



COVID-19 Operational Plan Recreational Program

Last updated: January 4, 2021

506-858-5598
70 Limerick Str. Moncton, NB E1C 0P1
office@beausejourgymnos.com / www.beausejourgymnos.com

We are pleased to offer gymnastics sessions this season at our facility. We are committed to providing a safe environment for our members and will update our COVID-19 Operational Plan as prevention and protection measures evolve.

The details included in this plan will outline the strategies in place to diminish the risk of spreading disease at our facility. It will follow all provincial government guidelines and will remain in place until further notice. Any changes or modifications to the plan will be communicated clearly and thoroughly to all.

Minimum public health measures are required to keep yourself and others healthy and therefore our expectations during this pandemic include:

- Physical distancing and/or use of community face masks
- Frequent handwashing
- Cleaning surfaces properly
- Respiratory etiquette

Parent Viewing

The Beausejour Gymnastics Club has made every effort to ensure the safety of our members while maintaining social distancing protocols and the variety and quality of programs that we are accustomed to. At this time, in order to do so, we must limit the number of spectators that we have in our viewing area. For our Winter Session, the following classes will be able to have one family member in our viewing area:

Preschool

CanGym Levels 1-4 (Ages 5-7)

Trampoline Levels 1-4 (Ages 5-7)

The viewing area will be closed for all other classes.

**Please be reminded that Parent Tot classes require one parent/guardian participate directly in the class with the child.

Entering and Exiting the Building

The following guidelines will be in place to help manage the traffic flow entering and exiting the gym as well as allow us to screen individuals efficiently:

- A separate door will be used for entering and exiting the building to ensure physical distancing.
- Face masks are required when entering and exiting the building. Spectators must wear a mask for the duration of their stay.
- Parents who are dropping off their child for a class but are not staying, must still wait in the check in line until their child has been successfully screened.
- When entering the building, please use the main doors. Families, staff and other individuals must wait in a socially distanced line along the outside of the building in order to check in one at a time at the screening and sanitization table. Once screened, members will follow the directions of the staff member on duty.
- When exiting the building and when picking up participants, please use the doors at the far end of the building. Parents are asked to meet a staff member near the door and wait for the son/daughter to finish their class.
- Should a non-viewing parent need to enter the gym at any point during a class, they will be required to ring the doorbell, wear a mask and complete the screening protocol.

Screening for Members

Prior to arriving at our facility families are responsible for reviewing the Department of Health/Department of Early Childhood Development Screening Questionnaire.

- Please only send your child and/or family member to class if the outlined criteria in the screening questionnaire has been met.
- Anyone who is either symptomatic or has been advised by public health to self-isolate, will not be allowed to enter the facility.

As an added precaution, the following pre-screening measures will be required of participants, spectators and staff members before entering the building:

- At check-in, participants, spectators and staff will be actively screened and will have their temperature taken.
- Anyone with a temperature above 38°C will not be permitted into the facility.

PLEASE NOTE: If an athlete falls ill during a class and a family member is not present, parents will be contacted immediately and the participant will wait in a designated area for pick up.

IMPORTANT: Clear and accessible daily records of all members will be kept on file to allow for effective contact tracing should a case be identified at our facility.

****** If your son/daughter is feeling sick, please keep them at home. We can all do our part to help keep ourselves and those around us safe by being proactive.

Physical Distancing Measures

All reasonable attempts will be made to maintain physical distancing in our facility. These guidelines will help ensure safety for all members:

- The number, size and schedule of classes have all been adjusted in order to allow for fewer members in the facility at one time.
- The number of close contacts between children will be limited and physical distancing will be maintained as much as possible.
- The gym area will be marked off to improve traffic flow and spacing between participants and groups.
- Coaches will minimize the amount of spotting and physical contact in classes. Instead, participants will be given feedback and encouragement verbally and through positive gestures and facial expressions. In the event of a safety concern, a coach will step in to ensure that your son/daughter is safe.
- The viewing area will be marked off and spectator numbers have been reduced in order to allow for proper physical distancing. Spectators are required to wear a mask at all times in our facility.
- Changing rooms are limited to washroom use only. Participants must keep their belongings in a gym bag in their designated area. Participants must come dressed and prepared for class.
- Participants are required to have a face mask in communal areas, during low impact activity, and during instruction-specific times.
- During high impact activity, when face masks are not required (turn-taking), athletes will maintain a minimum 3 metre distance from one another.
- Participants must have their own water bottle. The fountain is accessible for refills only.

Cleaning Protocols

The following guidelines will be in place to ensure proper sanitization of all areas of the gymnastics club.

- Upon entering the building everyone will be required to hand sanitize. A sanitizing station will be set up in the entryway. Hand sanitizers are also available in multiple areas of the facility.
- Frequent handwashing or hand sanitizing will be encouraged. Participants and staff members will be required to sanitize in between each event, after using the washroom, after blowing their nose or sneezing, and prior to exiting the building.
- At the end of each event, common surfaces will be sprayed/wiped down with a disinfectant prior to a new group arriving.
- At the end of the day, all mats and carpeted surfaces will be vacuumed and/or fogged with a disinfectant.
- Athletes will be escorted to the washroom by staff, to ensure that the facility is properly wiped down between visits and to ensure that proper hand-washing etiquette is performed.
- All cleaning, sanitizing and disinfecting will be logged by designated staff members on a regular basis.

We appreciate your patience and cooperation as we navigate through these guidelines and updates to our programming. With everyone's support, we can maintain a safe, healthy, and happy environment for our members!