**River Valley Gymnastics – Covid-19 Operational Plan**

**Woodstock Location**

This is a working document – as changes are made will be updated.

Updated December 1st for Zone 3 being moved to Orange.

All decisions regarding this document are made by Hayley Foster, Natasha Kearney, Lynette Emberly and Jayne Geddes in response to advisories from Canada Public Health and Government of New Brunswick and guidelines from the New Brunswick Gymnastics Association. Tanya Guthrie is responsible for implementing and monitoring this plan. In case of Tanya’s absence, a clearly identified supervising staff member will be in charge of implementing and monitoring this plan.

**Screening and Contact Tracing.**

1. Masks must be worn from the vehicle and into the building. Mask must remain on until the class coach class the student to begin classes. Masks are not required to be worn on the ‘field of play’. Spectators must wear their mask at all times.
2. Screening will be the responsibility of RVG and done upon entry into the gymnastics area. Screening will including a temperature check of both participant and spectator as well as answering the GNB provided Covid-19 questionnaire.
3. RVG will be doing contact tracing for spectators as well as taking class attendance for participants.

**Physical distancing**

1. Regulations are that children can be in a group of 15. This has not changed in the Orange phase. RVG will not allow any classes to exceed 8 children plus 1 coach and 1 coach in training – for a maximum of 10 people per group. There will be no more than three groups of a maximum of 10 members, training at the same time in the gym.
2. Upon arrival in to the gym masks must remain on and all participants and spectators are to observe the 2M social distancing, including those in the same class.
3. Physical distancing will be mandatory between each group during all activities.
4. Physical distancing will be strongly encouraged within groups. Since it will not be possible within the group to always maintain physical distancing, RVG has increased cleaning protocols as per Public Health and Sport and Recreation recommendations. There will be no hugging and no high fives or any physical touching permitted under any circumstance. Line ups will also be avoided at this time.
5. Coaches will not be permitted to spot children unless an emergency arises such as saving a skill/landing that could result in injury.

**Personal hygiene**

1. Masks must be worn any time a participant leaves the ‘field of play’ such as to use the washroom or to prepare to go home.
2. Paper towels used instead of fabric towels to dry hands.
3. Hand sanitizer will be used before going to each event – both children and staff. There will be hand sanitizing stations at each event to ensure it is easily accessible.
4. Reinforce with children to cough and sneeze into elbow/use tissues that they have brought themselves.
5. Lysol wipes and paper towel will be available for quick clean up if the need arises.
6. All children will be required to bring their own water bottles, filled as no shared water stations will be allowed.
7. Children are not permitted to share snacks, water bottles, chalk, tape, tissues or any other personal

**Cleaning schedule**

1. All mats will be wiped down with a Covid-19 approved cleaner in between each group.
2. Small equipment such as hula hoops, balls, blocks, etc… will also be sanitized between each group.
3. All mats, carpeted equipment (floor, vault runway and beat boards) and events will be cleaned a Covid-19 approved disinfectant spray at the end of the day before being put away.

**Participants**

1. Participants from any other zone are not permitted to participant in any classes with River Valley Gymnastics while our Zone is in Orange.
2. Participants from other Zones that are not Yellow may not participate in any classes with River Valley Gymnastics when we are in Zone Yellow.

**Outbreak management plan**

River Valley Gymnastics will follow all procedures advised by public health if a known Covid-19 case has been connected with our programs. River Valley Gymnastics is also discouraging participants from attending classes if they are presenting with even 1 known Covid-19 symptom while in Orange Zone. When in Yellow, RVG will be discouraging anyone from coming to the gym if they are presenting with 2 Covid-19 symptoms.