



# COVID-19 Operational Plan

## Competitive Training

Last updated: January 4, 2021

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We are pleased to offer competitive training 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 in order to keep yourself and others healthy. Our new norm during this pandemic include:

- Physical distancing
- Frequent handwashing
- Cleaning surfaces properly
- Respiratory etiquette
- Use of community face masks

## **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.

With Covid recommendations in mind, we will be adopting a partially closed parent viewing policy this season. Parent viewing will not be accessible during all of your son/daughters' training times but rather, you will be given a viewing schedule that will include limited viewing days each month. Adults will only have to the viewing area on their designated days and times.

Face masks are mandatory for spectators in the viewing area.

## **Drop Off and Pick Up**

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

- DROP OFF PROCEDURES - Please use the main doors. Athletes, parents and staff must wear a face mask and wait in a socially distanced line outside of the building in order to check in at the screening/sanitization station. Once complete, athletes and staff may enter the gym and parents are free to leave. If dropping off and remaining in your vehicle, please wait for a staff members wave before leaving the area.
- Please do not arrive for your training session more than 10 minutes early as we are trying to alleviate congestion at the main door.
- PICK UP PROCEDURES – Please use the doors at the far end of the building. A coach will ensure that athletes make it to their vehicles safely.
- Please arrive 5 minutes early to pick up your child as we will have cleaning processes that need to be completed at the end of training sessions.
- Should a parent need to enter the gym during a training session, they will be required to wear a face 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.

## **Personal Equipment and Supplies**

The following guidelines will be in place to help us safely manage the use of both club-owned and personal equipment and supplies:

- Athletes will be required to have a gym bag with them where they will keep all of their personal belongings for the duration of the practice.

- Many items that the gym typically provides, will no longer be accessible.

Athletes must have these items in their gym bag at all times:

- Grips and wristbands
- Plastic container for chalk and small spray bottle for water
- Wrist, ankle, knee braces, etc
- Tape, pro wrap, facial tissue, etc
- Personal water bottle
- Community face mask

- Personal items must stay in gym bags when not in use and athletes are not permitted to share items.
- The water fountain is designated as a bottle fill station only. Athletes must bring their own water bottle to gym with them.
- Athletes should have their training attire on and should be prepared for training when they arrive (this includes having hair fixed).
- Personal belongings must be taken home at the end of practice and proper sanitization should be performed at home prior to returning to the gym.

\*\*Please note that community face masks are required for anyone entering the building. Athletes, parents and coaches should arrive with their face mask on and will use it for the majority of their scheduled session.

### **Physical Distancing Measures**

The following guidelines will be in place to help facilitate physical distancing rules of maintaining 2m or 6' of distance between ourselves and others:

- Signs will be mounted indicating the entrance and exit to the building.
- Directional arrows will be marked on the floor to indicate traffic flow throughout the entryway, hallway and gym area.
- Dressing rooms will be used for bathroom purposes only. No personal belongings will be left in the changing rooms.
- Each group will be assigned a bathroom stall for each practice.
- Gym areas will be marked where athletes should to stand to wait their turns.
- Coaches will only provide spot when a skill poses a potential safety concern.
- Break times will be staggered and groups will remain together throughout.

- 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.

## **Cleaning Protocols**

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

- Upon entering the building, all athletes, parents and staff will be required to hand sanitize. A hand sanitizing station will be set up in the entryway.
- Hand sanitizers are available in multiple areas of the building and gym area.
- Athletes and staff will be required to hand sanitize in between each event. Frequent handwashing will be encouraged throughout the session.
- At the end of each event, common surfaces will be sprayed and/or wiped down with a disinfectant prior to a new group arriving.
- At the end of the day, all mats and carpeted surfaces will be disinfected.
- 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.

## **Conclusion**

We appreciate your patience and cooperation as we navigate through the reopening of our business. We believe that, with everyone's support, we can maintain a safe, healthy and happy environment for our athletes.