

## GYMNASTICS ONTARIO - OPENING PROTOCOLS V8

- Revisions from Version 7 are shown in *italic font*
- Requirements from the Ontario Ministry of Health COVID-19 Guidance: Summer Day Camps are highlighted in **YELLOW**

Principles	Recommendations
<b>Member Awareness</b>	<ul style="list-style-type: none"> <li>• Inform coaches, administrators, members, parents/guardians, and participants of COVID-19 protocols through email, club website, member receipts, in house telephone communications</li> <li>• Use an Assumption of Risk Agreement for ALL Participants, to include specific wording relating to insurance coverage for COVID-19 claims exclusion and their assumption of the related risks with COVID-19</li> <li>• Use a Declaration of Compliance form to be executed by all individuals attending your facility to declare their understanding of COVID-19 as well as their responsibility to self-regulate</li> <li>• Post Government of Ontario approved handwashing and physical distancing protocols in high traffic areas e.g. main entrance door, bathrooms</li> <li>• Include COVID-19 related matter in your club refund policy</li> <li>• Ensure participants and their families are aware (at least through signs) that they may not enter the facility if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days; signs should be posted at screening stations and entrances to the facility to remind staff, parents/guardians, and other visitors</li> <li>• Maintain confidentiality of any person confirmed to have been COVID-19 infected</li> <li>• <i>Post club protocols in high-traffic areas (e.g., entrances, washrooms, etc.)</i></li> </ul>
<b>Entering &amp; Exit Facility</b>	<ul style="list-style-type: none"> <li>• Limit carpooling among club participants, only members of the same family should be in a vehicle together</li> <li>• Place physical distancing lines outside facility for parents and gymnasts to line up before entering</li> <li>• Ensure physical distancing requirements are met</li> <li>• All persons must properly wash with soap and water or sanitize hands upon entering facility</li> <li>• A staff member should escort the gymnasts inside the facility, and administer screening process about illnesses in youth or their household members (ensure an adult is present)</li> <li>• Allow a maximum of one parent (and no siblings) per gymnast inside facility who should remain physically distant</li> <li>• Viewing; encourage parents to drop-off and pick-up as opposed to entering facility to watch the class</li> <li>• Bleachers need to be marked off where people can sit, and or chairs should be removed or limited based on physical distancing</li> </ul>

- When possible, have parents/guardians pick up their gymnast outside. If the gymnast needs supervision while waiting for pickup, adults should be practicing physical distancing
- Create a single entrance and exit, if possible
- Anyone feeling unwell MUST STAY HOME
- Once classes are over athletes and parents need to leave the gym, no lingering around and chatting should be permitted

### **Requirements for Health & Safety**

- Pick-up and drop-off of camp participants should happen outside the program setting unless it is determined that there is a need for the parent/guardian to enter the setting.
- Pick-up and drop-off procedures should support physical distancing and cohorting using strategies such as, but not limited to: avoiding group transportation (carpooling), separate cohort entrances, having one designated parent/guardian pick-up and drop-off each camp participant, staggering entry, or limiting the numbers of people in entry areas.

### **Screening**

- All individuals, including camp participants, parents/guardians, staff, and visitors must be screened including daily temperature checks either at home prior to arrival or upon arrival at program setting prior to entry. Deny entry to any individual who has any of the symptoms outlined in the [COVID-19 Reference Document for Symptoms](#) on the Ministry of Health's COVID-19 [Website](#) or who has come in close unprotected contact with a person with symptoms of or confirmed COVID-19 in the past 14 days. Camp participants should be monitored for atypical symptoms and signs of COVID-19.
- Where possible, daily screening should be done electronically (e.g., via online form, survey, or e-mail) prior to arrival at camp. If screening is done at the camp setting, screeners should take appropriate precautions when screening, including maintaining a distance of at least 2 metres (6 feet) from those being screened, being separated by a physical barrier (such as a plexiglass barrier), or wearing personal protective equipment (PPE) (i.e., non-medical mask). Refer to Public Health Ontario resources for how to properly wear and take off masks.
- Alcohol based hand sanitizer containing at least 60% alcohol content should be placed at all screening stations and entrances to the program. Dispensers should not be in locations that can be accessed by young children.
- Thermometers must not be used between camp participants/staff without single-use protective covers or disinfecting between use, if the

	<p>club is taking temperatures. It is recommended that temperature checks are taken at home prior to arrival at camp for daily screening.</p> <ul style="list-style-type: none"> <li>• Do not permit camp participants who are ill to attend the program. Signs should be posted at screening stations and entrances to the program to remind staff, parents/guardians, and other visitors.</li> <li>• Programs must have protocols in place to notify parents/guardians if their camp participant begins to show symptoms of COVID-19 while in camp, including the need for immediate pick-up and an area to isolate the camp participant until pick-up.</li> <li>• Programs must keep daily records of anyone (e.g., camp participant, parent/guardian, staff, and visitors) entering the program setting who stays for 15 minutes or longer. Records (e.g., name, contact information, time of arrival/departure, screening completion, etc.) must be kept up to date and available to facilitate contact tracing in the event of a confirmed COVID-19 case or outbreak.</li> </ul>
<p><b>Facility Safeguarding</b></p>	<ul style="list-style-type: none"> <li>• Ensure physical distancing requirements are met</li> <li>• Heightened cleaning of entire facility, especially high touch, and high traffic areas (e.g. entrance, washrooms, etc.)</li> <li>• Provide a copy of the handwashing guidelines to display in areas to show people how to properly wash hands. This should be placed at entrances, bathrooms, and any other hand washing stations</li> <li>• Identify how the club will provide disinfection of meeting spaces and regular cleaning of high-touch surfaces</li> <li>• Ensure respiratory etiquette is followed by advising individuals to cough or sneeze into one’s arm or a tissue</li> <li>• Consider how to limit the number of participants to allow physical distancing and prevent crowding</li> <li>• Limit the number of athletes permitted in the athlete changing room/washroom at one time to ensure physical distancing requirements are followed; consider blocking off every other coat hook/cubby hole/locker (or more) to allow for physical distancing; gymnasts should not share cubbies/lockers</li> <li>• Clean a minimum of twice per day, or more frequently when possible the washrooms (high traffic area)</li> <li>• Provide hand sanitizing stations throughout facility</li> <li>• Provide additional hand washing stations (e.g. kitchen sink, if accessible), or had sanitizing beyond current washroom stations/sinks (best placed at the entrance to the facility and entrance to the equipment/gym area)</li> <li>• Clean/disinfect gymnastics equipment between classes, where possible, and at the end of the day</li> <li>• Once classes are over for the day and all athletes have left, all additional surfaces should be cleaned and disinfected (mats, floors, counters, bathrooms, office space, door handles, light switches, railings, etc.); this needs to be done over and above cleaning the equipment between uses</li> </ul>

- There should not be any public water fountains in the gym that athletes can drink directly from. Gymnasts will provide their own water and there will be no sharing. Water filling stations are allowed, but individuals must wash their hands before and after use.
- Remove self-serve vending machines and/or food sales. Café areas should be closed as inappropriate places to sit.
- Remove, cover, or block off any equipment that cannot easily be cleaned (pits, play structures, equipment with cloth-like coverings, etc.)
- Play structures should be closed
- Use personal chalk containers rather than open chalk bucket (each athlete should be supplied with their own chalk and instructed not to share) and wash hands after using equipment
- Athletes are not permitted to share personal training equipment (e.g. grips, slippers, wrist bands, wrist supports, ankle braces, tape, etc.)
- Ensure that all cleaning products are authorized disinfectants against SARS-CoV-2, the coronavirus that causes COVID-19
- Develop plans for a potential requirement of a temporary closure of the gymnastics facility to properly disinfect and ensure other adult leaders or youth are not infected
- *Create and maintain a cleaning and disinfecting log or checklist.*
- *Clean/disinfect gymnastics equipment if a gymnast's head or face met the equipment.*
- *Remove lost-and-found bins*

### **Requirements for Health & Safety**

Ensure current infection prevention and control practices are adhered to. This includes, but is not limited to:

- Ensuring all equipment used at summer day camps are made of material that can be cleaned and disinfected or are single use and are disposed of at the end of the day (e.g., craft supplies).
- Minimizing the sharing and frequency of touching of objects, equipment and surfaces, and other personal items.
- Increasing the frequency (minimum twice a day) of cleaning and disinfecting objects, equipment, and frequently touched surfaces.
- Cleaning and disinfecting, at least twice a day, frequently touched surfaces. These surfaces are most likely to become contaminated, including doorknobs, water fountain/cooler knobs, light switches, toilet and faucet handles, electronic devices, and tabletops. Refer to PHO's [Environmental Cleaning Fact Sheet](#).
- Only using cleaning and disinfectant products that have a Drug Identification Number (DIN). Low-level hospital grade disinfectants may be used.

- Checking expiry dates of cleaning and disinfectant products used and always following the manufacturer's instructions. Ensure that the products used are compatible with the item to be cleaned and disinfected.
- Performing and promoting, frequent proper hand hygiene (including supervising or assisting camp participants with hand hygiene). Hand washing using soap and water is recommended over alcohol-based hand rub (ABHR) for children. Refer to PHO's [How to Wash Your Hands Fact Sheet](#).
- Incorporating additional hand hygiene opportunities into the daily schedule.

Encourage physical distancing is met between camp participants, parents/guardians, and staff by:

- Spreading camp participants out into different areas.
- Spreading furniture, camp equipment, and activity stations out into different areas.
- Using visual cues (e.g., signs, posters, floor markings, etc.)
- Staggering or alternating lunchtime to reduce number of individuals in lunch area.
- Incorporating more individual activities or activities that encourage more space between camp participants.
- Using telephone or video conferencing when possible for meetings between staff and parents/guardians.

Operate programs in consistent cohorts of no more than 10 individuals including both staff and camp participants who stay together throughout the duration of the program for minimum 5 days, with the following considerations:

- **IMPORTANT: cohorts (groups/classes) at gymnastics summer day camps are 10 individuals including both staff and camp participants. We have permission for MULTIPLE COHORTS (groups/classes) can occupy the same summer day camp facility if separated by rooms, or spaces, AND adhering to our occupancy calculation of one participant per 144 square feet or 13.378 square metres in the training area, which includes summer camp participants, competitive athletes and coaching staff.**
- **Only the training space can be used for your occupancy calculation. For example, if your training space is 7,000 square feet (not including viewing area, lunchroom, changeroom, etc.) this would allow a maximum number of participants of 48. So, two competitive teams of 8 athletes, and two groups of 8 summer camp participants along with six coaches would total 38 participants. You must maintain at a minimum, physical distancing of six feet from all participants.**
- **Class ratios for summer day camps must comply with these directives.**

- While close contact may be unavoidable between members of a cohort (group/class), physical distancing and general infection prevention and control practices should still be encouraged, where possible.
- Face coverings (non-medical masks) should be used if physical distancing of at least 2-metres cannot be maintained between cohorts.
- Face coverings may not be tolerated by everyone based on underlying health, behaviour issues or beliefs. Consideration should be given to mitigating any possible physical and psychological injuries that may inadvertently be caused by wearing a face covering (e.g., interfering with the ability to see or speak clearly, or becoming accidentally lodged in equipment the wearer is operating).
- Face coverings should be changed if visibly soiled, damp, or damaged.
- Education must be provided about the safe use, limitations, and proper care (e.g., cleaning) of face coverings. See Ontario's [COVID-19 Website](#) and [PHO's Website](#) for additional information.
- Cohorts (groups/classes) cannot mix with other cohorts (groups/classes) at the same time, including pick-ups and drop-offs, mealtimes, playtime, outdoor activities, tents, staff areas/rooms, etc.
- Programs that utilize a room/space that is shared by cohorts (groups/classes) or has other user groups must ensure the room/space is cleaned and disinfected before and after using the space. A cleaning log must be posted and used to track cleaning.
- Each cohort should have designated equipment or clean and disinfect equipment between cohort (groups/classes) uses.
- Personal belongings brought to camp should be minimized. If brought to camp, personal items (e.g., backpack, clothing, water bottles, food, etc.) should be labeled and kept in an area designated for the individual's cohort (group/class) and should not be handled by individuals from other cohorts (groups/classes).
- Play structures can only be used by one cohort (group/class) at a time and must be cleaned and disinfected before and after use by each cohort (group/class).
- Plans should be made to prevent mixing of cohorts (groups/classes) in washrooms/changerooms and to frequently clean and disinfect shared surfaces in washrooms/changerooms.
- Avoid getting close to faces of camp participants, where possible.
- Avoid singing activities indoors.
- Do not plan field trips and activities requiring group transportation.

	<ul style="list-style-type: none"> <li>○ Aquatic activities (e.g., pool, splash pad, wading pool, etc.) must adhere to regulated requirements as well as to municipal guidance and restrictions at the time of the activity.</li> <li>○ Do not plan activities with exposures to animals or pets.</li> <li>○ Do not plan activities that involve camp participants in preparing or serving food.</li> <li>● If meals or snacks are provided by the program or brought by the camp participant:             <ul style="list-style-type: none"> <li>○ Ensure camp participants and staff perform proper hand hygiene before and after eating.</li> <li>○ Ensure each camp participant has their own drink bottle that is labeled, kept with them during the day, and not shared.</li> <li>○ Fill water bottles rather than drink directly from the mouthpiece of water fountains.</li> <li>○ Ensure each camp participant has their own individual meal or snack with no common food items (e.g., salt/pepper shaker, condiments).</li> <li>○ Remove self-serving food items and open access dishware.</li> <li>○ Multi-use utensils must be cleaned after each use.</li> <li>○ Reinforce “no food sharing” policies.</li> <li>○ Physical distancing should be maintained while eating.</li> </ul> </li> </ul>
<p><b>Staff Management</b></p>	<ul style="list-style-type: none"> <li>● Ensure the physical distancing requirements are met among staff</li> <li>● Clubs need to pass along information to their employees regarding their rights, risks, and responsibilities as they relate to this public health emergency</li> <li>● Prior to coming to work (daily), staff are required to report to their designated supervisor the results of their screening test for COVID-19 and determine if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days; a staff log to record the self-assessment should be kept</li> <li>● Staff are required to sanitize/wash hands between rotations</li> <li>● Instruct staff 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</li> <li>● Hands free coaching (no spotting) for recreational programs i.e. mainly circuits, unless required to prevent injury</li> <li>● Hands free coaching (no spotting) for competitive programs – i.e. modify training needs to ensure athletes are only doing safe skills, not learning new skills which might require spotting, unless required to prevent injury</li> <li>● Follow recommendations for wearing masks or cloth facial covering for the coaches and staff</li> <li>● Gloves are required for people cleaning equipment between rotations or at the end of day, and hands need to be washed between each new set of</li> </ul>

	<p>gloves. Otherwise, no gloves may provide a false sense of safety and people will begin to relax their cleaning without them.</p> <ul style="list-style-type: none"> <li>● Staff must practice personal safety measures such as coughing/sneezing into arm</li> <li>● A staff member should be assigned to ensure athletes are washing hands before coming into equipment/gym area prior as well as during and after classes</li> <li>● Maintain confidentiality of any person confirmed to have been COVID-19 infected</li> <li>● <i>Always consider assigning one staff member on duty is responsible for monitoring protocols and ensuring compliance, including cleaning regimens.</i></li> <li>● <i>Advise all staff 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.)</i></li> <li>● <i>Educate all staff on proper handwashing so they can supervise and ensure participants are washing properly.</i></li> <li>● <i>Advise staff to avoid congregating in break rooms or common areas and limit capacity of such areas to allow for social distancing requirements.</i></li> <li>● <i>Remind staff and coaches to consider the emotional toll the pandemic may have had on athletes/families; coaches should monitor their athletes' mental wellbeing.</i></li> </ul> <p><b><u>Occupational Health &amp; Safety</u></b></p> <ul style="list-style-type: none"> <li>● Employers must have written measures and procedures for staff safety, including for infection prevention and control. Detailed guidelines for COVID-19 are available on the Ministry of Health's <a href="#">COVID-19 website</a>.</li> <li>● If a staff member is diagnosed with COVID-19, the staff member must remain off work for 14 days following symptom onset and has received clearance from the local public health unit.</li> <li>● If a staff member who was in unprotected contact of an individual diagnosed with COVID-19; the staff member must remain off work for 14 days from last exposure.</li> <li>● The staff member should consult with the local public health unit to determine when they can return to work.</li> </ul>
<p><b>Program Management</b></p>	<ul style="list-style-type: none"> <li>● Adhere to maximum numbers in the facility and training area as dictated by the Province of Ontario for group gatherings</li> <li>● Ensure and consistently encourage the physical distancing requirements of at least 2 metres between participants, parents/guardians and staff are met</li> <li>● Reduce the number of classes/programs in the gym at any one time</li> <li>● Consider reducing the number of hours in competitive/team programs</li> <li>● Limit, where possible, physical contact among participants</li> </ul>

- Organizations should acknowledge and support decisions to not participate among youth, parents, and adult leaders who are uncomfortable participating for any reason
- Have youth and adults wash hands or use hand sanitizer often incorporating additional hand hygiene opportunities into the daily schedule including before allowing participation, directly after participation, and frequently during a class, including before getting water, eating, and after touching shared surfaces or items. Athletes may require a schedule to wash and/or sanitize hands
- Consider re-open competitive training first
- It is required that all member clubs have a second adult (age 18+), on site always. This second adult does not have to have any NCCP, Respect in Sport or first aid certification.
- Assign athletes to different stations/specific apparatus and create a rotation schedule that allows for equipment cleaning in between
- Athletes should not sit together or congregate during rest time or between turns; if possible, stagger and mark off designated rest times and areas that ensure safe physical distancing; which should be maintained when eating
- Prevent youth from sharing cups, water bottles or other items
- Add time between class changeover or stagger start and end times to ensure time to clean/disinfect equipment
- Create scheduling for apparatus to maintain the guidelines for physical distancing; athletes could be assigned to specific apparatus each training session, thus physically distancing, and must sanitize/clean equipment after each use
- Create circular rotation schedule with less crossover traffic
- Use different colour Velcro or other methods to create physical distancing spaces within the facility
- Rearrange, remove, or spread out equipment for better physical distancing
- Create pathways using visual cues i.e. Velcro, colored tape, paint, floor stickers, etc. to direct the flow of traffic within the facility
- Eliminate pit usage for recreational programs/all programs - cover pit with landing mats
- *It is recommended that where possible, any administrative and billing should be done by phone or email.*

### **Testing for COVID-19**

- Symptomatic staff and camp participants should be referred for testing. Testing of asymptomatic persons should only be performed as directed by the local public health unit as part of case/contact and outbreak management. A list of symptoms, including atypical signs and symptoms, can be also be found in the COVID-19 Reference Document for Symptoms on the Ministry of Health's COVID-19 website.

	<ul style="list-style-type: none"> <li>○ Those who test negative for COVID-19 must be excluded from the program until 24 hours after symptom resolution. If a symptomatic person receives a negative result, a repeat test within 24-48 hours can be considered if clinical suspicion is high.</li> <li>○ Those who test positive for COVID-19 must be excluded from the program for 14 days after the onset of symptoms and clearance has been received from the local public health unit.</li> <li>● Day camps must consider a single, symptomatic, laboratory confirmed case of COVID-19 in a staff member or camp participant as a confirmed COVID-19 outbreak in consultation with the local public health unit. Outbreaks should be declared in collaboration between the program and the local public health unit to ensure an outbreak number is provided.</li> <li>● Camp participants or staff who have been in contact with a suspected COVID-19 case should be monitored for symptoms and further cohorted (i.e., grouped together) until laboratory tests, if any, have been completed or until directed by the local public health unit.</li> <li>● Staff members and camp participants awaiting test results should be excluded from camp.</li> </ul>
<p><b>Class/Team Management</b></p>	<ul style="list-style-type: none"> <li>● Ensure the physical distancing requirements are met</li> <li>● Consider reducing the number of gymnasts per coach</li> <li>● Create physical distancing between stations/circuits</li> <li>● Consider reducing class time by 5-7 minutes to allow for facility safeguarding</li> <li>● Stagger break times for competitive/team gymnasts</li> <li>● Have designated break areas that can be marked off to ensure safe distancing</li> </ul> <p><b><u>Management of Camp Participants with Suspected COVID-19</u></b></p> <ul style="list-style-type: none"> <li>● If a camp participant begins to experience symptoms of COVID-19 while attending day camp, it is recommended that:             <ul style="list-style-type: none"> <li>○ Symptomatic camp participants must be immediately separated from others in a supervised area until they can go home. In addition, where possible, anyone who is providing care to the camp participant should maintain a distance of at least 2 metres.</li> <li>○ If a 2-metre distance cannot be maintained from the ill camp participant, advice from the local public health unit will be necessary to prevent/limit virus transmission to those providing care.</li> <li>○ Contact the local public health unit to notify them of a potential case and seek advice regarding the information that should be shared with other parents/ guardians of camp participants in the program.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ While contacting the public health unit, at a minimum the camp participant (if tolerated) and staff member should wear a non-medical mask and maintain physical distancing when possible.</li> <li>○ Camp participants should be reminded of hand hygiene and respiratory etiquette while waiting to be picked-up.</li> <li>○ Tissues should be provided to the camp participant to support proper respiratory etiquette, along with proper disposal of the tissues.</li> <li>○ Environmental cleaning/disinfection of the space and items used by the camp should be conducted once the camp participant has been picked up. Items that cannot be cleaned and disinfected should be removed from the program and stored in a sealed container for a minimum of 7 days.</li> <li>○ Camp participants with symptoms should be referred to be tested.</li> <li>○ Other camp participants and staff who were present while a camp participant or staff member became ill should be identified as a close contact and further cohorted (i.e., grouped together) until they can be picked up by parents/guardians to self-isolate at home. The local public health unit will provide any further direction on testing and isolation of these close contacts.</li> <li>○ Camp participants or staff who have been exposed to a confirmed case of COVID-19 should be excluded from the program setting for 14 days.</li> </ul>
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