
RETURN TO SPORT

Ironwood Fall & Early Winter Gymnastics Programs

June 9th, 2020

Updated: December 3rd, 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 four and over. We will organize a plan to re-open our gymnastics classes for ages three 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.
- Athletes must wear a mask while entering the building and wear it until they start class. It is recommended they wear it during training as well (but not mandatory)
- Follow directions for spacing and stay at least nine feet (3 meters) apart from others (includes coaches and participants) at all times
- 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 collect a paper or electronic copy of the Daily Screening Checklist from their athletes/parents prior to starting training (**refer to appendix 1**).

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- 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 nine feet (3 meters) apart from others (includes coaches and participants) at all times
- Coaches will use hands free coaching (no spotting) unless athlete is in danger
- Use hand sanitizer/wash hands between each event
- Wear a mask while entering the bathroom & 1 person in washroom at all times
- 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.
- Wear your mask while exiting the facility
- 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 as identified by the BCCDC.

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- 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 (**competitive athletes only**)
- Personal hand sanitizer
- Face mask (not mandatory when training, but wear while entering & leaving club)
- Extra hair elastics
- Skipping rope for warm-up & conditioning (**competitive athletes only**)
- 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 using documents that shows the time when each apparatus and specific area is cleaned
- High touch areas within our entrance, exits, lobby, and gym will be cleaned and disinfected more frequently
- The gym equipment will be properly disinfected with our Vital Oxide Solution that continues to kill all viruses and bacteria for 24 hours each application.
- Equipment that cannot be cleaned (i.e. foam pits) 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 again (e.g., mats, floors, counters, washrooms, light switches, door handles, etc.). This will be done over and above regular cleaning requirements.
- We will use cones, tape, and hoola-hoops within our facilities to ensure participants can safely maintain physical distancing of 3 meters throughout the building and gym

RECREATIONAL GYMNASTICS FALL/WINTER SCHEDULE

WAYLAND IRONWOOD FALL SESSION SEPT 8TH -JANUARY 23RD 2021							
GROUPS	MON	TUE	WED	THUR	FRI	SAT	HRS/WEEK
KINDERGYM (4-5 YRS)		3:30-4:15 PM	3:45-4:30 PM		3:30-4:15 PM	11:00- 11:45 AM	0.75
JUNIOR RECREATIONAL (6-7 YRS)	4:30-5:30 PM 5:30-6:30 pm		3:30-4:30 PM			1:00- 2:00pm	1
RECREATIONAL (8-9 YRS)	6:30-7:30				3:30-4:30 PM		1
PRE-TEEN GIRLS (10-12 YRS)	7:30-9:00 PM						1.5
TEEN GIRLS (13-15 YRS)	7:30-9:00 PM						1.5
TRAMP & TUMBLING BEGINNER (6-9YRS)			4:30-5:30 PM	3:30- 4:30PM		12:00- 1:00PM	1
TRAMP & TUMBLING INTERMEDIATE (8-12YRS)		4:30-5:30 PM			4:30- 5:30PM	12:00- 1:00PM	1
TRAMP & TUMBLING ADVANCED (12-15YRS)			5:45-7:15 PM				1.5

**FALL/WINTER SESSION GYMNASTICS FEES
SEPT 8TH- JANUARY 23RD 2021**

Class # of hours per week	# of classes per week	Session Total (5 MONTHS) **(4 MONTHS FOR SATURDAY GROUPS)
45 minutes	1	<p>Tues-Friday groups: \$450 18 training sessions</p> <p>Saturday Groups: \$350 14 training sessions</p>
1 hour	1	<p>Monday groups: \$432 16 training sessions</p> <p>Tues-Friday groups: \$486 18 training sessions</p> <p>Saturday Groups \$378 14 training sessions</p>
1.5 hours	1	<p>Monday groups: \$584 16 training sessions</p> <p>Tues-Friday groups: \$657 18 training sessions</p>

*Taxes & Yearly GBC/Wayland Membership Fees also may apply

***NOTE: NO TRAINING: September 7th, October 12th, October 31st, December 20th- January 3rd**

**LAST WEEK OF CLASSES FOR THIS RECREATIONAL SESSION IS WEEK OF:
JANUARY 25th-30th**

COMPETITIVE GYMNASTICS SEASON SCHEDULE

WAYLAND IRONWOOD COMPETITIVE SESSION SEPT 8TH - JUNE 18 2021						
GROUPS	MON	TUE	WED	THUR	FRI	HRS/WEEK
ARTISTIC COMP GROUP 1		5:30-9:00 pm		5:30-9:00 pm	5:30-9:00 PM	10.5
ARTISTIC COMP GROUP 2		5:30-8:30 PM		5:30-8:30 PM	5:30-8:00 PM	8.5
ARTISTIC COMP GROUP 3	4:30-7:30 PM		4:30-7:30 PM			6
COMPETITIVE TRAMP & TUMBLE		4:30-7:00 PM		4:30-7:00 PM	4:30-7:00 PM	7

**COMPETITIVE GYMNASTICS FEES
SEPT 8th-JUNE 18 2021**

Class # of hours per week	Monthly total	Session Total (10 MONTHS)
6 hours	\$294	\$2938
7 hours	\$343	\$3430
8.5 hours	\$372	\$3717
10.5 hours	\$417	\$4167

***Taxes & Yearly GBC/Wayland Membership Fees also apply**

***NOTE- See calendar for future days off**

Private Lessons

Note: Private lessons (one-on-one coaching) with Ariana or Innocent may also be available at **\$75 per hour/ \$60 per 45 mins/ or \$45 per 30 minutes** upon request on a first come first serve basis. Please contact Innocent Eragbhe and Ariana Gomes at innocent@waylandsports.com and ariana@waylandsports.com for more details as spots may be limited.

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 keeping good communication with all staff to make sure everyone is up to date with the current COVID-19 related guidelines.
- Discussion between parents and coaches is preferred over the phone, email or by electronic communication during this time
- 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 (3m) 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 during training. Athletes are not required to wear a mask during exercise. Masks must be worn when entering and leaving the building & in situations where physical distancing of 3 meters is not possible.
- All socializing by participants, parents, and guardians before, during, and after programming should be eliminated.
- Do NOT leave any personal items behind in the gym!

Appendix 1: Daily Screening

***This will be collected by coaches/staff from parents/athletes prior to the start of each athlete's training time. It can also be completed virtually here before class:**
https://docs.google.com/forms/d/e/1FAIpQLSeC2rztRwFNyGkUR0ksEGBuHH_Zx3IFTqibchYHzOIKkX9crg/viewform

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

Daily Screening Checklist

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 |
| • Nausea or Diarrhea | 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, contractor, 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, loss of appetite, nausea, or diarrhea. **See BCCDC website for a full list of symptoms:**

<http://www.bccdc.ca/health-info/diseasesconditions/covid19/about-covid-19/symptoms>

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. If Team Members are unsure please have them use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en>.

c. Managers/coaches may 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.

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 within the sport environment, they should be sent home immediately and contact 8-1-1 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. Follow the direction of health officials.

5. Quarantine or Self-Isolate if:

- a. You have travelled outside of Canada within the last 14 days.
- b. You have come into close contact with someone who has tested positive for COVID-19.
- c. You have been advised to do so by health officials.