



# COVID-19 RETURN TO GYM PLAN

Version 3 Sept 14, 2020

### 1. Overview

Milton Springers gymnastics has developed and implemented an Infectious disease COVID- 19 Program devoted to the recognition, evaluation and control of those environmental factors and stresses, arising in or from our facility from COVID-19 that may cause illness or injury. To help reduce the risk of hazardous exposures, ensure regulatory compliance, and improve working conditions, appropriate occupational hygiene practices will be applied to all Milton Springers operations as required. The Program provides information to all to allow for informed decision-making regarding exposure to COVID-19 in the gym.

Milton Springers gymnastics will meet or exceed the public health guidelines, Gymnastics Ontario and legislated requirements made under the provinces and territories of Canada. Additionally, Milton Springers gymnastics will strive to develop and implement best practices in our gym.

#### **Milton Springers gym - COVID-19 Response Planning Team**

- Linda Massel - General Manager
- Natalia Houlder - President
- Ali Stoffels - Recreation Program Director
- Krista Johnsen - Competitive Program Director
- Heather Rivers - Risk Management Administrator
- Executive HSE Group – External Health & Safety Consultants

#### *Responsibilities*

- Emergency measures, managing operations and communicating decisions.
- Protecting staff/ coaches/ athletes and their families' health and safety.
- Assuring business continuity and mitigating impacts on our operations.
- Answering any questions or concerns from our Milton Springers gymnastics club community.

Our top priority since the start of the outbreak has been the health and safety of our staff, coaches and athletes. We established a COVID-19 Committee at Milton Springers to assess and quickly respond to the impact of the virus on our gym and athletes, and make the difficult decision to close Friday, March 13, 2020 for the safety of all.

Individual sports such as competitive gymnastics were included in the government's Phase 1 re-opening of the province announcement. Since then, Gymnastics Ontario has provided guidelines and procedures that must be followed by clubs in order to reopen . We were given approval from the Town of Milton to re-open our facility with a modified entrance through the small gym emergency door, while the rest of the Sports Centre remained closed to the public. With the Version 2 document guiding our reopening plans, we invited competitive athletes back to training on June 17th, 2020. Further specific guidelines from the government allowed for recreation summer camp programs opening on July 13th.

Phase 3 guidelines came into place on July 21st, affecting the way our capacity numbers were calculated. Changes from the government superseded the Gymnastics Ontario guideline from a square footage model of 144 sq ft per athlete to an indoor gathering of 50 people (excluding coaches and staff) within the entire gymnastics facility. Changes from no spotting for competitive

athletes to spotting only when essential for shaping and safety with the coach wearing a mask and sanitizing hands before/after turns. Recreation programs remain with no spotting unless a safety issue requires a coach to do so.

Further clarification for recreation centres now allow 50 people (excluding staff) per room, allowing for the small gym and large gym to be considered 2 rooms for classes and training. As we move into September, Springers can further open their programming to include a Fall session that takes into consideration all new government guidelines and protocols that are currently in place. This version 3 of the Return to Gym Plan document outlines the updated procedures during phase 5 of our re-opening.

While it is normal to feel some anxiety in this changing environment, rest assured that we are doing everything we can to ensure that we are well prepared to meet your safety needs, as the re-opening stages evolve.

### **1.1 Hazard Assessment.**

#### **What is COVID-19 - Overview**

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing/sneezing into a flexed elbow).

At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. Milton Springers gymnastics club will continue to provide updated information as soon as clinical findings become available, and any potential impacts on the gym.

### **1.2 Hazard Identification**

#### **How COVID-19 spreads**












When someone who has COVID-19 coughs or exhales they release droplets of infected fluid. Most of these droplets fall on nearby surfaces and objects - such as desks, tables or telephones. People could catch COVID-19 by touching contaminated surfaces or objects – and then touching their eyes, nose or mouth. If they are standing within one meter of a person with COVID-19 they can catch it

by breathing in droplets coughed out or exhaled by them. In other words, COVID-19 spreads in a similar way to the flu.


**Symptoms:** Most persons infected with COVID-19 experience mild symptoms and recover. However, some persons go on to experience more serious illness and may require hospital care. Risk of serious illness rises with age; people over 40 seem to be more vulnerable than those under 40. People with weakened immune systems and people with conditions such as diabetes, heart and lung disease are also more vulnerable to serious illness.

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.

### COVID-19 Symptoms vs. Flu, Cold & Allergies

	COVID-19	Flu	Cold	Allergies
 <b>FEVER</b>	●	●	●	●
 <b>COUGH</b>	●	●	●	●
 <b>BREATHLESSNESS</b>	●	●	●	●
 <b>BODY ACHES</b>	●	●	●	●
 <b>HEADACHE</b>	●	●	●	●
 <b>FATIGUE</b>	●	●	●	●
 <b>SORE THROAT</b>	●	●	●	●
 <b>DIARRHEA</b>	●	●	●	●
 <b>RUNNY NOSE</b>	●	●	●	●
 <b>SNEEZING</b>	●	●	●	●
 <b>WATERY EYES</b>	●	●	●	●

● Frequently ● Sometimes ● Little ● Rarely ● None



*Source: WHO, CDC*



## COVID -19 Return to Gym Plan, Version 3

### 2. Re-Entry / Reopening - Milton Springers Gymnastics Club

Re-entry and re-opening will be used throughout this document. They are not synonymous.

- Re-entry refers to going back into the gym to set the conditions for staff and coaches to return to gym and open the doors to athletes.
- Re-opening refers to doors being opened to the public and the resumption of business operations.

#### *Phased and Scaled Approach*

Our planning for Re-entry/ Re-opening has adopted a phased and scaled approach as a gradual return serves to keep the risk low and manageable.

This guide describes a five-phase approach which we adopted throughout the pandemic:

Phase 1	Confirming Safety	Milton Springers employees who were deemed essential services	N/A
Phase 2	Restoration of Essential Service	Re-entering the gym by staff and coaches, to plan and prepare for re-entry and re-opening	Complete
Phase 3	Communication	With staff, external stakeholders, parents & athletes	Complete
Phase 4	Re-Entry	Physically into the gym with new policies/ procedures and control measures	<b>June 17, 2020</b>
Phase 5	Re-Opening for Business	Welcoming of Fall session recreational gymnasts	Sept 19, 2020

#### **New Normal for Now**

The COVID-19 pandemic will not likely be over until there is a vaccine and it has been widely distributed with the overwhelming majority of the population immunized. Public Health Orders and restrictions will remain in place for a long time. These restrictions will be lessened over time, with the distinct possibility that they may be reinstated if there is a second wave of COVID-19. The circumstances of re-entry and re-opening planning are the “new normal for now” not the “new normal”; that will come after we eradicate COVID-19.

## 2.1 Hazard Control

### General - Infection Control in the Gym

Health Canada recommends implementing the following hygiene measures:

- Washing your hands with soap and water as frequently as possible.
- Use alcohol-based hand sanitizer only if soap and water are not available.
- Practice Physical Distancing: avoid handshaking, keep a 2m spatial separation from others, replace in person meetings with video conferencing or teleconferencing, where possible.
- Keep surfaces clean and disinfected.
- Stay home when you are sick.
- High-touch surfaces should be regularly cleaned throughout the workday.
- Soap/paper towel and hand sanitizing stations should be checked and replenished frequently.
- It is critical that individuals NOT report to the gym while they are experiencing COVID-19 illness symptoms such as fever, cough, shortness of breath, sore throat, runny/stuffy nose, body aches, chills, or fatigue. Individuals should seek medical attention if they develop these symptoms.
- Avoid touching your face, eyes, nose, and mouth with unwashed hands.

### 2.2 Methods of Hazard Control – Milton Springers Gym

<i>A</i>	<b>Planning &amp; Preparation</b>	<i>C</i>	<b>Cleaning &amp; Sanitation</b>
<i>B</i>	<b>General Control Measures</b>	<i>D</i>	<b>Hygiene</b>

#### A – Administrative Controls - Planning & Preparation

*A full Health & Safety risk assessment has been completed at Milton Springers Gymnastics, and the facility and Return to gym plan meets all recommended local government guidelines and Gymnastics Ontario for re-entry to the physical workspace safety.*

Areas of focus:

- ✓ Physical Space
- ✓ Screening
- ✓ Pre-arrival protocols
- ✓ Access / Egress of the gym protocols
- ✓ High Risk Areas

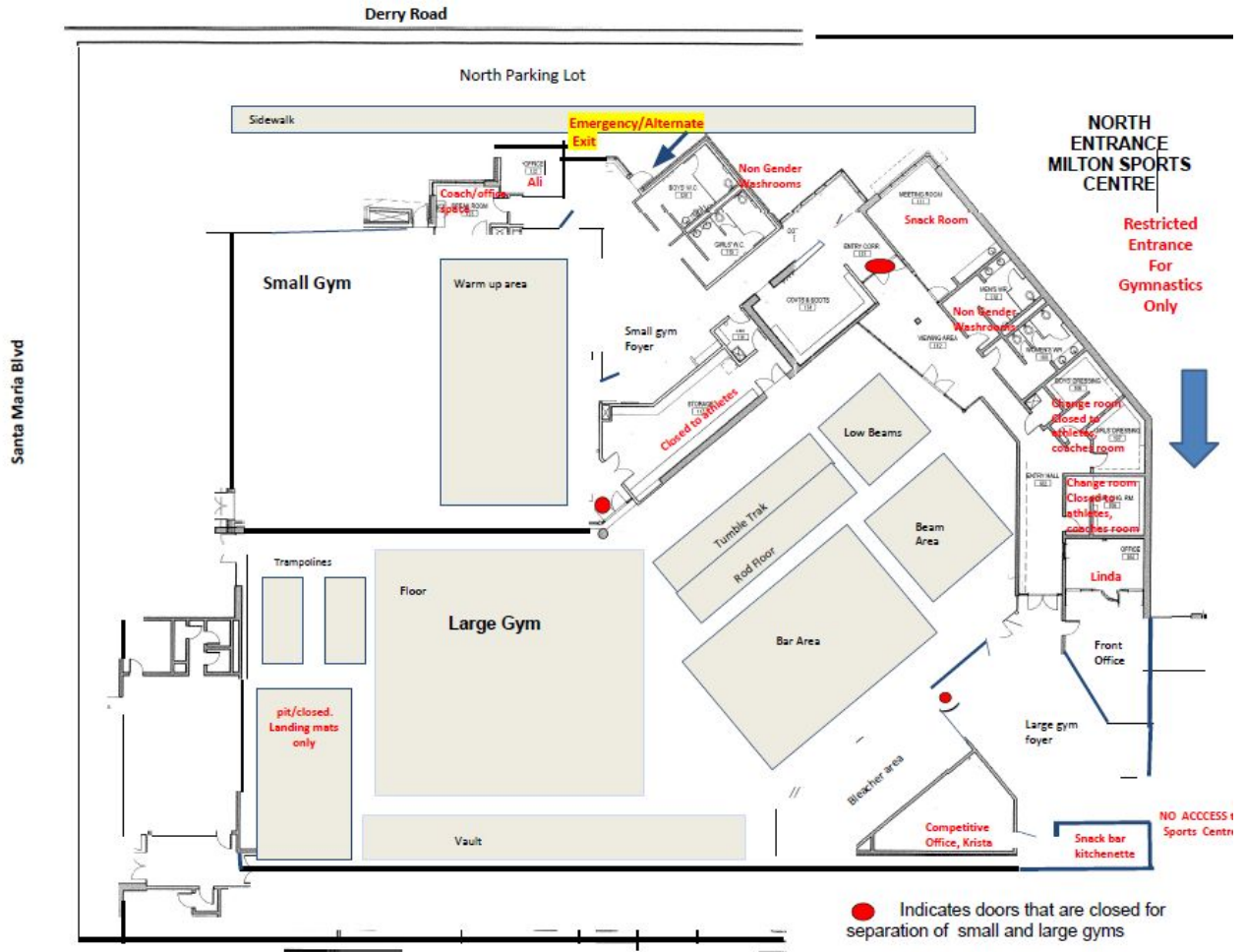
#### Proposed: Phase 5 -

**Revision to Entry protocols, Competitive & Fundamental program: Monday, Sept 14, 2020**

**Opening for Fall Session Recreation: Sept 19, 2020**

- ✓ Communication & Training
- ✓ COVID-19 Re-Entry plan
- ✓ Return to gym Orientation Training

## 1. Physical Space – Milton Springers gymnastics club



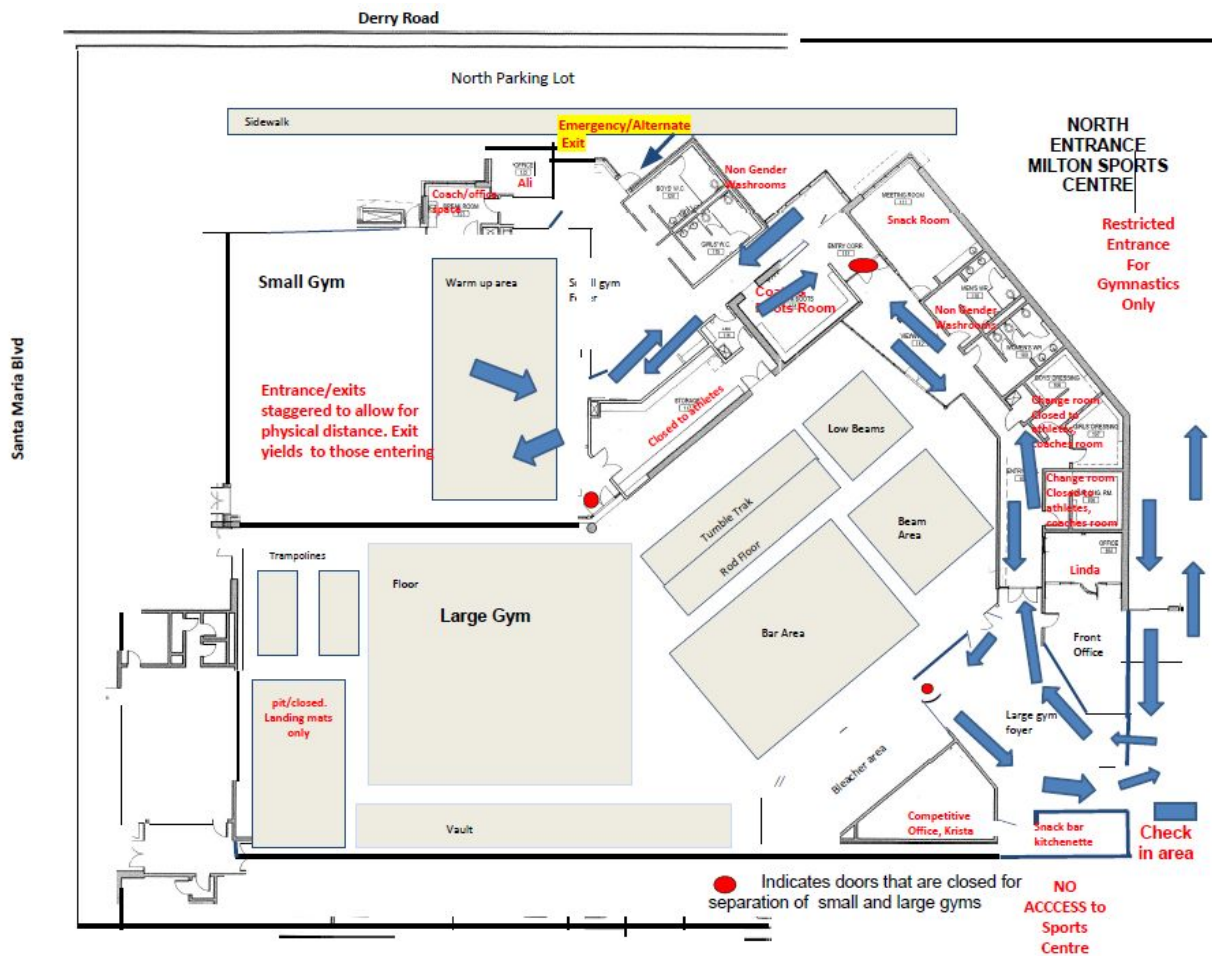
Milton Springers programs will now enter and exit through the North Entrance of the Milton Sports Centre. Access is restricted only to those attending programs. Due to capacity restrictions there are no spectators at this time other than limited recreation programs as outlined further in this document. The Milton Sports Centre will remain closed at the North End with NO access to other programs within the Centre. Initial entry to Sports Centre will be by a designated staff member who will contact the Sports Centre attendant for entry at the main north entrance. The staff member will then access the gymnastics facility and open the doors for any waiting office staff and coaches to enter. Any staff requiring entry during the day will phone the designated staff member or office number (905-878-5030) to request entry. All staff must practice physical distancing. Masks must be worn while in the Milton Sports Centre and all common areas of the gymnastics facility. Coaches will allow entry to competitive athletes and recreation participants that are on the attendance list for that day. No entry to athletes or participants that are not on the attendance list. Parents registered in Parent and Tot may have 1 parent only attend the class with the registered child. One parent of a child registered

in a Kindergym class may enter the gym facility with the child and remain for the duration of the class in a designated foyer chair that adheres to physical distancing rules. Parents entering the facility must wear masks and practice physical distancing. All other parents must request an appointment for entry. Those waiting to enter will yield to those exiting the building. The small gym emergency exit will be available as a secondary entry/exit with staff approval and weather permitting, and only when it can facilitate physical distancing or is required as an emergency exit.

In general, participants will follow a One Way System (called the Yellow Brick Road) that has been marked on the floor for movement around the gym facility. Yield signs and designated wait areas are marked in areas where traffic flow may require waiting while others pass. Caution double tape markings show high risk areas where traffic flow may be both ways.

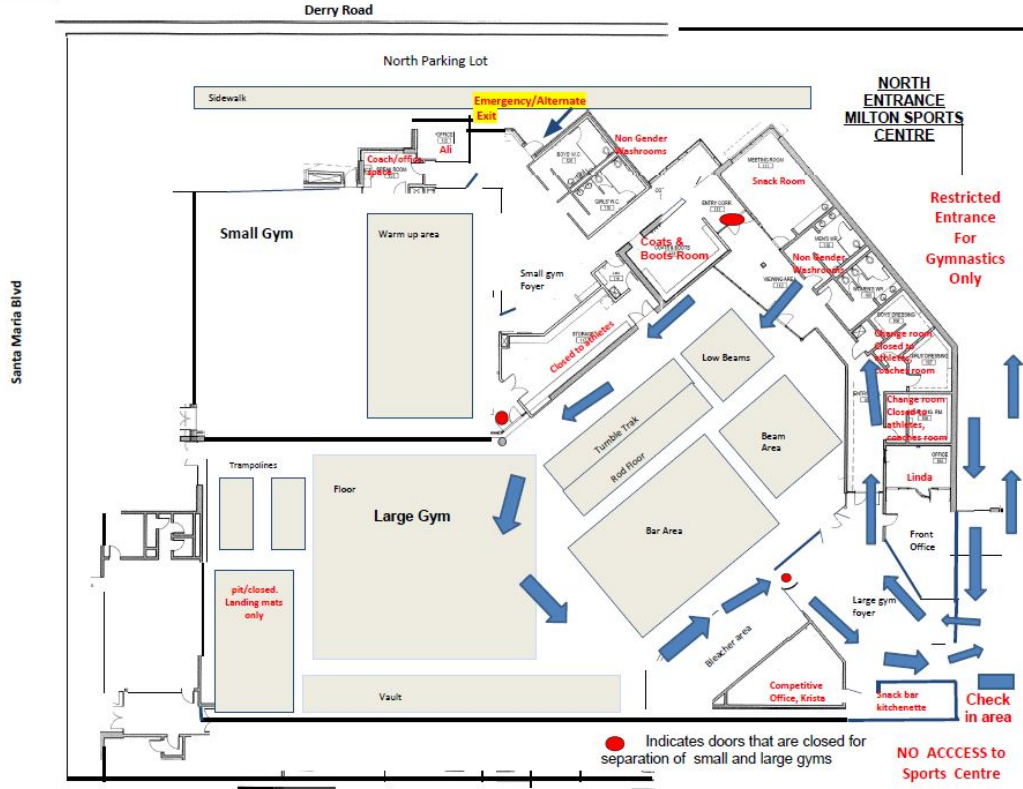
Large gym and small gym are separated by closed doors in the main hallway and between the large and small gyms in the training area. Maximum participants per gym are according to government phase 3 protocols of 50 people. Staff members are not included in the 50 people.

**Small Gym: Recreation classes:**

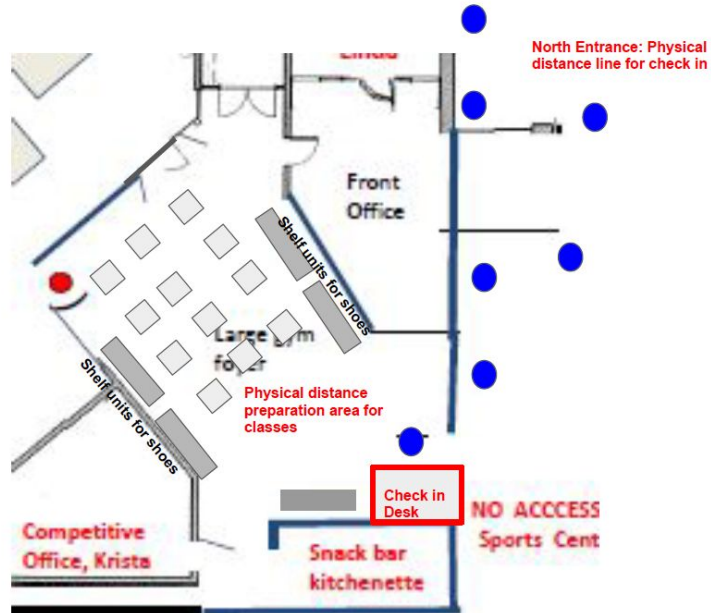


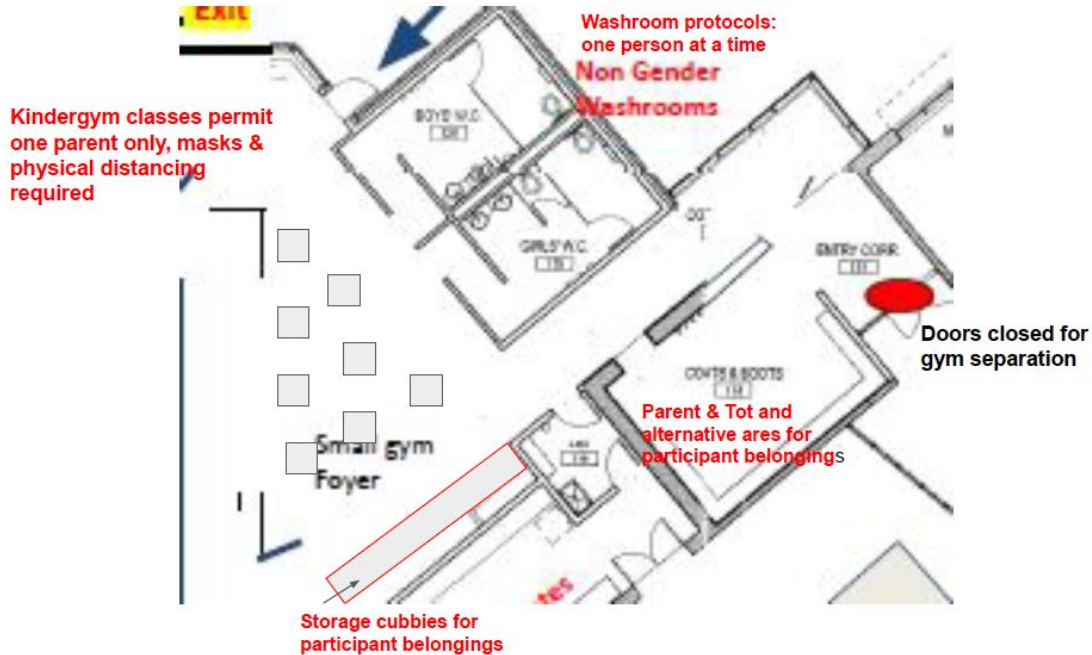


## Large Gym: Competitive Programs and Trampoline



## Foyer Floor Plan:





## 2. Screening



### A - Staff/ Coaches - Mandatory Self Screening

Each coach will be mandated to review the COVID-19 Screening questions on a daily basis prior to coming to the gym

If you can answer YES to any of the questions below – do NOT come and call:

1. Krista at 905 703 5747 (competitive coaches)
2. Linda at 905 875 8354 (office and administrative staff)
3. Ali at 807 708 5735 (recreation coaches)

The following checklist is to provide basic information only. It is not intended to take the place of medical advice, diagnosis or treatment. Employees should seek medical advice and/or attention if the answer to any of these questions is “YES” – a fourteen (14) day quarantine will also apply.

#### **Screening questions:**

1. Do you have any of the following symptoms: fever/feverish, new or existing cough and/or difficulty breathing?
2. Have you been informed by public health official that you are suspected to have or may in fact have contracted COVID-19 ?

3. Have you traveled internationally within the last 14 days (outside Canada)?
4. Have you had close contact with a confirmed or probable COVID-19 case?

**We urge all to encourage an ‘honor roll’ system amongst all coaches/ staff. Potential exposure affects everyone, and most importantly our families. We are all in this together.**

\*\*\*Staff and Athlete log books will record daily attendance and screening results upon entry.

### **B - Parents / Athletes Mandatory Screening**

Each parent/ athlete will be mandated to review the COVID-19 Screening questions on a daily basis prior to coming to the gym

Competitive Athletes: If you can answer YES to any of the questions below – do NOT come to the gym and please call Krista 905 703 5747

Recreation Participants: If you can answer YES to any questions below--please do not come to the gym and call the office at 905-878-5030 to let us know of your absence.

The following checklist is to provide basic information only. It is not intended to take the place of medical advice, diagnosis or treatment. Employees and participants should seek medical advice and/or attention if the answer to any of these questions is “YES” – a fourteen (14) day quarantine will also apply.

#### ***Screening questions:***

1. Do you have any of the following symptoms: fever/feverish, new or existing cough and/or difficulty breathing?
2. Have you been informed by a public health official that you are suspected to have or may in fact have, contracted COVID-19 ?
3. Have you traveled internationally within the last 14 days (outside Canada)?
4. Have you had close contact with a confirmed or probable COVID-19 case?

### **Staff / Coaches / Athlete/ Recreation participants Reporting**

- All are required to disclose if they have tested positive for COVID-19 or have been in close contact with someone diagnosed with COVID-19.
- All are required to disclose if they have traveled internationally and must self-quarantine for 14 days.
- You are asked to report any of the above situations to Linda at 905 875 8354

### **3. Pre Arrival Preparation–**

- Waivers must be signed during the registration process and prior to the start of the program.
- Carpooling is not recommended unless families are part of a social bubble. Wearing masks is recommended when travelling in cars with athletes or participants that are not part of the driver’s family unit.
- Please arrive only 5 minutes before class time. Late entry beyond 10 minutes to the start of class cannot be accommodated. Watching the Return to Gym orientation video is highly recommended (emailed to participants and found on the club website)

- Masks are required when in the common hallways, washrooms of the gym facility. Participants must bring a mask with a ziplock bag with their name on it.
- All program participants need to arrive at the gym ready to participate
- Leotards/bodysuit under street clothing or leggings, shorts & t-shirt
- Long hair tied back and no jewellery
- Change rooms will remain closed to participants at this time.
- Recreation program participants are asked to bring a cloth or plastic bag to place belongings in that will not be needed in the gym. Water bottles will be permitted in the gym.
- Competitive program athletes are required to have a backpack with their gym supplies (list emailed to families) which they will carry with them.

#### 4. Access / Egress Protocols : All Participants

1. Recreation and Competitive program participants will enter via the North entrance. Gymnasts and a parent/guardian will line up on the wall side, under the covered sidewalk entrance outside the North Sports Centre doors, practicing physical distancing of 2m. Doors will remain locked and coaches will provide access. Only participants on the class attendance lists will be granted entry. Parents registered in Parent and Tot may have 1 parent only attend the class with the registered child. One parent of a child registered in a Kindergym class may enter the gym facility with the child and remain for the duration of the class in a designated foyer chair that adheres to physical distancing rules. All other parents must request an appointment for entry. Those waiting to enter will yield to those exiting the building. Lists are maintained for contact tracing.
2. Strict adherence to start and end times are necessary. Athletes that arrive later than 10 minutes after class time begins will unfortunately be unable to join their group that day. Participants that may need to leave early must notify coaches the day prior to training in order to coordinate a departure outside the group time.
3. Temperature screening will be in place. Any athlete with a temperature over 100.4 F or 38 C will be asked to sit in a designated area for 10 mins or may return to their parents' vehicle and, they will then be rescreened. If temperature is within range, the athlete may enter the gym, if temperature remains high, the athlete will not be allowed entry. *Recreation Gymnasts* will wear a mask and use hand sanitizer before entering the gym facility and then move to a designated spot in the main entrance lobby. Coaches will instruct participants on placing shoes in the designated area and otherwise preparing for class. Coaches will lead participants to the small gym. Belongings not entering the gym will be placed in a cloth or plastic bag (brought by the participant) and put in cubbies located in the small gym foyer. Masks will be placed in the ziplock bag and coaches will keep them in an accessible place in case the participant needs to leave the gym area (example: use the washroom). Please do not bring valuables. *Parent & tot participants* will have access to the "coats and boots" area off the small gym foyer to place belongings prior to entry into the training area.
4. *Competitive Gymnasts* will be masked and use hand sanitizer before entering the gym facility. Athletes will remove shoes in the lobby at the designated area for their group and enter the gym

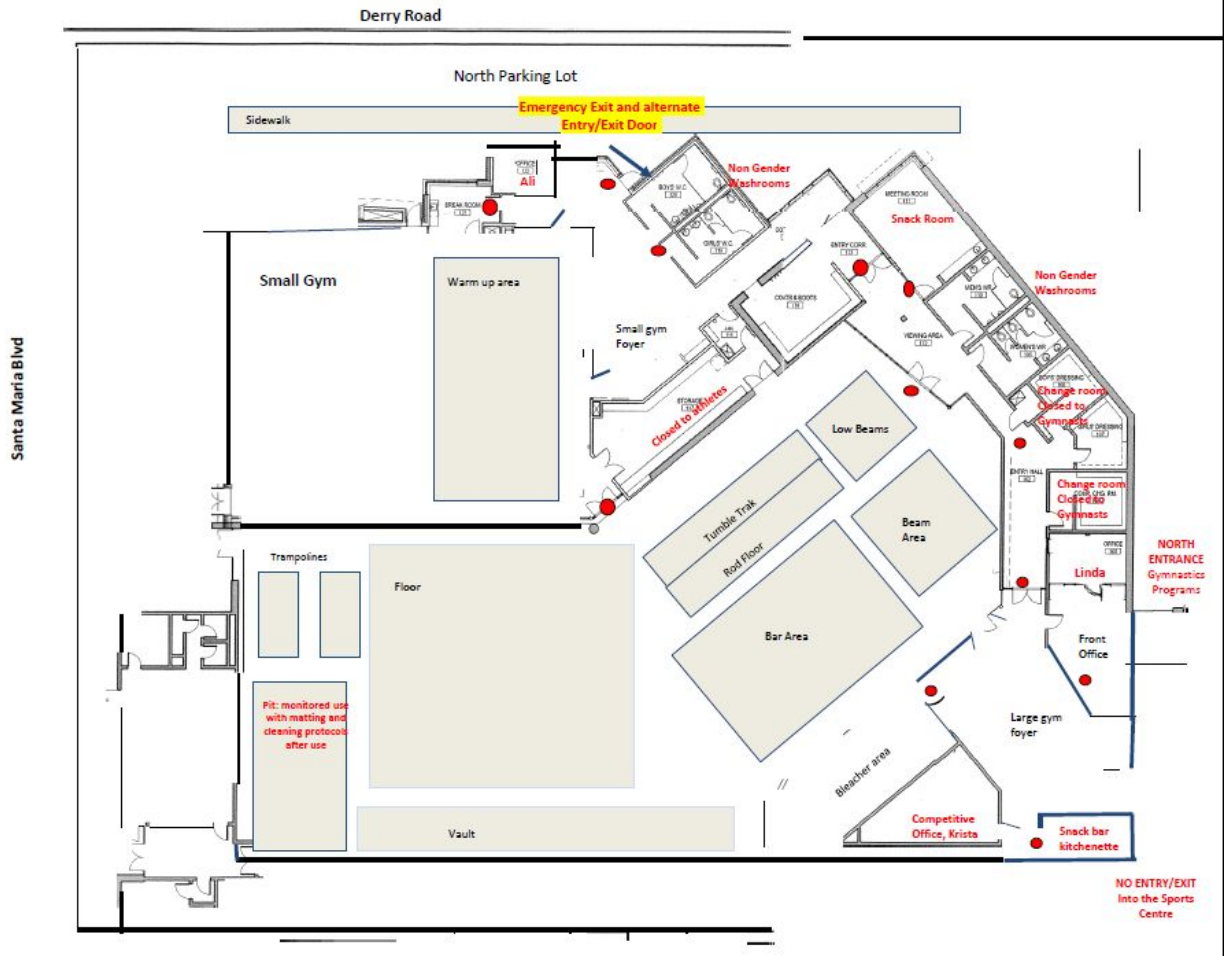
via the spectator doors. Coats will be left on racks in the spectator area. They will then follow the coach direction to their first rotation area where they will prepare for training by putting belongings in their own personal backpack which will remain with them. Masks need not be worn during training but must be worn if leaving the gym area (example; washroom).

- a. In general, all participants should arrive at the gym ready to participate; changerooms will remain closed to gymnasts.
  - b. If changing into gym gear is not possible at school, coaches will direct athletes to the washroom where they may change, following washroom protocols
  - c. Athletes arriving directly from school will have a designated area for school backpacks
  - d. Once ready, all gymnasts will sanitize hands and then the coach will facilitate transition warm-up and rotations through events.
  - e. If breaks are scheduled, athletes will eat in designated areas using physical distancing and sanitizing protocols.
5. **Post practice:**
- a. At the end of practice, participants will put on street clothes and prepare to leave the gym area.
  - b. Gymnasts will follow coach instruction to depart the gym following the one way designated floor arrows, practicing physical distancing protocols.
  - c. Gymnasts will put on their shoes in the main entrance lobby prior to exiting the facility.
  - d. Gymnasts will sanitize hands prior to leaving the facility.
  - e. Parents picking up participants are asked to line up on the grass side of the North Entrance sidewalk and wait for coaches to bring participants to the door for departure. Athletes under the age of 10 must be picked up by a parent at the door. Athletes age 12 & over may leave to meet parents at the car. Athletes between the ages of 10-12 may meet parents at the car with a signed release form which must be requested by email from [info@miltonspringers.ca](mailto:info@miltonspringers.ca).
  - f. Practicing physical distancing, and with coach guidance, gymnasts will locate their parent/ride and safely leave the Sports Centre.
  - g. If the athlete cannot see their parent/ride, the coach will send them back to a designated waiting spot until the parent arrives.
  - h. If a parent is more than 5 minutes late, the gymnast will be escorted to the office so a parent can be called.

### High Risk areas

An extensive Risk assessment has been completed of the Milton Springers gym facility and a number of high risk areas due to potential high traffic were identified and specific controls will be put in place at each area to minimise risk.

- ✓ Ground markings where applicable will be in place to ensure physical distancing is adhered to at all times.
- ✓ Hand sanitizer will be made available throughout the building at all high risk areas.
- ✓ Masks must be worn in common areas (hallways, foyers) of the gymnastics facility and when in the Milton Sports Centre common areas.



Risk Area	Description	Hazards	Phase 5 Controls
#1	Family Change room	Physical Distancing uncontrolled Cross Contamination Personal items	Will remain closed to gymnasts



## COVID -19 Return to Gym Plan

#2	Compulsory/Recreation Change Room	Physical Distancing uncontrolled Cross Contamination Personal items	Will remain closed to gymnasts at this time, Available to recreation coaches to store belongings with physical distancing Lockers must be sanitized after use.
#3	Optional Change room	Physical Distancing uncontrolled Cross Contamination Personal items	Will remain closed to gymnasts at this time, Available to recreation coaches to store belongings with physical distancing. Lockers must be sanitized after use.
#4	Recreation Coaches Breakroom	Physical Distancing uncontrolled Cross Contamination Personal items	Open to recreation coaches, 2 max at one time, physical distancing protocols
#5	Small Gym 2 Hallways	Physical Distancing Crowding	Open for access to/from class & washroom access. 2 way traffic with physical distancing. Yield to others at designated points; follow tape lines for 2 way traffic
#6	Large Gym 1 Hallway	Crowding Physical Distancing	Open for access to/from class & washroom access. 2 way traffic with physical distancing. Yield to others at designated points; follow tape lines for 2 way traffic
#7	Large Gym 1 Washrooms	High use High touch points Physical Distancing	Stop/ Go system in place Max 1 person per washroom Controlled use. Washrooms are non-gender/for use by participants of Large Gym & staff
#8	Small Gym 2 Washrooms	High use High touch points Physical Distancing	Stop/ Go system in place Max 1 person per washroom Controlled use. Washrooms are non-gender/ for use by participants of Small Gym & staff.
#9	Lobby: Small Gym 2	Crowding Physical Distancing Personal Items	Chairs set up with physical distancing to accommodate parents from Kindergym classes, no other spectators at this time
#10	Rec Directors Office	Crowding Physical Distancing Personal Items	For use by Rec Director & As't Director practicing distancing. Yield to hallway traffic
#11	Athlete/Staff/ Coaches Snack Room/Kitchenette (Janet Campbell Room)	Overcrowding Cleaning Sanitizing Personal Belongings	Controlled access for athlete snack break, maximum 8 persons with physical distancing Sanitize tables after use
#12	Bleacher Area in Competitive Gym 1	Crowding Physical Distancing Personal Items	Coaches area with storage tubs of personal/coaching belongings, physical distancing markings for seating; Alternate se

## COVID -19 Return to Gym Plan

			-Snack Time for athletes with physical distancing, Sanitize after use
#13	Main entrance/large Gym 1 Foyer	Crowding Physical Distancing Personal Item	Controlled entrance/exit, preparation area for class/training with physical distancing No spectators at this time
#14	Snack Bar Counter Snack Bar Kitchenette	Close contact Touching of items	No snack bar items available at snack bar counter at this time Only one person is allowed in the kitchenette at all times. Persons to yield outside the kitchenette, right of way to person in the kitchenette. Sanitize after use
#15	Main Office	Close contact Customer service Physical Spacing	Sneeze guards to be placed at desks. Photocopier: Physical distancing, Yield to person at the photocopier Clients only by appointment/screening required
#16	Competitive Coaches Room/ Krista's office	Overcrowding Cleaning Sanitizing Personal Belongings	Boardroom table available for snack room by athletes and coaches/physical distancing required and use of sneeze guard on table.
#17	Large Gym 1 Entry Doors to/from Hallway	Crowding Physical Distancing	one way entry from hallway, Exception: Beam rotation athletes may access washroom with coach permission; yield to those entering from hallway
#18	Pit area in Large Gym	Crowding Physical distancing	Pit area is closed for recreation participants, may be used for competitive training with controlled access by coaches, using mats when possible and frequent sanitizing

### – General Control measures

#### ***Coaches General Guidelines***

- Each coach will be designated an area or bin for their personal belongings (shoes, purse, etc.).
  - A backpack may be used for essentials (first aid kit, water bottles, hand sani, etc.)
  - Program binders/materials can be stored at designated desks/shelving units
- Masks must be worn in all common areas of the Sports Centre and gymnastics facility. Masks should generally be worn when coaching and must be worn as athletes enter/exit, or when assisting in taping or injury emergencies. Masks can be removed when practicing physical distancing and for ease in clearly communicating class instructions.
- All programs: Hands free coaching (no spotting, high fives or hugs); verbal cheering is encouraged!
  - Exceptions: Spotting or assistance when safety is a concern.



- Competitive program: Limited spotting may be used for safety in skills and proper shaping for skill acquisition. Masks for the coach and hand sanitizing for the coach and athlete are required.
- Ensure personal safety measures (such as coughing sneezing into arms)
- Supervise & ensure proper hand washing/sanitizing by athletes
- Maintain confidentiality of any person confirmed to have COVID-19

### ***Athletes General Guidelines***

- Groups will be confined to their groups' rotation area
  - No cross contaminating between groups
  - No high fives or hugs at this time; verbal cheering is encouraged!
- All areas will be cleaned before each group
- All gymnasts/coaches must sanitize/wash their hands at the start of each event, or if they leave their area for any reason.
- Lesson plans should be altered to promote physical distancing of 2m between participants
  - No physical contact, spotting (other than for safety/emergency or under competitive program guidelines), high fives or hugs
  - One beam per athlete
  - One bar per athlete - if switching stations, require hand sanitizer before each new bar
  - Competitive programs: Chalk will NOT be shared between athletes. Chalk will be kept in an individual plastic container in their gym bag and brought to and from practice. No spitting on grips!
  - No shared conditioning equipment
  - competitive athletes use personal yoga mats for warm up area and as required by the coach
- Whenever possible, select easy-to-clean matting and equipment.

### **Athletes/Coaches/Staff:**

- **Washroom Protocols:** Washrooms are non-gender/one person at a time; a flip-sign is located by the door--green for available, red for occupied; turn the sign and use hand sanitizer before entry; hand washing protocols to be followed before leaving washroom; turn sign and use hand sanitizer before returning to the gym or office using the gym traffic flow signs. Those waiting to use the washroom will yield to those exiting the washroom. There are designated waiting areas outside the washroom should it be occupied. Participants should use the washroom of the gym they are training in.

### **C - Cleaning & Sanitation**

Milton Springers Gymnastics has professional cleaners who will continuously perform a regular scheduled cleaning each night including cleaning and sanitizing all high touch areas throughout the gym,

clean and sanitize all the floors throughout the facility, and a deep clean and sanitization of all washrooms.

### Disinfectants & Sanitizers

To disinfect hard surfaces (plastic and metal) as well as vinyl covered mats, clean them with soap or detergent in water to remove dirt and use approved disinfectants to inactivate COVID-19. Inactivating or reducing the amount of viruses on a surface can reduce the chances of hand contamination, transfer of the virus, and possible infections in employees. Viruses may be inactivated by chemical disinfectants such as these:

- Chlorine or sodium hypochlorite (diluted household bleach)
- Alcohols solutions (ensure solution has at least 70% alcohol)
- Other common Environmental Protection Agency (EPA)-registered household disinfectants.
- Visit <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

To find the current list of products that meet EPA's criteria for use against SARS-CoV-2, the cause of COVID-19. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.). The solution that Milton Springers will be using for cleaning in the gym and washrooms will be Vital Oxide <https://vitaloxide.com/>, as recommended by Gymnastics Ontario. Fogger machines will be used on carpets and equipment.

### D- Hygiene & Cleaning schedules

- Office staff will ensure that all hand soaps, paper towel dispensers, hand dryers and hand sanitizing stations in the gym and in/outside washrooms are cleaned/sanitized, and all supplies adequately replenished.
- All sanitizing stations and washrooms will be inspected hourly during training hours.
- Garbage bins will be readily available and removed each day or when necessary during training.
- Garbage bins will be placed in such a location to encourage the use of paper towels / gloves to open/close doors prior to dispensing.
- All high touch surfaces in the office will be cleaned and sanitized throughout the day, and at the end of each employee's shift - including but not limited to door handles, auto door opening switches, light switches, POS machine, phones, desk work areas, handicapped door buttons etc...
- All staff / coaches should adopt daily personal cleaning protocols for their keyboards, phones, vehicles etc

#### *Hand Washing and Hand Sanitizer*

- Promote regular and thorough hand washing by staff, coaches and athletes.
- Put sanitizing hand rub dispensers in prominent places around the gym.
- Display posters promoting proper hand-washing and hand sanitizing are posted in the gym

**In-Gym cleaning during training:** After every rotation in the gym, coaches/athletes will wipe down/sanitize their used event equipment with sanitize solution and microfiber cloths (located at sanitize stations at event). Used clothes will be put in the "Dirty cloth" container and will be laundered

as needed. At the end of training coaches will be responsible for cleaning/sanitizing the equipment at their last event. Floor carpet, beam surfaces and vault surfaces will be sprayed or fogged with Vital Oxide disinfectant solutions.

Recreation classes: Coaches and staff will clean in gym equipment after rotations on a scheduled basis, washrooms, cubbies and lobby chairs (for Kindergym parents) will be sanitized after the class is finished.

**Snack Bar** will be closed to participants and staff until further notice. Snack bar kitchenette including fridge doors/handles, coffee maker, sink/faucets, counter etc...will be cleaned and sanitized by office staff as required after use throughout the day.

**Competitive program office** Conference table, couch and work station will be cleaned and sanitized after use.

**Janet Campbell Meeting/Snack Room** will have limited use by staff and coaches for breaks and eating, practicing physical distancing and capacity numbers (maximum, 2 to a table, up to 8). Ice packs will be located in the freezer and may be accessed by athletes when requested by a coach. All ice packs will be wrapped in a paper towel when applied to the injured area, and sanitized and returned to the freezer after use. Kitchen areas including microwave, fridge/freezer door handles, counters etc... will be cleaned and sanitized after each use by the person who used them.

### **First Aid / Emergencies**

Our priority is always the wellbeing and the safety of the athletes in our gym, our standard protocols will not change to compromise this, we have added additional controls for the protection of our coaches:

In the event of a First Aid/ Injury, coaches will utilise the First Aid pandemic kit in the gym when treating any athlete as appropriate. Coaches have been trained in Emergency First Aid + CPR-B.

The Pandemic First Aid kit provides additional protection for both the athlete and the coach, and included:

- Alcohol wipes
- Medical Gloves
- disposable masks for both athlete and coach
- Disposable contamination bag

### **Responsive Actions in the Event of a reported illness by Participant**

If an athlete or participant discloses they are not feeling well they will be removed from the class or program to an isolated spot (spectator area or area outside the recreation office). The participant should be masked and use hand sanitizer while waiting to be picked up. Screen again for a temperature check. The coach should determine if the reason for feeling unwell may be related to physical activity (example; feeling out of breath or cramps due to a running activity) or a known condition or ailment not related to Covid. The parent or guardian will be contacted to pick the participant up. The club will contact the Halton Region Health Unit for reported

illnesses with Covid like symptoms for advice on course of action. Recommendations will be relayed to the family. In order for an ill participant to return to the program, the recommendations (if any) from the Health Unit must be followed. The participant must be symptom free for at least 24 hours and provide a doctor's note with permission to return, or a copy of a Covid test with a negative result or a statement confirming 14 days of self isolation. Parents must inform the club of any positive Covid-19 test result.

### Responsive Actions in the Event of Contamination (Positive COVID-19 Case )

- 1) Notification of the situation to be provided via phone call to Linda 905 875 8354. Management will email to all staff/ coaches and families, as soon as possible.
- 2) Remove staff/coach/ athlete from gym (If not already self isolating) and determine, to the extent possible:
  - a. Duration of potential contamination.
  - b. Identify athletes/ coaches in direct contact during the period of contamination.
  - c. Coaches / Athletes whereabouts at the workplace during the period of contamination.
- 3) Request Coaches / Athletes who had direct close contact (extended duration less than 1m) with affected person to remain at home until asymptomatic (minimum 14 days).
- 4) Ensure safe and secure gym evacuation and temporary shutdown to allow a complete sanitation of the areas affected.
- 5) Arrange for disinfection of impacted workplace.
- 6) Communicate to authorities, as required.

If a member of Milton Springers Gymnastics finds or believes that any of the above policies or protocols have been breached, or are not being followed or applied should immediately notify the office at 905 878 5030 or email [info@miltonspringers.ca](mailto:info@miltonspringers.ca)

### 4. Employees Rights

No Milton Springers gymnastics employee will be penalized for absenteeism related to controlling the spread of COVID-19. On a case by case basis, we will ascertain eligibility for paid and unpaid leaves of absence in line with our corporate policies and the Employment Standards Act. Please note that if you contract COVID-19 and you are ordered to self-isolate for an extended period of time, you may be eligible to receive EI and/or WSIB financial support, depending on the circumstances.

Each employee has the right to refuse work in accordance with the Occupational Health and Safety Act, if they believe that their work conditions are unsafe. If any person exercises their right to refuse work, this must be reported to **Heather Rivers** and an investigation will be carried out in accordance with Health and Safety Policies, and applicable legislation. No worker will be expected to work during this investigation.

### 5. Personal Protective Equipment (PPE)



***PPE should not be used as a substitute for any control measure***

Preventive and mitigation measures are key. The most effective preventive measures include:

- ☐ performing hand hygiene frequently with an alcohol-based hand rub if your hands are not visibly dirty or with soap and water if hands are dirty; avoiding touching your eyes, nose, and mouth;
- ☐ practicing respiratory hygiene by coughing or sneezing into a bent elbow or tissue and then immediately disposing of the tissue;
- ☐ wearing non medical mask as mandated by health authorities and region by-laws

***5.1 Wearing of face covers / Non-medical masks***

**Wearing masks or face coverings**

Halton Region has a mandatory by-law to wear non-medical face masks in indoor public spaces. Masks must be worn while in the Sports Centre and gymnastic facility common areas (hallways, washrooms, foyers)

***Recommendations when wearing masks:***

- you should wash your hands or use hand sanitizer before putting it on and after taking it off (in addition to practicing good hand hygiene while wearing it),
- it should fit well (non-gaping),
- you should not share it with others.
- avoid touching it while using it,
- change a cloth mask as soon as it gets damp or soiled
- non-medical masks or face coverings that cannot be washed should be discarded and replaced as soon as they get damp, soiled or crumpled,
  - dispose of them properly in a lined garbage bin
  - do not discard them on the ground or leave in places where others may pick up.

**6. Potential Confirmed Case of COVID -19**

***(a) Staff / Coaches***

- ✓ All staff/coaches experiencing symptoms are required to report to Krista (Competitive Coaches), Ali (Recreation Coaches) or Linda (Office and Program Directors) immediately,
- ✓ Milton Springers gymnastics is committed to supporting all of our staff/coaches. Those with medically diagnosed cases of COVID-19 will be addressed and supported by the relevant Milton Springers gymnastics management on a case-by-case basis.

***(b) Athletes***

- ✓ Advise Krista immediately
- ✓ Seek medical guidance,
- ✓ Self- isolate until a diagnosis is in place.

**7. Communication**

COVID-19 has been considered a pandemic. We will continue to monitor the situation and will update this document with relevant changes and information, as required. Communication between Milton Springers gymnastics staff and coaches, including parents and athletes will be coordinated and consistent.



## COVID -19 Return to Gym Plan

The Management and all staff are expected to ensure health and safety policies for the MILTON SPRINGERS recreation and competitive programs, including COVID-19 policies as they are updated, communicated and posted to all personnel as mandated and/ or required. Any updates or revisions to these protocols will be communicated also.

The following methods of communication will be used, as applicable:

- ✓ Emails
- ✓ Training programs – available online for coaches/ staff and parents/ athletes
- ✓ Posters

### **Reliable Resources**

For more information please refer to the following resources:

World Health Organization

Center for Disease Control and Prevention

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

IHSA - <https://www.ihsa.ca/alerts/COVID-19>

<https://www.ihsa.ca/pdfs/LM-COVID-19-Resource-Best-Management-Practices.pdf> .