |
| • Sore throat and/or painful swallowing | Yes No |
| • Stuffy and/or runny nose | Yes No |
| • Fatigue related to illness | Yes No |
| • Loss of appetite | Yes No |
| • Shortness of breath | Yes No |
| • Loss of sense of smell | Yes No |
| • Headache | Yes No |
| • Muscle aches related to illness | Yes No |

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

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

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

Appendix 2: Sample 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.