

Gymnastics & Trampoline– Safety Plan

November 2, 2020

Principle	Enhanced Protocol
Public Health Measure/Elimination	<ul style="list-style-type: none"> • Reduced participant capacity for maintaining social distancing of three metres will be implemented. • Each activity will be evaluated for the maximum number of participants with consideration gymnasium space. • Gymnastics & Trampoline will have a maximum of 4 participants per teaching group with a maximum of 8 teaching group’s total. Total facility capacity will not exceed 50 people. • Registered programs will be 20 minutes apart to allow for extra cleaning and ventilation. • Registered participants will be asked to arrive for their class no more than 10 minutes before the scheduled start time. • Only registered program participants and their guardians will be permitted in the facility. • Only registered program participants and staff will be permitted into the program area. • After dropping off child, guardian will immediately leave the facility. • Daily health checks of all participants and program staff will be conducted prior to entering the gymnasium. • Registered participants will be asked to wash/sanitize their hands before and after their program. • Masks are required to be worn by all staff and members of the public 12 and older. Masks are recommended for patrons ages 2-11. Guidance on wearing facemasks during COVID-19 pandemic can be found at the BC Centre for Disease Control website. • Registered participants will be asked to follow instructions for entering and exiting the program spaces. • Participants and guardians must leave the building promptly when their class is finished.
Class structure & equipment cleaning procedures	<ul style="list-style-type: none"> • When waiting for their turn participants must sit 3 metres apart. • Squares will be used to create participant’s own space for younger children. • Each of the younger children will have a square and take it with them as they move between each piece of equipment. • Participants will sit or stand on their own square as they wait for their turn. Squares will be spaced to ensure 3 metre distancing is maintained.

	<ul style="list-style-type: none"> • JFK Bars When possible, children use different areas of the bars. Rails wiped down after group is done. • Uneven Bars When possible, children use different areas of the bars. Rails wiped down after group is done. • Trampoline Children mount and dismount in their own area. Frame pads & throw mat wiped down after group is done. • Tumbling When possible work across the roll mat on their square. Children may run down the length of the mat. • Vault 2 children, each on their own vault, while the other two on the mat Wipe vault, then next 2 children. Wipe down. • Beam Pile mats under high beam, so there is not such a drop. Each child uses their own part of the beam. Use a noodle if a child needs assistance. Wipe down • Double mini Stagger line up • End of class wipe down squares
<p>Instructor Guidelines</p>	<ul style="list-style-type: none"> • Spotting is allowed for safety purposes only. Instructors must wear a mask and must sanitize their hands between each child. • Instructors are allowed to stand close to the equipment and participants for safety. • A small group of participants may use the same station at one time. • No chalk will be allowed on the uneven bars.
<p>Motoring Munchkins & Parent & Tot Bubbles</p>	<ul style="list-style-type: none"> • Toys & equipment for Motoring Munchkin Bubbles and Parent & Tot Bubbles will be disinfected or replaced between each booking. • No more than two children per guardian. • Guardians are responsible for their children and themselves in compliance to COVID-19 related protocol.
<p>Environmental</p>	<ul style="list-style-type: none"> • Access to the gymnasium will be controlled through designated entrances and exits. • Participants must remain inside the gymnasium at all times, other than to use the assigned washroom facilities. • Face masks will be provided for staff to wear and need to be worn at all times.

	<ul style="list-style-type: none"> • Regular surface cleaning and disinfecting of equipment will be done by the staff between classes. • Handwashing stations (washrooms) and use of alcohol-based hand rubs provided to the public and staff. • Disinfectant and sanitizing products will be supplied for cleaning equipment, surfaces and supplies.
Administrative	<ul style="list-style-type: none"> • Signage will be posted in the Sportsplex with respect to COVID-19 Protocols <ul style="list-style-type: none"> ○ Do Not Enter if you are Sick ○ Physical Distancing ○ Hand Hygiene ○ Etiquette • Training on COVID-19 protocols, Safety Plans and Activity specific via emails, handouts, videos and in house meetings prior to program. • Exposure Control Plan shared with staff. • For contact tracing purposes, the program attendance sheet will be used for each program (report in Perfect Mind) • EAP Program or other resources shared. • Program host will direct participants to the line up sport for their class.
Personal	<ul style="list-style-type: none"> • Staff to exercise physical distancing of 2 metres at all times and 3 metres during programs. • Masks will be provided and required. • Stay home and self-isolate when you are sick or have flu like symptoms. • Nitrile gloves and appropriate PPE will be provided while performing first aid. • Regular handwashing and hygiene practices. • Coughing into your elbow.
Personal Protective Equipment	<ul style="list-style-type: none"> • Nitrile gloves and appropriate cleaning products will be provided for cleaning and disinfecting equipment.

What to know before you go...Gymnastics and Trampoline classes

1. Doors will open 10 minutes prior to the start of your class.
2. Please follow staff member into the building.
3. Place belongings in cubby, or leave with parent.
4. Line up for health check.
5. Hand will be sanitized prior to class.
6. Child will be placed on a designated spot to sit and wait for class to begin.
7. At this time parents must leave via the side door.
8. Hands will be sanitized at the end of class.
9. Parents will be able to enter at the end of class to pick up their child.
10. Leave promptly!

Remember to come to class only when healthy!

- Instructors will be wearing masks and will be sanitizing their hands upon starting each class, and before and in between spotting any participants;
- Classes are smaller this session with a 4:1 ratio;
- We have increased our cleaning so that we are wiping our equipment at the end of a rotation, after each class and at the end of the day;
- Masks are expected to be worn while in all indoor areas except when participants are on the gym floor.