
**WHITE ROCK
GYMNASTICS
ATHLETICS
SOCIETY**

**RETURN TO PLAY
SAFETY PLAN**



**VISIT WWW.WHITEROCKGYM.ORG/COVID-19
FOR MORE INFORMATION**

**This version of the Return to Sport document (with revisions effective December 3, 2020)
was approved by the WRGAS Board of Directors on December 3, 2020.**

Summary of Changes

WRGAS's Original Return to Sport (RTS) document was published and approved by the WRGAS's Board of Directors on June 15, 2020. The current version was approved on December 3, 2020.

The WRGAS's Return to Sport document has been updated multiple times since the original publication date. All updates have been integrated in the document and are listed below.

December 3, 2020 Updates Include:

- Elimination of social interactions before, during, and after programming
- Physical distancing requirements - Mask use requirements
- Travel restrictions related to training activities
- Suspension of group adult programming
- Special consideration for adults helping active start and adaptive programs

November 19, 2020

- Screening Requirements
- Cohorts and Physical Distancing
- Scheduling of Activities
- Spectator Restrictions
- Travel Restrictions

November 7, 2020 Updates Include:

- Screening Requirements
- Cohorts and Physical Distancing
- Scheduling of Activities

October 1st, 2020 Updates Include:

- Contact Tracing
- Daily Screening
- Occupancy Management
- The Full October 1st Addendum is included in this document

August 28th, 2020 Updates Include:

- Spotting
- Cohorts and Physical Distancing
- Full August 28th Addendum is available here.

Overview of New Requirements (Dec 3, 2020)

These new requirements are in effect indefinitely, as indicated in the BC Provincial Order dated December 2, 2020.

- Everyone inside the facility must maintain a minimum of three meters separation at all times.
- All individuals must wear masks in all indoor public spaces (gymnastics clubs are included). It is recommended, but not required, that children under the age of 12 wear masks indoors. Participants are not required to wear masks during physical activity. Please review the Government of BC website for more information about mask use.
- Coaching for all programs must be performed hands-free (no spotting). However, if a participant's safety is at risk, the coach should not hesitate to spot. All coaches must be wearing masks at all times.
- No Drop in, Field Trips or birthday party programming is allowed until further notice.
- Classes may need to be cancelled, rescheduled at the discrepancy of WRGAS. Communication will be sent out via email.
- Training groups remain consistent for seasonal programming periods (including cohorts, where applicable).
- No spectators are allowed for indoor activities at this time.
- No travel is allowed at this time outside of your local communities for sport participation. This means that individual members are able to attend training at their home club even if their residence is in a neighbouring municipality or health region.
- No in-person competitions are allowed at this time. New Requirements
- No adult group programming is allowed at this time. Individual adult programming (maintaining three meters physical distancing) is allowed to continue.
- Active start and adaptive programs that include parent/guardian/aid support are allowed to continue as long as parents/guardians/aids wear masks and maintain three meters of physical distance from all participants other than their child.
- All socializing by participants, parents, and guardians before, during, and after programming are prohibited. Social activities have been proven to increase the transmission of COVID-19.

Screening Requirements

- Prior to entering the facility, all individuals must complete a Daily Screening Checklist (see Appendix 1) in hard-copy. The club must retain documentation of the screening process. As participants and parents enter the facility, everyone must respect the process to ensure that it is completed smoothly and efficiently.
- Individuals must stay home if they are unwell or if someone in their household is sick. They must also stay home if they have knowingly been exposed to someone who has tested positive for COVID-19 recently (Refer to Illness Policy, Appendix 2).
- Individuals may not enter the facility or participate in any activity if they have, or someone from their household has, travelled outside of Canada in the last 14 days.
- If an individual experiences seasonal allergies (or other flu like symptoms), they should get a doctor's note explaining their symptoms before entering the gym.
- Immuno-compromised (high-risk) individuals should consult a medical practitioner before returning to the gym.
- Temperature checks are required as part of the WRGAS COVID-19 Safety Plan

Introduction

The health and safety of all our participants and employees are at the heart of everything we do, and so we have developed a Return to Play Safety Plan to ensure we are maintaining a safe environment for all. White Rock Gymnastics' Return to Play Safety Plan includes all relevant information from the Gymnastics BC's Return to Sport Plan, which was developed using viaSport's Return to Sport document, approved by the BC government (Provincial Health Officer) and WorkSafeBC. Further, our club is staying current with all requirements provided by the Provincial Health Office, Regional Health Authorities, WorkSafeBC, and Gymnastics BC.

This plan is based on a thorough assessment of risk, and involved consultation with employees, volunteers, participants, and other individuals. The plan has been developed in order to ensure:

- The health and safety of all individuals is a priority
- Activities are in alignment with provincial health recommendations
- Modifications to activities are in place in order to reduce risks
- Our sport is united and aligned on a plan to reopen throughout the province

Our Safety Plan is based on current public health guidance. We are all doing our best to minimize the risk of exposure to COVID-19, however while the virus circulates in our communities it is impossible to completely eliminate the risk. While we do hope things will return to normal in the not too distant future, this Safety Plan will be the 'new normal' until we are advised otherwise by public health authorities, and should you choose to join us, we will require your full cooperation with our COVID-19 Safety Plan.

Sincerely,
White Rock Gymnastics Athletics Society

PLEASE NOTE: Insurance claims related to the transmission of COVID-19 will not be covered by GBC's insurance policies. Prior to participating in any programming, all participants, parents/guardians, and club personnel must complete required GBC forms.

This version of the Return to Sport document (with revisions effective December 3, 2020) was approved by the WRGAS Board of Directors on December 3, 2020.

Principles

The following five principles from BC's Restart Plan have been used to guide this document:

Personal Hygiene	Stay Home If Sick	Environmental Hygiene	Safe Social Interactions	Physical Modifications
<ul style="list-style-type: none"> • Frequent hand-washing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travelers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high-touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and others • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

White Rock Gymnastics Steps to Return to the Gym

Step 1: Starting Activities

- WRGAS's Return to Play Plan created & approved by Board of Directors
- WRGAS's Return to Play Plan released to public
- Facility prepared for enhanced safety protocols
- Staff training
- Competitive & Club Team athletes return with small class size ratios and reduced training

Low-risk activities can occur with the following requirements:

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is prohibited.
- ✓ Training groups for Step 1 are described in Appendix 1.
- ✓ A program summary for Step 1 is included in Appendix 1.

Step 2: Expanding Activities

- Additional programs start with enhanced safety protocols
 - Showcase/Silks/Parkour
 - Recreational (Age 6+)
- Continued Staff training
- Competitive athletes train with larger class size ratios and increased training times

A gradual decrease of restrictions can occur with the following public health recommendations in place:

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on **the development** of physical abilities and basics.
- ✓ A program summary for Step 2 is included in Appendix 1.

Step 3: Onward Progressively Loosen

- ✓ Ability to maintain physical distancing. (see physical distancing section in this document addressing cohorts and spotting requirements).
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ Focus on the expanding programming to include regular training and competition preparation.
- ✓ Expand classes to younger, less experienced participants
- ✓ Increase ratio and training time for each group

- ✓ In-club and regional competitions can occur following ViaSport/GBC requirements.

Step 4: The 'New Normal'

To be determined at a later date, according to the [Government of BC regulations](#).

White Rock Gymnastics Safety Plan Requirements

Facility Access

To access White Rock Gymnastics please complete the following steps:

- No travel is allowed at this time outside of your local communities for sport participation. This means that individual members are able to attend training at their home club even if their residence is in a neighbouring municipality or health region.
- Everyone inside the facility must maintain a minimum of three meters separation at all times.
- Three meter physical distancing markings have been placed outside and where needed inside the facility.
- Drop off is available at the main entrance: 114 – 15272 Croydon Drive.
- Please line up outside the front door of the facility, maintaining a physical distance of 3m between yourself and others by standing on the markings.
- All participants will exit the building at the main entrance and must not congregate in groups when they get picked up. To facilitate this, we have placed markings at the exit doors. A supervisor will wait with the athletes outside during pick up time.
- All socializing by participants, parents, and guardians before, during, and after programming is prohibited. Social activities have been proven to increase the transmission of COVID-19.
- Parents/guardians will be instructed to drop off and pick up their children ***on time*** without coming into the gym, if possible.
- Parents/guardians will be instructed to tell their children to follow instructions of all White Rock Gym staff when entering and exiting the facility.
- Prior to entering the facility, ***all individuals*** must complete the daily screening processes which includes an assessment of symptoms and questions, temperature check and sanitizing procedures. Individuals who experience symptoms listed in the Daily Screening Checklist will not be permitted to enter the facility. (refer to Appendix 4: Daily Screening Checklist)
- When classes are completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time.
- Parents will ensure that their children arrive dressed appropriately for class. As much as possible, athlete's belongings in cubbies will be organized by cohort and sanitized after use. Please only bring the necessities for training each day.
- Members will be asked to register and pay for all programming through our website, which can be found here: www.whiterockgym.org. If the website is not accessible for members, they can call the front office at 604-542-0386 or email info@wrgym.org.
- Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required GBC forms (Provided in Appendix 4 and 5).

Facility Operations

- All open spaces will have their maximum capacity posted, and maximum capacity will take into account 3-meter physical distancing rules. No more than 49 people are ever allowed in the entire facility at one time. Open spaces:
 - Maximum Occupancy for the lobby/staff room is: 12 people
 - Maximum Occupancy for the Office spaces 2 people per office
 - Maximum Occupancy for the main gym is: 49 people
 - Maximum Occupancy for Washrooms: 1 person each unless athlete requires assistance from Parent/Guardian.
- We have marked pathways inside the gym using large signage, floor decals and arrows.
- Shared items (e.g., iPads) that can be disinfected between users are permitted. Avoid bringing unnecessary shared items to the gym.
- Unusable areas of the gym are closed until further notice. (e.g. Foam Pit) Please note: No access to the microwave and fridge so be aware when packing your child's snack/meal.
- Shared items that elevate the risk of transmission will be removed/closed, such as: coffee maker, water fountains, vending machine, etc.
- Stations will be set up throughout the gym with the following items: hand sanitizer, bandaids, gloves, masks, disinfectant wipes and a pen.
- No adult group programming is allowed at this time. Individual adult programming (maintaining three meters physical distancing) is allowed to continue.
- Active start and adaptive programs that include parent/guardian/aid support may be allowed to continue as long as parents/guardians/aids wear masks and maintain three meters of physical distance from all participants other than their child.

The foam pit has been reconfigured with a covering and mats so the space can be used as a landing zone from the vault and rod floor.

Cleaning

White Rock Gymnastics Cleaning and Sanitation Protocols:

- Our cleaning products (Vital Oxide) have been approved by Health Canada to disinfect for Sars-Cov-2, the virus that causes COVID-19.
- We have implemented a cleaning log that is kept in the front office.
- We will clean the entrance, exit, gym lobby, and other high touch-point areas (e.g. washroom counters, doorknobs, handrails, athlete seating/cubbies, kitchen/break areas, etc.) frequently. Washrooms will be disinfected at minimum 3 times a day.
- Gymnastics equipment will be disinfected between each user. If not possible, equipment will be disinfected after each class and/or rotation during until further notice.
 - Equipment that cannot be cleaned (cloth-like surfaces, foam pits, etc.) will not be used until an appropriate cleaning process has been identified.
- Communal gym tools will be cleaned or sanitized between each user.
- Once classes are over for the day and all athletes have left, all surfaces that were contacted will be sanitized (mats, floors, counters, washrooms, light switches, etc.). This will be completed in addition to cleaning processes during daily operations.

Communicate

White Rock Gymnastics will inform members of the new protocols (See Appendix 3) before their first visit to the gym, to foster confidence in the staff's commitment to keep everyone safe. This will include information on club:

- Screening protocols
 - Illness Policy (Appendix 2)
 - Personal hygiene requirements
 - Physical distancing requirements outside and inside the facility
 - Cleaning protocols
 - Programming changes (e.g. limitations on number of people permitted inside of the facility at once, policies regarding spotting, etc.)
- Any parent concerns, questions, and communication will be addressed via email or telephone.
 - White Rock Gymnastics will post various resources and posters provided by the BC Centre for Disease Control (CDC), WorkSafeBC and GBC on our website, facility entrance, and in prominent places throughout the gym.
 - Any discussion parents would like to have with their coach must be scheduled through the front desk or Program Coordinator and meetings will be done over the phone, email or Zoom.
 - On the first day of training, coaches will go through protocols with the participants at the beginning of class.

PLEASE NOTE: Insurance claims related to the transmission of COVID-19 will not be covered by GBC's insurance policies. Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required GBC forms.

Staff Training

- Formal and ongoing staff training at White Rock Gymnastics will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff should contact their supervisor if they have questions or concerns as they return to their roles.

Screening

- Prior to entering the facility, all individuals must complete a Daily Screening Checklist (see Appendix 4) in hard-copy. The club must retain documentation of the screening process. As participants and parents enter the facility, everyone must respect the process to ensure that it is completed smoothly and efficiently.
- Individuals must stay home if they are unwell or if someone in their household is sick. They must also stay home if they have knowingly been exposed to someone who has tested positive for COVID-19 recently (Refer to Illness Policy, Appendix 2).
- Individuals may not enter the facility or participate in any activity if they have, or someone from their household has, travelled outside of Canada in the last 14 days.
- If an individual experiences seasonal allergies (or other flu-like symptoms), they should get a doctor's note explaining their symptoms before entering the gym.
- Immuno-compromised (high-risk) individuals should consult a medical practitioner before returning to the gym.

- Temperature checks are required as part of the WRGAS COVID-19 Safety Plan

Personal Hygiene

- White Rock Gymnastics will provide hand-washing and sanitizing stations at various locations through the facility.
- Hand-washing or sanitizing will be required at a minimum upon entering the facility, after using the washroom, and between apparatus changes
- All participants should arrive dressed for their class and only bring what they need in a marked bag (e.g. chalk, grips, full water bottle, hand sanitizer, gloves, tape, etc.).
- Sharing of personal items including (but not limited to) food and beverages (e.g. water bottles) is strictly forbidden.
- All individuals must wear masks in all indoor public spaces (gymnastics clubs are included). It is recommended, but not required, that children under the age of 12 wear masks indoors. Participants are not required to wear masks during physical activity. Please review the Government of BC website for more information about mask use.

Physical Distancing & Cohorts

- Everyone inside the facility must maintain a minimum of three meters separation at all times.
- Coaching for all programs must be performed hands-free (no spotting). However, if a participant's safety is at risk, the coach should not hesitate to spot. Additionally, coaches must wear masks when spotting an athlete for safety.
- No Drop in, Field Trips or birthday party programming is allowed until further notice.
- Classes may need to be cancelled, rescheduled at the discrepancy of WRGAS. Communication will be sent out via email.
- Training groups remain consistent for seasonal programming periods (including cohorts, where applicable).
- No spectators are allowed for indoor activities at this time.
- No travel is allowed at this time outside of your local communities.
- No competitions are allowed at this time.

Scheduling of Activities

- White Rock Gymnastics will adhere to the [Rule of Two](#) at all times. This means that no one-on-one training (without another coach present) will take place.
- In order to meet provincial health officer requirements, groups sizes and scheduling are being adjusted.
- Drop-in classes are cancelled until further notice.
- Detailed attendance and membership tracking will be taken and kept on file.

Injury Protocol

Requirements

- If an injury occurs and physical distancing measures must be broken, all persons attending to the injured individual will put on a mask and gloves.
- White Rock Gymnastics will have personal protective equipment (PPE) on hand (gloves, masks), stored separately from first-aid kits in case of emergency.

- White Rock Gymnastics will maintain a well-stocked first aid kit in case of emergency.

Illness Policy

- White Rock Gymnastics Illness Policy is provided in Appendix 2.

Outbreak Response

White Rock Gymnastics is committed to the following process in the event of a COVID-19 Outbreak:

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. If a case or outbreak is reported, White Rock Gymnastics Management will be the main point of contact for all parties. WRGAS Management has the authority to modify, restrict, postpone or cancel any or all club activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, White Rock Gymnastics will implement enhanced cleaning measures to reduce risk of transmission.
3. White Rock Gymnastics will implement the illness policy (see Appendix 2) and advise individuals to:
 - a. self-isolate
 - b. monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - c. use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
 - i. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - ii. Individuals can learn more about how to manage their illness [here](#).
4. In the event of a suspected case or outbreak of influenza-like-illness, White Rock Gymnastics will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures
5. If White Rock Gymnastics is contacted by a medical health officer in the course of contact tracing, all individuals associated with the club must cooperate with local health authorities.

White Rock Gymnastics will post the following posters in visible spaces at our facility:

- [Hand-washing poster \(more detailed\)](#)
- [Physical distancing \(At entrance and in other spaces\)](#)
- [Entry check for visitors \(at Entrance\)](#)
- [Occupancy limit poster \(in each applicable space\)](#)
- [Cover coughs and sneezes](#)

Additional Posters that incorporate humor include:

GBC's Posters:

- [Got Symptoms?](#)
- [Germy-Handed!](#)
- [Welcome Home!](#)
- [Strike A Pose](#)

This document is based on Gymnastics BC's Return to Sport Plan, which is available [here](#). Further, our club is staying current with all requirements provided by Provincial Health Offices, Regional Health Authorities, WorkSafeBC, and Gymnastics BC.

Appendix 1: Program Summary

Phase 1 Programming Summary (To be posted in the gym lobby with occupancy limit poster)

Maximum Occupancy for facility (publicly posted in the lobby): 49

Summary of Activities:

White Rock Gymnastics Phase 1 Program Summary July & August 2020

Summer 2020 training schedule – July/August 2020						
Group	Mon	Tue	Wed	Thu	Fri	Sat
JO 6/7 12 hours 12 kids max	8:00-12:00 2 groups of 6 2 coaches		8:00-12:00 2 groups of 6 2 coaches		8:00-12:00 2 groups of 6 2 coaches	
JO 5/6 12 hours 12 kids max	12:30-4:30 2 groups of 6 2 coaches		12:30-4:30 2 groups of 6 2 coaches		12:30-4:30 2 groups of 6 2 coaches	
JO 4/5 12 hours 12 kids max		8:00-12:00 2 groups of 6 2 coaches		8:00-12:00 2 groups of 6 2 coaches		8:00-12:00 2 groups of 6 2 coaches
JO 2-4 6 hours 12 kids max		12:30-3:30 2 groups of 6 2 coaches		12:30-3:30 2 groups of 6 2 coaches		
JO 2-3 4 hours 10 kids max		4:00-6:00 2 groups of 5 2 coaches		4:00-6:00 2 groups of 5 2 coaches		
Club Team 6 hours 8 kids max	9-12 Club Team 1 group of 8 2 coaches	9-12 High School 1 group of 8 1-2 coaches	9-12 Club Team 1 group of 8 2 coaches	9-12 High School 1 group of 8 1-2 coaches		

White Rock Gymnastics Phase 2, 3, and 4 Program Summary

Phase 2 Programming Summary

Maximum Occupancy for facility (publicly posted in the lobby): 49

Summary of Activities:

- **Recreational Program**
 - May be offered up to 7 days a week, space is limited due to occupancy limits
- **Team Programs**
 - Offered 6 days a week, limited training hours due to occupancy limits
- Not currently offering drop in, field trips, birthday parties or some specialty programs

Classes may need to be cancelled or rescheduled at the discretion of WRGAS.

Program scheduling for Phase 2 will be adjusted as needed to comply with updated guidance as provided by the Office of the Provincial Health Officer, the Government of British Columbia, Viasport BC, and Gymnastics BC.

Phase 3 Programming Summary

Maximum Occupancy for facility (publicly posted in the lobby): 49

Summary of Activities: **Program scheduling for Phase 3 will be adjusted as needed to comply with updated guidance as provided by the Office of the Provincial Health Officer, the Government of British Columbia, Viasport BC, and Gymnastics BC.**

Classes may need to be cancelled or rescheduled at the discretion of WRGAS.

Phase 4 Programming Summary

Maximum Occupancy for facility (publicly posted in the lobby): To be determined

Summary of Activities: **Program scheduling for Phase 4 will be adjusted as needed to comply with updated guidance as provided by the Office of the Provincial Health Officer, the Government of British Columbia, Viasport BC, and Gymnastics BC.**

Appendix 2: White Rock Gymnastics Illness Policy

In this policy, “Team member” includes an employee, volunteer, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

2. Assessment

- a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- b. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
- c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self assessment tool.

3. If a Team Member is feeling sick with COVID-19 symptoms

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- c. No Team Member may participate in a practice/activity if they are symptomatic.

4. If a Team Member tests positive for COVID-19

- a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
- b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
- c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test

- a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
- c. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:

- a. Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.

c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate if:

- a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

Appendix 3: WRGAS Member Email

Dear White Rock Gymnastics families,

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, Gymnastics BC has been working with viaSport and the Province of British Columbia to understand the recommendations our Chief Provincial Health Officer and how they best apply within sport. White Rock Gymnastics believes that gymnastics is a critical activity within our communities, and is vital to the health and wellness of our membership. Weighing our sport's benefits against the obvious concerns presented to us by the COVID-19 pandemic has taken up much of our organization's time over the past three months, as the health and safety of our athletes, staff, and wider community is always our top priority. Through resources and guidance provided to us by Gymnastics BC, viaSport, and WorkSafeBC, we are confident that we have developed suitable programs that will welcome participants back in a safe and effective environment.

The attached White Rock Gymnastics Return to Sport Safety Plan has been developed in order to ensure:

- health and safety of all individuals is a priority
- activities are in alignment with provincial health recommendations
- modifications to activities are in place in order to reduce the risks to each sport organization and its participants
- our sport is united and aligned on a plan to reopen throughout the province

While we do hope things will return to normal in the not too distant future, this plan will be the 'new normal' until we are advised otherwise by public health authorities.

If you choose to enter the club facility and/or participate in activities, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have (or if someone from your household has) traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID19, please stay home.
- Wash your hands before participating.
- Bring your own equipment, water bottle and hand sanitizer.
- Comply with physical distancing measures at all time.
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the facility as quickly as possible after the program, parents should plan to drop off and pick up their children promptly at the scheduled times.

Our Return to Sport Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. As such, you must consider your own circumstances and make a decision that is right for you. Should you choose to join us, we require your full cooperation with our COVID-19 Safety Plan.

Sincerely,

White Rock Gymnastics

December 3, 2020

Appendix 4: Daily Screening Checklist

This checklist may be updated as the situation progresses over the next weeks and months.

Daily Screening Checklist

Today's Date:		Activity Start Time:	
Participant Name:			
Activity/Group:			

1.	Do you have any of the symptoms below? Please circle your answer.		
	- Fever (greater than 38.0°C) and/or chills	Yes	No
	- Coughing	Yes	No
	- Shortness of breath	Yes	No
	- Sore throat and painful swallowing	Yes	No
	- Stuffy or runny nose	Yes	No
	- Loss of sense of smell	Yes	No
	- Headache	Yes	No
	- Muscle Aches	Yes	No
	- Fatigue	Yes	No
	- Loss of appetite	Yes	No
	- Nausea or diarrhea	Yes	No
2.	Have you, or has anyone in your household travelled outside of Canada in the last 14 days?	Yes	No
3.	Have you, or has anyone in your household been in contact in the last 14 days with someone who is being investigated or who has a confirmed case of COVID-19?	Yes	No
4.	Are you currently being investigated as a suspect case of COVID-19?	Yes	No
5.	Have you tested positive for COVID-19 within the last 10 days?	Yes	No

Participant or

Parent/Guardian name:

Signature

Emergency Contact #:

Staff Name: Signature

December 3, 2020

Appendix 5: Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement

GYMNASTICS B.C.

RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT (hereinafter the "Release Agreement")

BY SIGNING THIS RELEASE AGREEMENT, YOU WILL WAIVE OR GIVE UP CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE FOR NEGLIGENCE, BREACH OF CONTRACT OR BREACH OF THE OCCUPIERS LIABILITY ACT OR CLAIM COMPENSATION FOLLOWING AN ACCIDENT

PLEASE READ CAREFULLY!

INITIAL

Name of Participant	Last		First	
	Last		First	
Parent or Guardian if participant under age 19	Last		First	
	Last		First	
Address	Street		City	Prov./State
	Country	Postal/Zip Code	Email	Date of Birth: Day / Month / Year Age

TO: GYMNASTICS B.C. AND ALL MEMBER CLUBS and their respective directors, officers, employees, members, participants, coaches, volunteers, agents, independent contractors, subcontractors, representatives, successors, and all owners, operators or occupiers of the facilities in which the gymnastics activities, as defined below, take place (all of whom are hereinafter collectively referred to as the "Releasees").

DEFINITIONS

In this Release Agreement, the term "gymnastics activities" shall include all orientation, training, instruction, supervision, competitions, programs, services, and use of facilities and equipment which are organized, provided, controlled or conducted by the Releasees.

ASSUMPTION OF RISKS – Gymnastics activities involve various risks, dangers and hazards, which can result in serious injuries or death. These risks, dangers and hazards are reviewed in detail in the Gymnastics B.C. website at: <https://gymbc.org/safety-and-risk-management/>. Please take the time to learn about the risks, dangers and hazards of participating in gymnastics activities by carefully reviewing the Health and Safety, Assumption of Risks, and Risk Management sections of the Gymnastics B.C. website. Exposure to infectious disease including COVID-19 is one of the risks of participating in gymnastics activities. Specific information regarding the response of Gymnastics B.C. and member clubs to the COVID-19 pandemic is found in the Public Health section of the website. If you are a parent or guardian of a participant under the age of 19, please educate your child on these risks, dangers and hazards before completing this form. All participants in gymnastics activities are required to assume all such risks, dangers and hazards and all injuries resulting therefrom.

I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH GYMNASTIC ACTIVITIES AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT (applies to person 19 years of age and older)

In consideration of THE RELEASEES allowing me to participate in gymnastics activities, I hereby agree as follows:

- TO WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against THE RELEASEES and **TO RELEASE THE RELEASEES** from any and all liability for any loss, damage, expense or injury including death that I may suffer or that my next of kin may suffer as a result of my participation in gymnastics activities, DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIERS LIABILITY ACT, R.S.B.C. 1996, c. 337, ON THE PART OF THE RELEASEES. I UNDERSTAND THAT NEGLIGENCE INCLUDES FAILURE ON THE PART OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM OR WARN ME OF THE RISKS, DANGERS AND HAZARDS OF PARTICIPATING IN GYMNASTICS ACTIVITIES;
- TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any property damage or personal injury to any third party resulting from my participation in gymnastics activities;
- This Release Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;
- This Release Agreement and any rights, duties and obligations as between the parties to this Release Agreement shall be governed by and interpreted solely in accordance with the laws of British Columbia and no other jurisdiction; and
- Any litigation involving the parties to this Release Agreement shall be brought solely within British Columbia and shall be within the exclusive jurisdiction of the Courts of British Columbia.

In entering into this Release Agreement I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of gymnastics activities, other than what is set forth in this Release Agreement.

I CONFIRM THAT I HAVE READ AND UNDERSTAND THIS RELEASE AGREEMENT AND I AM AWARE THAT BY SIGNING THIS RELEASE AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

Dated this _____ day of _____, 20____

Signature of Witness
Please Print Name

Signature of Participant
Please Print Name
Signature of parent or guardian if participant is under age 19

Appendix 6: Participant Declaration

White Rock Gymnastics and Gymnastics BC

Participant Declaration of Compliance - COVID-19

Name of participant:	
Parent or Guardian if the participant is under age 19:	
Email:	
Telephone:	

Attention: All participants entering the facility must comply with this declaration.

By signing this document, I agree to follow club staff directives, and engage with all club requirements in White Rock Gymnastics' Return to Play Safety Plan. Additionally, I hereby acknowledge and agree to respect the following information outlined in this document:

1) Sickness

a) I will stay home if I am unwell, or if someone in my household is unwell, or is displaying the following symptoms:

i) Fever and chills

ii) Cough

iii) Shortness of breath

iv) Sore throat and painful swallowing

v) Stuffy or runny nose

vi) Loss of sense of smell

vii) Headache

viii) Fatigue, etc.

b) I confirm that I have not knowingly been in contact with a person that has a confirmed or suspected case of COVID-19.

c) I agree to complete a routine daily screening process prior to entering my club.

d) I confirm that I have not travelled outside of Canada in the last 14 days.

Additionally, I confirm that I have not been knowingly exposed to someone who has travelled outside of Canada in the last 14 days.

e) I acknowledge there are inherent risks associated with participating in activities.

By attending club activities, I understand and assume all risks associated with potential exposure of COVID-19.

December 3, 2020

2) Personal hygiene:

a) I agree to follow all personal hygiene requirements set out by my club, including but not limited to: frequent hand-washing and sanitizing, coughing and sneezing into my sleeve, etc.

3) Physical distancing

a) I agree to practice safe social interactions, by maintaining a minimum distance of two meters between myself and others.

4) Environmental hygiene

a) I agree to adhere to all club cleaning requirements.

5) Physical modifications

a) I understand that equipment may be moved in order to facilitate safe social interactions and physical distancing.

Additionally, I understand and agree that if I do not adhere to the requirements set out by my club, I may be asked to leave the club activity in order to protect the health and safety of all involved.

This Participant Declaration of Compliance will remain in effect until GBC determines it is no longer required, based on viaSport, PHO, and WorkSafeBC requirements.

I also confirm that I have signed (Parent or Guardian if the participant is under age 19) the Release of liability, waiver of claims, assumption of risks and indemnity agreement.

Participant Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

GBC Return to Sport Plan: Declaration of Compliance – Addendum August 28, 2020

August 28, 2020

Effective August 24, 2020, the Government of BC and viaSport announced measures to progressively loosen restrictions on the sport sector. viaSport's Return to Sport document has been updated accordingly, and is available [here](#). New updates to [GBC's Return to Sport document](#) appear highlighted in yellow.

The focus during this new phase is to carefully increase the number of contacts and contact intensity in sport.

This document has been created as a template for GBC member clubs to use as an addendum to their Return to Sport plans. *All clubs must complete this document and send a signed copy to nkindrachuk@gymbc.org as soon as possible.*

Changes implemented as of August 24, 2020

Contact Tracing

White Rock Gymnastics and Diving Academy will provide our facility operator (or track internally if we manage our facility) with the first and last names and telephone number, or email address of all participants. We are committed to following the [Ministerial Order](#) to ensure that contact tracing can be completed promptly if required.

Spotting

White Rock Gymnastics and Diving Academy will remain committed to physical distancing practices while operating.

White Rock Gymnastics and Diving Academy will permit its coaches to spot athletes who are learning new skills, or when spotting is required for safety. Coaches **must** wear masks when spotting athletes, and coaches **must** also sanitize their hands between spotting different athletes.

Cohorts and Physical Distancing

White Rock Gymnastics and Diving Academy will carefully consider the safety and usefulness of cohorts in our club environment. In our club, a cohort is a group of participants who primarily interact with each other over an extended period of time (i.e., a series of training sessions and events). **At White Rock Gymnastics and Diving Academy:**

- Cohorts must not exceed 100 people. Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for activities, gatherings may still not exceed 50 people.
- We will document members of every cohort. This will help contract tracing, if needed.
- All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.
- Cohorts must be used for activities in which it is not possible to maintain two metres physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised. All individuals who are unable to physically distance must be counted within the total cohort number including coaches, staff, volunteers, etc.).
- At least two metres distancing should be maintained between all participants when outside of the gymnastics area (e.g. hallways, etc.). If physical distancing cannot be maintained masks should be worn.
- Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
- Cohorts should remain together for an extended period of time. If changing cohorts is required, an athlete must either maintain a minimum of 2 metres of physical distance from all sport participants for two weeks before switching into a new cohort, or take a two-week break between activities.
- Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with (e.g. gymnastics, soccer, baseball, etc.).
- Communication must be sent to members of cohort groups outlining behavioral expectations.
- Parents, guardians, and spectators should not be included in a cohort. They must continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where programming occurs.

In the context of gymnastics at **White Rock Gymnastics and Diving Academy**, the introduction of cohorts means that:

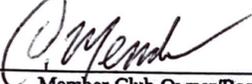
- Spotting is allowed (see requirements above for the coach).
- Coaches can stand next to athletes for safety (under the bar(s), next to the beam, etc.)
- A small group of athletes can work at the same station.
- Athletes can have stretching/conditioning partners.

However, at **White Rock Gymnastics and Diving Academy**, it is important to note that two meters of physical distance **must** be maintained unless an activity has been deemed fundamental and it is not possible to maintain physical distancing while doing so. For example:

- A group of athletes must not sit within two metres of each other when on their break or resting.
- Athletes at the end of the vault, DMT runway, or starting area for tumbling must not stand close together while they wait for their turn.
- Physical distancing must still be maintained when moving from one apparatus to another.

**Compliance Statement- TO BE SIGNED AND SUBMITTED VIA EMAIL TO GBC
(nkindrachuk@gymbc.org)**

White Rock Gymnastics and Diving Academy has updated its organizational COVID-19 Return to Sport plan, and we will adhere to all requirements set out in the GBC's Return to Sport Plan, and in our plan. This addendum (dated August 28, 2020) will be attached to our club's Safety Plan.

Signature:  Date: 09/03/2020
Member Club Owner/Board Chair

Signature:  Date: 09-02-2020
COVID-19 Club Representative