
RETURN TO SPORT

Ironwood Summer Gymnastics Programs

June 9th, 2020

Updated: June 17th, 2021



Wayland Sports

Table of Contents

Introduction	3-4
Rules and Regulations	5-6
What to Bring to Training	7
Cleaning & Safety Protocols	8
Recreational Gymnastics Fall/Winter Session Schedule & Fees.....	9-10
Competitive Gymnastics Season Schedule & Fees	10
Private Lessons.....	11
Other Notes and Considerations	12
Appendices	
Appendix 1: Daily Screening Checklist	13
Appendix 2: Sample Illness policy from viaSport	14-15

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

****Please note that the June 17th, 2021 updates will be shown in a yellow highlight.**

Rules and Regulations

UPON ARRIVING:

- Do not attend practice if you or a member of your household does not feel well.
- Have athletes wait inside the gym (but outside the white gates) until their coach allows them onto the gym floor. Please arrive **no more than five minutes before your class starts.**
- Athletes/coaches 12 + years of age must wear a mask while entering the building and must wear a mask while they are not in the “field of play” i.e. while they are not training. No athlete or coach (of any age) is required to wear a mask during training, but they can if it is their preference.
- While social distancing is no longer required “during the field of play”, please still follow directions for spacing where needed, especially with others not in your class.
- 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.
- 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**).
- Bring a full water bottle to avoid using a water fountain.

WHEN TRAINING:

- Social distancing between coaches and athletes is no longer required
- Coaches are now allowed to fully assist (spot) athletes
- Use hand sanitizer/wash hands between each event
- Only 1 person in the 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 if you are 12+ years old.
- 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 red 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.
- 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 if that's your preference
- Face mask if you are 12+ years old (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 **2x daily**
- 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 daily (i.e. foam pits) will not be used until we get permission from GBC
- 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 and hoola-hoops within our facilities to ensure participants can safely maintain a physical distance of 3 meters throughout the building and gym where needed (i.e. hoola-hoops to put shoes and water bottle in).

RECREATIONAL GYMNASTICS SUMMER 2021 SCHEDULE

WAYLAND IRONWOOD SUMMER SESSION JULY 5TH-AUG 30, 2021						
GROUPS	MON	TUE	WED	THUR	FRI	HRS/WEEK
THREE ALL ME (3 YRS)		3:30-4:15 PM		4:45- 5:30PM		0.75
KINDERGYM (4-5 YRS)			3:30-4:15 PM	4:45-5:30 PM	3:30-4:15 PM 3:45-4:30 PM	0.75
JUNIOR RECREATIONAL (6-7 YRS)	3:30- 4:30PM	3:30- 4:30PM	4:30- 5:30PM	3:30- 4:30PM		1
RECREATIONAL (8-9 YRS)			7:30-8:30 pm	3:30-4:30 pm	4:30- 5:30PM	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
PRE-COMP GIRLS (5-7 YRS) *Invite only	4:30-6:00 PM					
TRAMP & TUMBLING BEGINNER (6-9YRS)	3:30- 4:30PM	4:30- 5:30PM				1
TRAMP & TUMBLING INTERMEDIATE (8-12YRS)		4:30-5:30 PM	5:30- 6:30PM		4:30- 5:30PM	1
TRAMP & TUMBLING ADVANCED (12-15YRS) *Invite only			6:30-8:30 PM			2

SUMMER SESSION GYMNASTICS FEES
JULY 5TH-AUG 30, 2021

Class # of hours per week	# of classes per week	Session Total (2 MONTHS)
45 minutes	1	\$200
1 hour	1	\$216
1.5 hours	1	\$304
2 hours	1	\$350

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

****Please note that there will be NO training on Monday August, 2nd for Recreational & Competitive classes due to BC Day Holiday**

LAST DAY OF SESSION IS AUGUST 30TH

COMPETITIVE GYMNASTICS SUMMER SCHEDULE

WAYLAND IRONWOOD COMPETITIVE SESSION JULY 5-AUG 30, 2021						
GROUPS	MON	TUE	WED	THUR	FRI	HRS/WEEK
ARTISTIC COMP GROUP 1		2:30-6:30 pm		2:30-6:30 pm	2:30-6:30 pm	12.0
ARTISTIC COMP GROUP 2		5:30-8:30 PM		5:30-8:30 PM	5:30-8:30 PM	9.0
ARTISTIC COMP GROUP 3	4:30-7:30 PM		4:30-7:30 PM			6
COMPETITIVE TRAMP & TUMBLE	6:00-9:00 pm	6:00-9:00 pm	2:30-5:00 pm	6:00-9:00 pm	6:00-9:00 pm	9-14.5 HOURS

COMPETITIVE GYMNASTICS SUMMER FEES JULY 5-AUG 30, 2021

Class # of hours per week	Monthly total
6 hours	\$294
9 hours	\$396
10.5 hours	\$417
12 hours	\$456

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

****Please note that there will be NO training on Monday August, 2nd for Recreational & Competitive classes due to BC Day Holiday**

LAST DAY OF SESSION IS AUGUST 30TH

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 of any age are **not required** to wear a mask during exercise. Masks must only be worn when entering and leaving the building if you are 12+ years of age.
- 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_Zx3IFTqibc_hYHzOIKkX9crg/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.