

COVID-19 reopening Summer 2021

Workplace Safety Plan

Staff Communication

Guidance that will be provided	<p>All employees will be informed of their rights, risks, and responsibilities as they relate to this public health emergency.</p> <ul style="list-style-type: none">• One staff member on duty who is responsible for monitoring protocols and ensuring compliance with protocols, including cleaning regimens. Melinda is responsible if present otherwise all other senior staff members take on the responsibility.• All staff will be advised of their role in monitoring participants and ensuring club protocols are modeled and adhered to (e.g., entering/exiting the facility, accessing washrooms/change rooms, regular handwashing, physical distancing, etc.) Covered in Covid-19 staff training.• Staff will be re-trained/reminded of COVID-19 safety protocols for the workplace, including but not limited to physical distancing requirements, screening protocols, cleaning and disinfecting procedures, personal hand hygiene protocols, and all other occupational health and safety measures.• Staff will be instructed to avoid physical contact with one another and gymnasts, e.g. hugs, high-fives, etc. and instead encourage gymnasts through positive language, tone of voice, physical gestures, and body language• Ensure all recommendations for wearing masks or cloth facial covering for the coaches and staff are being adhered to. Senior staff responsible for supervision.• All coaches will be informed on GO spotting recommendations, based on limiting contact and promoting physical distancing between coach and athlete, unless where spotting is absolutely necessary.
How information will be shared	<p>Frequent reminders and updates will be communicated in a variety of ways to reach our workers, such as:</p> <ul style="list-style-type: none">• posting notices in common areas• emails• virtual team meetings<ul style="list-style-type: none">• Social media groups• Personal and group texts

Frequent staff communication/reinforcement of COVID-19 safety protocols and new guidelines	<p>Employees will be kept up to date on information and procedures to ensure the most relevant health and safety guidelines are being followed.</p> <ul style="list-style-type: none"> • staff will be verbally reminded daily of covid-19 protocol • staff are reminded of COVID-19 health and safety protocols or updated on new guidelines when necessary or new guidelines occur.
Staying up to date on Government of Ontario COVID-19 guidelines	<ul style="list-style-type: none"> • Staff will keep up with Government of Ontario COVID-19 resources such as public health and workplace safety guidance for COVID-19. Quantum / Acro Cats will share new information as soon as possible with all staff members and clients.

COVID-19 Screening

Covid-19 screening protocol for staff	<ul style="list-style-type: none"> • All staff entering the facility will preform. Covid-19 self assessment daily. Records are kept at the coaches check in station. COVID-19 assessment checklist on site at the coaches check in station. • All staff are instructed to stay home if they are feeling unwell or exhibiting any signs or symptoms of COVID-19. Covered in staff training during COVID-19. COVID-19 checklist provided for home use via email, and social media groups. • Signs are posted at the door reminding people not to enter the facility if they are feeling unwell
Screening checklist	<p>A physical copy of the COVID-19 screening tool is available at the facility entrance, staff check in table, master class list binder and staff office bulletin board. A link to the checklist is available on the main page of Quantum / Acro Cats's website.</p> <p>https://Quantum / Acro Catsgymnastics.uplifterinc.com/sites/files/screening-tool-bw%20(1).pdf</p>
Staff in charge of screening people entering the facility	<p>Melinda will screen people when she is working. If Melinda is absent all coaches are responsible for screening their own class participants following club protocol.</p> <ul style="list-style-type: none"> • Screening is to be done outside of the building whenever possible. Staff members are to wear masks and physically distance to the best of their ability from the person they are screening. • Hand sanitizer and disinfecting cleaner is available at the entrance to the gym
Who will be screened and how often	<p>All people entering the facility or participating in outdoor training will be screened for COVID-19.</p>

	<ul style="list-style-type: none"> • Staff members will self assess using the COVID-19 checklist provided. • All non staff members entering the facility or participating in outdoor training must be screened verbally at the main entrance to the gym or check in area outside. Screening will be done outside if weather permits. • Anyone who fails screening will not be allowed in the facility. • Anyone with symptoms of COVID-19 at screening or who has not passed the screening, will be told to self-isolate immediately and encouraged to get tested. If they have questions related to COVID-19, they should contact their primary care provider or Telehealth Ontario (1-866-797-0000) or visit Ontario's COVID-19 website. • Signage is be posted on the entry doors and throughout the facility to prompt individuals to self-identify if they feel unwell or exhibit symptoms of COVID-19. • A record of all individuals (including names, contact information, dates and times) who enter the facility or participate in outdoor training is kept. These records comply with any applicable retention and privacy requirements and could support case and contact tracing by the local public health unit the event of an outbreak. Recreational athletes entering the gym are tracked in the main attendance binder at the entrance to the facility or in class attendance lists. All contact information is found in files/athlete profiles on our registration data base or competitive information binder. Competitive coaches maintain attendance lists daily for athletes entering the facility. If a parent enters the facility with a child all contact information is collected on a sign in sheet.
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CONTROLLING THE RISK OF TRANSMISSION IN OUR WORKPLACE

Infection Prevention and Control Practices	<ul style="list-style-type: none"> • Quantum / Acro Cats staff will ensure all infection prevention and control practices are followed. This includes, but is not limited to: <ul style="list-style-type: none"> • Staff members will perform proper hand hygiene before and after each activity or entering a room. They will also ensure proper hand hygiene is practiced by all athletes in their class/group. • Staff members will remind participants and other staff to refrain, to the extent possible, from touching their eyes, nose, mouth, and other parts of their face during activity. • Quantum / Acro Cats will provide alcohol-based hand rub (ABHR) or hand washing stations and will ensure they are readily available in all key areas of the
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	<p>facility, including in high-traffic areas such as the lobby area, screening area, patron services, change rooms, washrooms, and throughout the club facility.</p> <ul style="list-style-type: none"> • Quantum / Acro Cats will remove or not use equipment that may be difficult to clean and disinfect (e.g., pits, play structures, equipment with cloth-like coverings, etc.) • Quantum / Acro Cats will limit the use of shared equipment or shared activities, where possible (Ex. Athletes will use personal chalk containers rather than open chalk bucket) • Quantum / Acro Cats staff will frequently clean and disinfect high-touch surfaces and common or shared spaces, such as washrooms, lobbies, change rooms, areas for workouts and classes, and workout equipment. • All equipment used on an event must be cleaned when your group is done before the next group arrives. Spray bottles containing COVID-19 approved cleaning solution is at each event. Spray all used equipment and wipe with a microfiber cloth or broom. Check cleaning log. • Once classes are over for the day and all athletes have left, all surfaces will be cleaned and disinfected (mats, floors, counters, bathrooms); this is over and above cleaning the equipment between uses. Fogged with Vital oxide. • All cleaning products are authorized disinfectants against SARS-CoV2, the corona virus that causes COVID-19. • Touchless disposable paper towels are available in washrooms or changerooms. • Water fountains will be used only to re-fill water bottles, not for individuals to drink directly from them. • A cleaning log/checklist is posted in the main staff office. • Staff will clean/disinfect gymnastics equipment if a gymnast's head or face met the equipment. • Remove lost-and-found bins

Ensuring physical distancing requirements are being followed.

<p>CLASS SET UP AND PROCEDURES USED TO ALLOW FOR SOCIAL DISTANCING</p>	<ul style="list-style-type: none"> • All activities will be designed to allow for social distancing. While close contact may be unavoidable between members of a program, physical distancing and general infection prevention and control practices will be encouraged. • Warm up on a socially distanced spot- spots will be marked in warm up areas. • All stations will be socially distanced and waiting spots clearly marked if athletes are sharing a station. • No spotting unless required for safety- maintain social distancing whenever possible! • Visual cues will be implemented to help athletes maintain social distancing. • Class start times are staggered to limit class cross over when entering or exiting the facility. • Detailed class schedules for event rotations are provided to all coaches to ensure for social distancing. •
<p>TRAFFIC FLOW AND MOVEMENT PROCEDURES TO ALLOW FOR SOCIAL DISTANCING</p>	<ul style="list-style-type: none"> • Participants will take their bag with them when the rotate to new events. • Move participants one at a time when possible. Be very clear where their waiting spot is on the new event. • Follow the clearly marked pathway through the gym. Each spot/line is 6 feet from the next. Have athletes move to the next spot once it is free. • Communicate with other groups if a training station/event is in the path of your group.
	<p>Quantum / Acro Cats staff will ensure physical distancing during class instruction</p> <p>└</p> <ul style="list-style-type: none"> • Instructors follow physical distancing requirements and remind patrons of adhering to physical distancing and following infection prevention and control practices. • Patrons will not be permitted to sing along to the music or shout back at the instructor.

	<ul style="list-style-type: none"> • An exception to physical distancing requirements will be made for spotting, if the spot is deemed to be absolutely necessary. Otherwise spotting should be limited as much as possible. • Quantum / Acro Cats will encourage participants to arrive prepared and appropriately attired to begin their activity and limit exposure to others in common areas, such as change rooms before or after their activity. • Participants and parents/guardians are encouraged to wait either in a vehicle or physically distanced outside before their class. Wearing a face covering is expected for those waiting in line to enter the facility. • Staff and athlete breaks are staggered. Designated break areas are assigned to athletes and staff to ensure social distancing.
Ensure adherence to guidance on the usage of partitions and room separation	<ul style="list-style-type: none"> • Quantum / Acro Cats will use, to the extent possible, existing rooms to support operations at the club. • Additional space/training rooms have been created by placing a partition to divide a large room into more than one distinct space by: <ul style="list-style-type: none"> → Ensuring the height and width of the partition reflects the room dimensions and ability to effectively physically separate groups (i.e., floor to ceiling). The height of the partition is above the breathing zone of individuals to prevent the spread of droplets expired by patrons. → The partition does not interfere with ventilation and airflow and meets fire code regulations. → The partition is made of materials (vapor barrier) that are of a hard, non-porous surface that can be easily and routinely cleaned and disinfected (i.e., between use). → Ensuring that partitions are secured appropriately, following fire and building code requirements to allow for evacuation of all individuals from a building in case of an emergency. → Ensuring that there is no contact with the partition. If it is touched to open a door entrance it must be cleaned/disinfected. • Staff members are responsible for ensuring their group stays within their designated training room/area.

<p>Use of masks or face coverings.</p>	<ul style="list-style-type: none"> • All people inside the facility are required wear a mask. Staff members are to ensure that any persons in the indoor area of the facility wear a mask or face covering in a manner that covers their mouth, nose, and chin during any period when they are in the indoor area, subject to any applicable & exceptions set out in the Regulations. • Athletes are permitted to remove their face covering while engaged in training activities.
<p>Reinforce safe food handling practices and ensure cafes, restaurants, drink bars or other concession stands within the facility follow applicable guidelines and regulations</p>	<ul style="list-style-type: none"> • Food should not be consumed in sport or recreational fitness rooms or areas. Break areas are designated for athletes and staff to allow for social distancing while eating. • The water fountain will only be used to re-fill water bottles, not for individuals to drink directly from them. • If program is considered a camp: → If meals or snacks are provided by the program/camp or brought by the camp participant: <ul style="list-style-type: none"> → Ensure camp participants and staff perform proper hand hygiene before and after eating. → Ensure each camp participant has their own drink bottle that is labeled, kept with them during the day, and not shared. → Fill water bottles rather than drink directly from the mouthpiece of water fountains. → Ensure each camp participant has their own individual meal or snack with no common food items (e.g., salt/pepper shaker, condiments). → Remove self-serving food items and open access dishware. → Multi-use utensils must be cleaned after each use. → Reinforce “no food sharing” policies. → Physical distancing should be maintained while eating. Coach supervised. - If food should be consumed, it must be in designated dining area or spectator area while seated, that ensures social distancing requirements are met.

Protocol if there is a potential case, or suspected exposure to, COVID-19 at Quantum / Acro Cats.

Potential Exposure/ isolation procedures	<p>What to do if a program participant begins to experience symptoms of COVID-19 while in the facility-</p> <ol style="list-style-type: none">1. Symptomatic individuals must be immediately separated from others in a supervised area until they can go home. In addition, any staff providing supervision of participant should maintain a distance of 2 meters. Masks should be worn if possible.2. Remind participant of hand hygiene and respiratory etiquette while they wait to be picked up. Provide tissues if possible.3. The parents waiting area will be used for isolation unless camp is on break then the isolation area will be the coach's office. If outside the individual will be isolated as far as possible from the training group.4. Inform a club supervisor immediately who will contact the local public health unit to notify them of a potential case and seek advice regarding the information that should be shared with parents/guardian of all other participants in the program. Niagara Public Health 905-980-60005. Once the participant has been picked up a deep clean of the space and items used by the program will be conducted.6. Participant will be referred to be tested. Location Information here: https://covid-19.ontario.ca/assessment-centre-locations If they have questions related to COVID-19, they should contact their primary care provider or Telehealth Ontario (1-866-797-0000) or visit Ontario's COVID-19 website.7. Program participants or staff who have been exposed to a confirmed case of COVID-19 will be excluded from the program setting for 14 days.
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Contact tracing	Quantum / Acro Cats keep daily records of anyone (e.g., participants, parent/guardian, staff, and visitors) entering the program setting, inside or out, who stays for 15minutes or longer. Records (e.g., name, contact information, time of arrival/departure, screening completion, etc.) must be kept up to date via attendance sheets and visitor logs. Records are available to facilitate contact tracing in the event of a confirmed COVID-19 case or exposure.
Step 1: Exclude symptomatic people from the workplace	<ul style="list-style-type: none"> • Quantum / Acro Cats staff will follow their screening protocols before allowing any individuals into the facility. • If a staff calls in sick, informs us of symptoms or informs us they had close contact with someone with symptoms, they will be asked to perform the self-assessment. Ask the worker to follow any recommendations given by the tool, including being tested and self-isolating. • If anyone shows symptoms in the facility, they should return home and self-isolate immediately. • If the person is very ill, call 911 and let the operator know that they may have COVID-19. • Ask the person to contact their doctor or Telehealth Ontario at Toll-free: 1-866-797-0000 for further directions about testing and self isolation.
Step 2: Contact Public Health Niagara Public Health 905-980-6000	Staff will contact their local public health unit for guidance on what to do if someone develops symptoms at your workplace or you are told one of your workers has COVID-19. Public health will provide instructions and do contact tracing if needed.
Step 3: Follow public health direction	<p>Clubs should follow the advice and direction provided by their local public health unit.</p> <ul style="list-style-type: none"> • Disinfect surfaces that may have been touched by the ill person as soon as possible. Read Public Health Ontario's COVID-19 fact sheet about cleaning and disinfection for public settings
Step 4: Inform any workers who may have been exposed Step 5: Report to Ministry of Labour, Training and Skills Development	<p>Quantum / Acro Cats/ Acro Cats will let staff know if they may have been exposed in the workplace.</p> <ul style="list-style-type: none"> • Quantum / Acro Cats will give all workers information about the date and time of the potential exposure and where it took place.

	<p>Quantum / Acro Cats will not give out any information that might identify the infectious person.</p> <ul style="list-style-type: none"> • Quantum / Acro Cats will not need to undertake contact tracing activities unless asked to do so by your local public health unit. • This duty to inform our staff is independent of any public health direction. <p>Step 5: Report to Ministry of Labour, Training and Skills Development</p> <ul style="list-style-type: none"> • If the club is advised that one of your staff has tested positive for COVID-19 due to exposure at the workplace, or that a claim has been filed with the Workplace Safety and Insurance Board (WSIB), you must give notice in writing within four days to: <ul style="list-style-type: none"> • The Ministry of Labour, Training and Skills Development • The workplace's joint health and safety committee or health and safety representative • Additionally, you must report any occupationally acquired illnesses to the WSIB within three days of receiving notification of the illness. • You do not need to determine where a case was acquired. If it is reported to you as an occupational illness, you must report the case.