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

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

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. Jayne Geddes is responsible for implementing and monitoring this plan. In case of Jayne’s absence, a clearly identified supervising staff member will be in charge of implementing and monitoring this plan.

**Screening**

1. **Questionnaire** – a screening questionnaire is to be signed by parents monthly to confirm that each athlete meets the criteria for entering RVG premises. If any questions are answered “no” then you are not allowed to enter a RVG facility. Any changes (for example, sickness, travel) parents must notify Coaches immediately and must remain at home and cannot attend RVG training/camps. This applies to athletes, coaches, parents, volunteers etc.
2. **Temperature checks** – parents are responsible for taking temperature and reviewing questions with athlete prior to training/camp attendance each day. Each family is to sign document “Parent confirmation and acknowledgment of screening responsibility”. Coaches will also use infra red thermometer to check athletes upon arrival. Temperature will be re checked after 5 hours if anyone is remaining at the gym (includes athletes, staff members, parents and volunteers). All RVG employees to have a temperature check (normal temperature below 38C) and to meet all screening questionnaire criteria at arrival to premises and temperature check repeated after 5 hours if remaining at the gym.
3. **Symptoms** – for full list of covid-19 symptoms please review [www.cananda.ca/coronavirus](http://www.cananda.ca/coronavirus), any child showing symptoms upon arrival will not be permitted to enter the facility, any child that develops symptoms throughout the day will be isolated from the other children, wear their mask and a phone call will be made for child to be picked up within 1 hour (gym will be sanitised if this occurs). If a family member at a child’s home is presenting Covid-19 symptoms, that child will not be permitted to attend classes.
4. **Attendance –** Daily log/attendance sheet to be kept daily for all groups for contact tracing by Public Health if required.

**Physical distancing**

1. Regulations are that children can be in a group of 15. No group shall exceed 15 members, including the coach(es).
2. When possible parents are to remain in their vehicles/leave athletes at the door with coaches to reduce the number of people present in the building. Please wait to ensure your child has been given the ‘all clear’ to enter the gym before leaving.
3. Each group upon arrival at facility will be advised by coaches to maintain 6 foot distance and markers are on the floor for clear identification of distancing.
4. Anyone entering the gym (including athletes) must consider social distancing (6 feet apart), even with the members in their own group.
5. Physical distancing will be mandatory between each group during training. No groups will overlap time on apparatus and each group will have a staggered break time.
6. Physical distancing and non gathering will be encouraged within training groups. Hugging, high fives etc will be discouraged between group members at this time.
7. Coaches are allowed minimal physical contact in the form of safety spotting only. Coaches are only permitted to spot children in their group.
8. Parent viewing – Competitive and Summer camp parents are requested to contact coaches prior to observing any training sessions. RVG are diligent in providing a safe environment for athletes and coaches and are using all areas of each location to maintain physical distancing. Recreational parents - one parent only is permitted to remain (no re entry) at a RVG facility whilst their recreational athlete attends class. Seating arrangements will respect social distancing and if at any time social distancing cannot be maintained then a community mask is advised.

**Personal hygiene**

1. Hand washing – follow advised Public Health schedule; children reminded to use ABC song to encourage correct length of time to wash hands; Support for hand washing as required.
2. Paper towels used instead of fabric towels.
3. Hand sanitizer will be used before going to each event. There will be hand sanitizing stations at each event.
4. Reinforce with children to cough in to elbow/use tissues.
5. Lysol wipes and paper towel will be available for quick clean up if the need arises.

**Cleaning schedule**

1. All mats will be wiped down with an approved Covid-19 disinfectant twice a day, or more often if required.
2. All door handles, light switches (plus other high frequency touch areas) and cubbies will be disinfected regularly throughout the day.
3. Washroom facility will be cleaned as a minimum twice a day.
4. All mats, carpeted equipment (floor, vault runway and beat boards) and events will be cleaned with a Sanifog fogger machine and disinfectant at the end of each training day.
5. Additional surfaces (such as the coaches area) will be disinfected in the evenings.
6. RVG will maintain a cleaning log daily.

**Community masks**

Each child is to have a community mask in a paper bag (labelled), they do not have to wear these all day. They are only in case of any symptoms occurring during the day. No child will be permitted to enter the gym unless they have provided RVG with a mask. This should happen on the arrival of the first day of their scheduled class.

**In class precautions:**

1. All children are required to have their own container and chalk. Chalk will be provided by RVG to each child. Parents must provide the container or zip lock bag. These will not be allowed to be left at the gym unless your child has been provided with a locker. There will be no community chalk buckets. There will be place markers to allow for proper distancing between the children at bars for chalking, waiting for turns and doing drills.
2. All children that use water with their grips or for any other event, will be required to have their own spray bottle. Community spray bottles will no longer be available in the gym.
3. All children will place their items in a marked cubby at the gym or a personal locker. Cubbies will be staggered for physical distancing. Children will have to request to go to their cubby or locker to ensure there is no gatherings in that area or groups crossing paths.
4. Children will also be required to have their own rollers, bands, weights, etc… if it is requested by their coach. There will be no sharing of these items between groups or within groups.
5. Groups snack breaks will be staggered and physical distancing during snack time will also be encouraged and monitored by the class coach. Children and coaches are not permitted to share snacks. The RVG snack basket will also be unavailable for purchasing snack. No sharing of water bottles.
6. Leotard or training outfit ON – underneath clothing - before entering the building. Athletes will not be permitted to change into or out of their training outfits at the gym. The washroom will not be used as a changing room at this time.
7. All belongings to be taken home, no items to be left in cubbies. No “lost and found” during this time.
8. All cloth mats have been put into storage. Mesh topped mats can only be used if the mesh side is down and the fully tarp covered side is facing upwards.
9. Minimal moving of mats in the gym with most mats remaining stationed at events.
10. When the square floor is being shared by two groups for warm-up and conditioning the floor will have a carpet roll (6 feet) between each group for physical distancing.

**Summer Camps**

1. Field trips are not permitted to public spaces, for example libraries/museums.
2. Craft supplies to be labelled per child and no sharing of any supplies between children/locations.
3. No crafts that include the use of food that needs to be handled by child/coach.
4. Shared toys (such as balls, hula hoops) to be cleaned twice daily as a minimum.
5. No use of sand/water tables.
6. Non-essential visitors such as salespersons, librarians, and entertainers are not permitted to enter the facility during operating hours.

**Outbreak management plan**

If one person that has been present at a RVG facility tests positive for Covid 19 or two people present with Covid 19 symptoms (in the same time period) then RVG will contact Public Health for advice.

Public health will provide directive for closures due to Covid 19 outbreak.

**Notes**

1. No events that include RVG families.
2. Covid-19 and handwashing posters will be visible in the gym at entry and exit points.
3. Posters reminding athletes/coaches of regulations visible in gyms.
4. All RVG employees have been made aware of Covid 19 Operational Plan and have the necessary training/information to be able to adhere to this plan.
5. All RVG employees are to remain at home in the event of any sickness.