



Oakville Gymnastics Club

Recreational COVID-19 Health and Safety Guidelines

Updated: November 22, 2021

To our Members,

In order to help you feel more comfortable dropping your child off at Oakville Gymnastics Club please take your time to read through our Health and Safety Protocols. Please note all protocols are subject to change, as the situation arises.

Your child's coach will complete ongoing training on the new rules and protocols for the gym. This will ensure that your child is kept safe and healthy during their time spent in our facilities. The safety of our athletes and staff is our top priority.

No refund will be given once the program has started, unless: Oakville Gymnastics cancels the class due to COVID-19 restrictions or the participant is asked to leave the class because they are unable to comply with club and/or COVID-19 protocols.

At the entrance:

Mandatory Mask By-Law: Wearing a non-medical mask or face covering is mandatory in certain enclosed indoor public places in Halton region. For more information on the Region's by-law visit <http://ow.ly/EEXG50ACVvD> or call 3-1-1. Some individuals are exempt. Please indicate on your registration if your child is exempt. Those entering and exiting the facility are required to wear their masks. Athletes are not required to wear their masks during gymnastics rotations.

Hand Sanitizing at the Entrance: Hand sanitizer will be provided at the entrance to the gym. All entering the gym are encouraged to sanitize their hands.

Parents must remain at the club until the athlete has been given permission to enter the club.

Entrance Health Screening: A Daily Health Screening questionnaire will be conducted for all athletes and staff.

The following screening questions will be asked:

- Are you or anyone in your household feeling ill or experiencing any 'flu-like' symptoms?
- Have you or anyone in your household or anyone who you have been in close contact with test positive for COVID-19?

If the athlete answers 'yes' to any of the screening questions the athlete will not be permitted into the gym.



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Viewing Area

Viewing area is open. All individuals aged 12 years or older must provide identification and proof of full COVID-19 vaccination. Those entering the facility will be asked to sign-in. Parents are not permitted in the lower lobby. The staff will continue to bring the athletes into the gym.

What to wear:

- Comfortable active clothing – no skirts, jeans, belts, buckles or zippers
- No jewellery, no earrings (studs are okay)
- Have long hair tied back
- Large refillable water bottle.
- A non-medical mask or face covering
- Gym slippers, gymnastics shoes, socks with rubberized soles are not required but athletes are permitted to wear these if they choose.

Feeling Ill Prior to Arriving at the Gym: If your child is feeling ill do not bring them to the gym. Contact the office at 905-847-7747 ext. 10 to let us know that your child is ill and will not be attending class that day.

Picking up your child at the end of training:

Please be on time.

A coach will be present at the door and will wave or speak to you that your child is ready, and they will be let out of the gym one at a time.

Onset of Illness or Injury during training:

If a child becomes ill or injured during a training, an area has been prepared in the gym near the exit for the athlete to wait in isolation until a family member can be contacted to come pick up the athletes. If the injury is severe regular protocols for first aid will be followed.

Personal Protective Equipment: Staff will be required to wear a non-medical mask, when physical distancing of at least 2-metres cannot be maintained (i.e., issuing first aid).

Cleaning and disinfecting Coaches will be cleaning and disinfecting equipment periodically throughout the day and the entire facility will be fogged with disinfectant at the end of each day.



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Outbreak Emergency Closure Procedure: In the event of an outbreak of COVID-19 at OGC the gym will shut down. An Outbreak Emergency Procedure Plan has been created and will be enacted in the event of a confirmed case of COVID-19. If you would like to review the Outbreak Emergency Procedure Plan please contact OGC.

If you have any questions that are not addressed in this information package please send an email to info@oakvillegym.com Updates to this document will be shared with the membership.

No Physical Contact for Acrobatic Gymnastics: For the Acrobatic Gymnastics discipline there is to be no partner or group skills where the athletes come in contact with each other at this time.

No Physical Contact for Conditioning: During conditioning or drills there is to be no partner work or physical contact of any kind (e.g. no holding of legs for arch ups, handstands, rings strength skill supports). All conditioning, drills and skills are to be hands free.

Hands Free Coaching: No spotting is permitted unless for a safety reason. Coaches will keep all coaching to drills, circuits and skills that the athlete is familiar with. Seeing as coaches might have to step in for the safety of the athlete, coaches will be required to wear a face covering or face mask where their assistance is needed.

In Case of Injury: In case of injury regular First Aid Protocols are to be used. Coaches are required to wear a cloth face covering or facemask while administering First Aid. If the coach must touch the athlete, the coach is required to wear gloves.

Physical Distancing with Regards to Movement Pathways: Athletes/Coaches to follow the movement pathways as laid out on the floor when entering, exiting and while inside the gym.

Water breaks: The water fountain will be used as a filling station only. Athletes/coaches/staff are to bring their own labeled, water bottle from home already filled. No sharing of water bottles. Coaches will be required to sanitize hands before and after filling water bottle.



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Drop-off and Pick-up Procedures

OGC Main Gym (Glen Abbey Community Centre – GACC) Main Doors (the sliding glass doors entrance from the Community Centre):

Arrival:

- Please wear cloth face covering or face masks when approaching the gym club or when waiting to enter.
- We encourage everyone to maintain a physical distance of at least 2 metres when dropping off.
- Athletes will be invited to the door one at a time. Health screening will be conducted for all athletes. Submitting self-assessment online will create a smoother sign-in process. If self-assessment is not submitted online parents will be required to complete it at the door before the athlete is signed-in and will enter the facility.
- A coach will be waiting at the door 5-minutes before the designated drop-off time. If late please contact the front desk at 905-847-7747 ext. 10 and wait patiently at the front door.
- From the main entrance the athletes will follow the coach to the lower lobby and into the gym.
- The changerooms will be closed for the time being. Have the athlete arrive in their training attire or wear training attire under their outer clothes.

Departure:

- Athletes will exit through the loading dock (driveway to the left of the main entrance).
- Athletes will be let out of the gym one at a time.
- We encourage everyone to maintain a physical distance of at least 2 metres when picking up.
- The coach will ensure that the child arrives safely to the parent/guardian picking up.
- A late fee of \$15.00 will be applied for any late pick-ups.



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COVID-19 Outbreak Emergency Protocol

Chain of Events in case of a confirmed case of COVID-19 at Oakville Gymnastics Club

If an athlete begins to experience symptoms of COVID-19 while attending gymnastics training:

- Stop training
- A symptomatic gymnast will be immediately separated from others and placed in boardroom until they can go home. Coach or OGC staff should maintain a distance of at least 2 meters. If 2 meters cannot be maintained from the ill gymnast, advice from the local Public Health Unit will be necessary to prevent/limit virus transmission to those providing care/supervision.
- Contact the Halton Public Health unit by dialing 311. Notify them of a potential case and seek advice regarding the information that should be shared with other parents/guardians of gymnasts in OGC.
- While contacting the Public Health Unit, the gymnast and staff member should wear a surgical/procedure mask (if tolerated) and the staff member should also wear eye protection (goggles or face shield).
- Gymnasts should be reminded of hand hygiene and respiratory etiquette while waiting to be picked-up.
- Tissues should be provided to the gymnast to support proper respiratory etiquette, along with proper disposal of tissues.
- Environmental cleaning/disinfection of the boardroom, the gym space and the apparatus that the gymnast used should be conducted once the gymnast has been picked-up.
- confirmed case of COVID-19 is reported to OGC.
- Gymnasts with symptoms should be tested. Contact Halton Public Health for COVID-19 testing.
- OGC requires a 14 day self-quarantine of the infected gymnast. OGC requires that they do not return until they have had two consecutive negative test results of COVID-19. This is to ensure that the affected individual has fully recovered from the virus.

For those gymnasts who are in a group with a gymnast who begins to experience symptoms of COVID-19 while attending gymnastics training:

- Stop training and prepare athletes for departure.
- Contact the parents/guardians of the gymnasts to come pick them up.
- Move athletes to outdoor waiting area with proper physical distancing. Gymnasts may wait indoors if the weather does not permit athlete to wait outside.
- Additional communication will be sent to families of the gymnasts in the group once Halton Public Health has been consulted.
- Other gymnasts and staff who were present while the gymnast began experiences symptoms should be identified as a close contact and further cohorted (i.e. grouped together). The local Halton Public Health Unit will provide any further direction on testing and isolation of these close contacts.



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Gymnasts or staff who have been exposed to a confirmed case of COVID-19 will be required to self isolate for 14 days and OGC requires that they do not return until they have had two consecutive negative test results of COVID-19. This is to ensure that they are safe to resume attending OGC.

Communication will be sent to the staff, OGC families of both competitive and recreational programs., The Town of Oakville, Halton Public Health and Gymnastics Ontario.

OGC will prepare a contact tracing list based on the gymnast's contacts over the past 14 days.

Log a record of the outbreak in the Health Screening Documentation Record

Contact Halton Public Health of our outbreak

- Seek consultation on next steps

Contact Gymnastics Ontario of our outbreak

- Seek consultation on next steps

Inform the property management for the OGC location where the outbreak is located: OGC Main Facility.

Resume training with Reopening Protocols.

- Continued daily Health Screening of staff and teammates will be observed.
- Resume training with Reopening Protocols including any additional measures to be implemented.

This COVID-19 Outbreak Emergency Protocol will be enacted for any gymnast, staff, volunteer who begins experiencing symptoms of COVID-19 while at OGC facility.

If any gymnast, staff or volunteer begins experiencing symptoms of COVID-19 while at home, inform your club. Contact your healthcare provider and follow their instructions. If the healthcare provider deems testing is required, get tested and self-isolate until you receive results. Provide the club with a proof of a negative test result prior to returning to gymnastics training. If the test is positive follow the above protocols.



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