



# Flicka Gymnastics Club COVID-19 Safety Plan

*Please note: this document is subject to change following provincial and federal health and safety requirements.*

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# Summary of Changes

## August 26, 2020 Updates (NEW)

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

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

New updates in this document appear highlighted in yellow. All changes that appear on this page have also been included in the document.

## Contact Tracing

By Order of the Provincial Health Order we are required to provide the full name, telephone number, or email address, of every participant at Flicka Gymnastics to the North Vancouver Recreation Commission. The information will be retained for thirty days, in case there is a need for contact tracing on the part of the medical health officer, in which case the information must be provided to the medical health officer (see page 6).

## Spotting

Effective August 26, 2020, spotting is now permitted.

Although physical distancing is still strongly advised, coaches are permitted to spot athletes who are learning new skills, or when spotting is required for safety.

Coaches **must** wear masks when spotting athletes, and coaches **must** also sanitize their hands between spotting different athletes. For further information, see the Physical Distancing section on page 8.

Please note: Although viaSport Guidelines currently permit regional competitions, GBC's competition is currently not underway. Further information will be release later in the fall, as the competition season approaches.

## Cohorts

In the context of gymnastics, the introduction of cohorts means that:

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

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

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

# Principles

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

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

# Steps to Return to the Gym

## Step 1: Starting Activities *(to begin when clubs are prepared to safely open)*

**Low-risk activities can occur with the following requirements:**

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is prohibited.
- ✓ Training groups for Step 1 are described in Appendix 1.
- ✓ Small class size ratios of 5-7:1 and reduced training time of 2-3 hours/day will be scheduled.
- ✓ A program summary for Step 1 is included in Appendix 1.

## Step 2: Expanding Activities *(to begin when clubs are able to safely progress beyond Step 1)*

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

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is prohibited.
- ✓ Training groups for Step 2 are described in Appendix 1.
- ✓ Larger class size ratios up to 8:1 and increased training times up to 4 hours/day will be scheduled.
- ✓ A program summary for Step 2 to be confirmed midway through Step 1.

## Step 3: Progressively loosen - Effective August 26, 2020

- ✓ Ability to maintain physical distancing
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ Spotting allowed with restrictions (for further information refer to page 8.)
- ✓ Focus on expanding programming to include regular training and competition preparation.
- ✓ Expand classes to younger, less experienced participants.
- ✓ In-club and regional competitions can occur, if viaSport/GBC requirements are followed

## Step 4: 'New Normal'

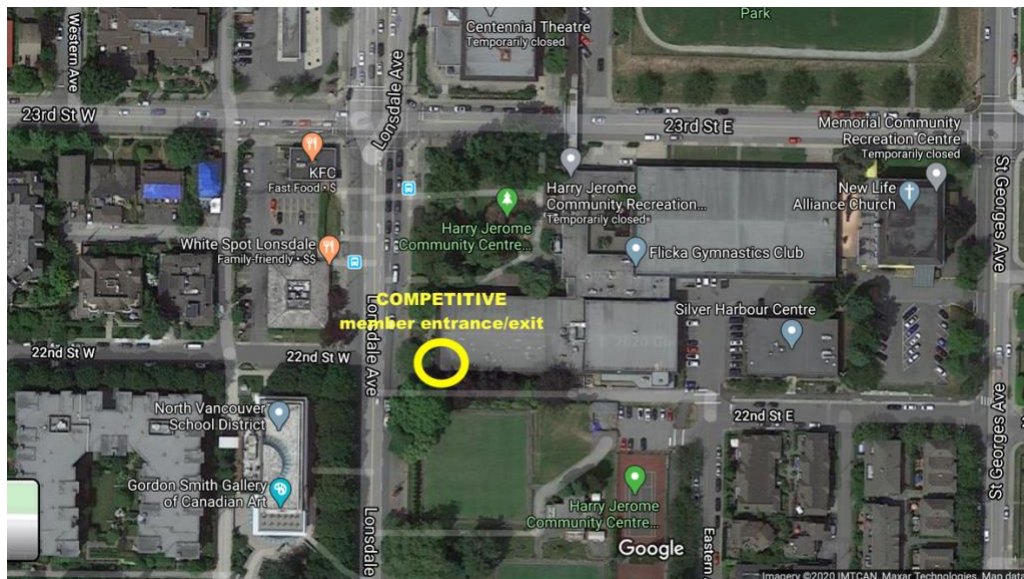
To be determined at a later date, according to the [Government of BC regulations](#).

# FGC Safety Plan Requirements

## Facility Access

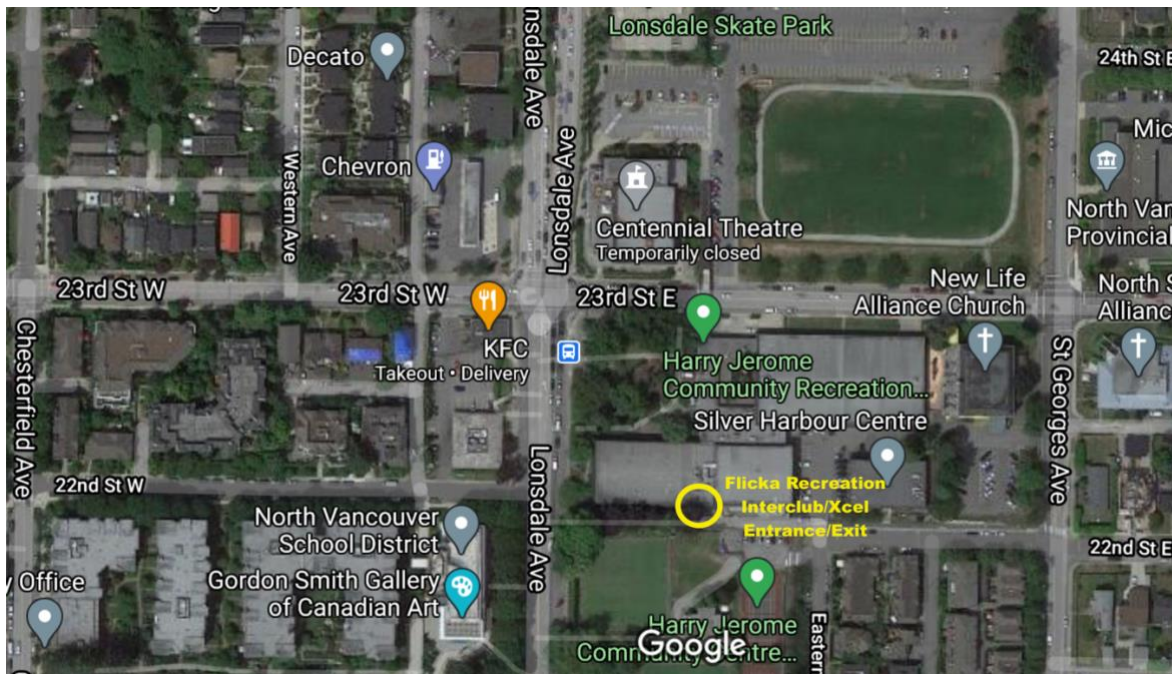
### COMPETITIVE PROGRAM member access:

- Drop off is available at the Lonsdale Avenue entrance: West side of Flicka facility 15 minutes before scheduled training time. **Parent must wait until child is admitted to the gym!**



### RECREATIONAL / INTERCLUB / XCEL participant access:

- Drop off is available at the East 22nd alley way entrance: behind the lawn bowling field 15 minutes before scheduled training time. **Parent must wait until child is admitted to the gym!**



To access Flicka Gymnastics Club, please complete the following steps:

#### Prior to participation:

- **All participants, parents/guardians and club personnel** must complete required GBC and Flicka Gymnastics Club documents. Please bring the completed, signed forms to drop off and hand it to Flicka staff at check-in. (Forms will also be available at the entrance.)

#### Forms to be completed ***ONE TIME*** only, before the first participation:

- [Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement](#) - Each individual member (parent/guardian if participant is under age 19) must complete. Clubs must file and retain this form in long-term storage.
- [Participant Declaration of Compliance Form](#) - Each individual member must complete. This document acts as each participant's commitment to comply with club requirements. This document must be signed by each participant and their parent/guardian if the participant is under 19 years of age. Clubs must file and retain this form in long-term storage.

#### Forms to be completed ***BEFORE EACH PARTICIPATION***:

- [Daily Screening Checklist](#)
- Parents/guardians are expected to tell their children to follow instructions of all Flicka Gymnastics Club staff when entering and exiting the facility.
- Parents will ensure that their children arrive dressed appropriately for class. Harry Jerome washrooms are not available to use as changing rooms until further notice.
- Parents/guardians are expected to drop off and pick up their children **on time** without coming into the gym. Should your child be late for unforeseen reasons, please email [marti@flickagymclub.com](mailto:marti@flickagymclub.com) or call (604) 985-7918 to arrange instructed entry to the gym.
- Please line up outside the front door of your designated entrance, maintaining a physical distance of 2m between yourself and others by standing next to the bright orange high visibility tape on the wall.
- Parents must not leave until they have seen their child admitted to the gym. Any child who did not bring a signed Daily Screening Checklist form with them must have a parent complete a paper one onsite. Athletes who fail the temperature check must be taken home by the parent.

#### Daily Assessment:

- Prior to entering the facility, **all individuals** must fill out the Daily Screening Checklist. Daily checklists will be kept on file. Documents will be collected at drop-off, please bring the signed form with you.



### Pick-Up:

- When classes are completed, all individuals must leave promptly. Parents are expected to pick up their children **on time**. Should parent/guardian be late for pick up for unforeseen reasons, please email [marti@flickagymclub.com](mailto:marti@flickagymclub.com) or call (604) 985-7918.
- All participants will exit the building at the same location they entered and must not congregate in groups when they get picked up. To facilitate this, we have placed TAPE/MARKINGS outside the exit doors.

### Office:

- Office remains closed for public until further notice.
- Registration and payment for all programming are done online ONLY through Studio Director, which can be found here: [Studio Director](#).

### Competitive Program Participants:

- Participants will be required to have their own chalk in a container/bag large enough to fit their hands. Flicka will provide the first piece of chalk; further chalk will be sold in the office.
- All participants should arrive dressed for their class and only bring what they need in a plastic box or small gym bag – that is easy to sanitize (e.g. chalk, grips, full water bottle, hand sanitizer, yoga mat, socks, tape, chicken grips, etc.). The plastic box/gym bag must fit in a 12" x 12" cubby.
- Please arrive with competition hair to avoid touching face.
- Participants must arrive in running shoes.

## Facility Operations

- FGC maximum occupancy (during Steps 1 and 2) is: 49
  - Maximum Occupancy for the lobby is: 0
  - Maximum Occupancy for the Office is: 2
  - Maximum Occupancy for the main gym is: 49
  - Signs indicating these occupancy limits are posted clearly in each space.
- We have marked pathways inside the gym using high visibility duct tape, plastic crowd control posts, arrows.
- Shared items (e.g., iPads, Walkie-Talkie) that can be disinfected between users are permitted. Avoid bringing unnecessary shared items to the gym.
- Unusable areas of the gym (foam pit, trampoline) are closed until further notice.
- Viewing area is NOT available until further notice.
- The foam pit has been reconfigured with a covering and mats so the space can be used as a landing zone from all apparatus.
- By Order of the Provincial Health Order we are required to provide the full name, telephone number, or email address, of every participant at Flicka Gymnastics to the North Vancouver Recreation Commission. The information will be retained for thirty days, in case there is a need for contact tracing on the part of the medical health officer, in which case the information must be provided to the medical health officer.

## Cleaning and Sanitation Protocols

- Our cleaning products have been approved by Health Canada to disinfect for Sars-Cov-2, the virus that causes COVID-19.
- We have implemented a cleaning log that is kept in the office. ([Cleaning checklist](#))
- We will clean the entrance, exit and other high touch-point areas during the 30 minutes break between classes.
- Gymnastics equipment will be disinfected **between each rotation** and **after each class**.
- Equipment that cannot be cleaned (cloth-like surfaces, etc.) will not be used until an appropriate cleaning process has been identified.
- Communal gym tools iPads, Walkie-Talkies, Music devices will be cleaned or sanitized between each user.
- Once classes are over for the day and all athletes have left, all surfaces that were contacted will be sanitized (mats, floors, counters, light switches, doorknobs, etc.). This will be completed in addition to cleaning processes during daily operations.

## Communicate

Flicka Gymnastics Club will inform members of the new protocols before their first visit to the gym, to foster confidence in the staff's commitment to keep everyone safe. This will include information on club:

- Screening protocols
- Illness Policy (Appendix 2)
- Personal hygiene requirements
- Physical distancing requirements outside and inside the facility
- Cleaning protocols
- Programming changes (e.g. limitations on number of people permitted inside of the facility at once, policies regarding spotting, etc.)
- Any parent concerns, questions, and communication will be addressed via email Marti Farkas at [marti@flickagymclub.com](mailto:marti@flickagymclub.com) or call (604) 985-7918.
- Flicka Gymnastics Club will post various resources and posters provided by the BC Centre for Disease Control (CDC), WorkSafeBC and GBC on our website, facility entrance, and in prominent places throughout the gym.
- We have appointed Marti Farkas as a single point of contact to address all COVID-19-related communications, compliance, and coordination in the gym.

FGC COVID-19 Visitor Resource (This will be found on the Flicka website.)

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

## Staff Training

- Formal and ongoing staff training at Flicka Gymnastics Club will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff have created pictures/videos to show participants what to expect at the gym.
- Staff should contact their supervisor if have questions or concerns, as they return to their roles.

## Screening

- Flicka Gymnastics Club requires that prior to entering the facility, all individuals must complete the [Daily Screening Checklist](#). Please bring the completed forms to drop off and hand it to Flicka staff at check-in. (Forms will also be available at the entrance.)
- Individuals must stay home if they are unwell or if someone in their household is sick, even if the symptoms are mild. They must also stay home if they have knowingly been exposed to someone who is sick (Refer to Illness Policy – Appendix 2).
- Individuals must not enter the facility or participate in any activity if they have, or someone from their household has, travelled outside of Canada in the last 14 days. Body temperature will be taken before entering the facility.
- Parents must not leave until they have seen their child admitted to the gym. Any child who did not bring a signed Daily Screening Checklist form with them must have a parent complete a paper one onsite. Athletes who fail the temperature check must be taken home by the parent.

## Personal Hygiene

- Flicka Gymnastics Club will provide hand sanitizing stations throughout the gym at each apparatus, at entrances/exits and in the office.
- Flicka Gymnastics Club has determined that hand sanitizing will be implemented upon entering the facility, after temperature is taken.
- Handwashing or sanitizing will be required multiple times throughout a class:
  - upon entering the facility
  - after using the washroom
  - between apparatus changes
- Sharing of personal items including (but not limited to) food and beverages (e.g. water bottles) is forbidden.
- Use of masks is at the discretion of each individual. Masks will be worn in any situation where physical distancing of two meters is not possible.

## Physical Distancing, Spotting, Cohorts



- Everyone who enters Flicka Gymnastics Club must maintain, at minimum, physical distancing of 2 meters, at all times.
- Effective August 26, 2020, spotting is now permitted. Although physical distancing is still strongly advised, coaches are permitted to spot athletes who are learning new skills, or when spotting is required for safety. Coaches **must** wear masks when spotting athletes, and coaches **must** also sanitize their hands between spotting different athletes. For further information, see the Physical Distancing section on page 8.
- Cohorts - in the context of gymnastics - means that:
  - Spotting is allowed (see requirements above for the coach).
  - Coaches can stand next to athletes for safety (under the bar(s), next to the beam, etc.)
  - A small group of athletes can work at the same station.
  - Athletes can have stretching/conditioning partners.

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

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

## Scheduling of Activities

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

## Injury Protocol

### Requirements

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

## Illness Policy

- Flicka Gymnastics Club Illness Policy is provided in Appendix 2.

## Outbreak Response

### Flicka Gymnastics Club is committed to the following process in the event of a COVID-19 Outbreak:

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

1. If a case or outbreak is reported, Marti Farkas at [marti@flickagymclub.com](mailto:marti@flickagymclub.com) will be the main point of contact for all parties. Marti has the authority to modify, restrict, postpone or cancel any or all club activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, Marti Farkas at [marti@flickagymclub.com](mailto:marti@flickagymclub.com) will implement enhanced cleaning measures to reduce risk of transmission. In the event of a suspected or confirmed COVID-19 case Flicka Gymnastics will immediately notify Harry Jerome Recreation Centre.
3. Marti Farkas will implement the illness policy (see Appendix 2) and advise individuals to:
  - a. self-isolate
  - b. monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
  - c. use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.

- i. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
  - ii. Individuals can learn more about how to manage their illness [here](#).
4. In the event of a suspected case or outbreak of influenza-like-illness, Marti Farkas will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.

If Flicka Gymnastics Club is contacted by a medical health officer in the course of contact tracing, all individuals associated with the club must cooperate with local health authorities.

Flicka Gymnastics Club will post the following posters in visible spaces at our facility:

- [Hand-washing poster \(more detailed\)](#)
- [Physical distancing \(At entrance and in other spaces\)](#)
- [Entry check for visitors \(at Entrance\)](#)
- [Occupancy limit poster \(in each applicable space\)](#)
- [Cover coughs and sneezes](#)
- [Got Symptoms?](#)
- [Germy-Handed!](#)
- [Welcome Home!](#)
- [Strike A Pose](#)

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

# Appendix 1: Programming Summary

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

### Flicka Gymnastics Club Step 1: Program Summary (June 29 - July 3)

Number of training groups each week: 4

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

#### Summary of Activities Week 1 (June 29-July 3)

Coach Name	Class Description	Days and Times	Group Size
Dorina Stan, Vali, Irina, Jenny	Group 1 – JO 9, JO 10, HP (stretching, conditioning, basic skills)	Mon, Thu, Fri 10:00am – 12:30pm	7
Dorina Stan, Vali, Irina, Jenny	Group 2 – JO 8 (stretching, conditioning, basic skills)	Tue, Thu, Fri 10:00am – 12:30pm	6
Dorina Stan, Vali, Irina, Jenny	Group 3 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Thu, Fri 1:30pm – 3:30pm	5
Dorina Stan, Vali, Irina, Jenny	Group 4 – JO 6, JO 7 (stretching, conditioning, basic skills)	Tue, Thu, Fri 1:30pm – 3:30pm	5

### Flicka Gymnastics Club Step 2: Program Summary (July 6 - August 28)

#### Summary of Activities Week 2 (July 6-10)

Coach Name	Class Description	Days and Times	Group Size
Dorina Stan, Vali, Irina, Jenny	Group 1 – JO 9, JO 10, HP (stretching, conditioning, basic skills)	Mon, Tue, Thu, Fri 10:00am – 12:30pm	7
Dorina Stan, Vali, Irina, Jenny	Group 2 – JO 8 (stretching, conditioning, basic skills)	Mon, Tue, Thu, Fri 10:00pm – 12:30pm	6
Dorina Stan, Vali, Irina, Jenny	Group 3 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Thu, Fri 1:15pm – 3:15pm	5
Dorina Stan, Vali, Irina, Jenny	Group 4 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Thu, Fri 1:15pm – 3:15pm	5
Dorina Stan, Vali, Irina, Jenny	Group 5 – JO 4 (stretching, conditioning, basic skills)	Mon, Wed, Fri 4:00pm – 6:00pm	6
Dorina Stan, Vali, Irina, Jenny	Group 6 – JO 3 (stretching, conditioning, basic skills)	Tue, Thu 4:00pm – 6:00pm	6
Hamid	MAG (stretching, conditioning, basic skills)	Tue, Thu 4:30pm – 6:30pm	4
Irina	Recreational Summer Camp	Mon-Fri 1:00pm-4:00pm	6
Tanya	Recreational Class (Mon, Fri Girls Beginner, Tue, Thu Girls Intermediate, Wed Boys Beginner)	Mon-Fri 5:30pm-7pm	6

#### Summary of Activities Week 3 (July 13-17)

Coach Name	Class Description	Days and Times	Group Size
Dorina Stan, Vali, Jenny	Group 1 – JO 9, JO 10, HP (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 10:00am – 12:30pm	7
Dorina Stan, Vali, Jenny	Group 2 – JO 8 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 10:00pm – 12:30pm	6

Dorina Stan, Vali, Jenny	Group 3 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 1:00pm – 3:00pm	5
Dorina Stan, Vali, Jenny	Group 4 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 1:00pm – 3:00pm	5
Dorina Stan, Vali, Jenny	Group 5 – JO 4 (stretching, conditioning, basic skills)	Mon, Wed, Fri 3:30pm – 5:30pm	6
Dorina Stan, Vali, Jenny	Group 6 – JO 3 (stretching, conditioning, basic skills)	Mon, Wed, Fri 3:30pm – 5:30pm	6
Dorina Stan, Jenny	Group 7 – JO 2 (stretching, conditioning, basic skills)	Tue 3:30pm – 5:30pm	5
Dorina Stan, Jenny	Group 8 – JO 1 (stretching, conditioning, basic skills)	Thu 3:30pm – 5:30pm	6
Hamid	MAG (stretching, conditioning, basic skills)	Tue, Thu, Fri 4:30pm – 6:30pm	3
Irina, Jasmine, Christina, Clare	Recreational Summer Camps (Full Day Camps from 8:30am-3:30pm, Morning Camp from 9:30am-12:30am, Afternoon Camp from 1-4pm)	Mon-Fri 8:30am-4:00pm	6
Tanya	Recreational Class (Mon, Fri Girls Beginner, Tue, Thu Girls Intermediate, Wed Boys Beginner)	Mon-Fri 5:30pm-7pm	6

#### Summary of Activities Week 4 (July 20-24)

Coach Name	Class Description	Days and Times	Group Size
Dorina Stan, Vali, Jenny	Group 1 – JO 9, JO 10, HP (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 9:30am – 1:00pm	7
Dorina Stan, Vali, Jenny	Group 2 – JO 8 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 9:30am – 1:00pm	6
Dorina Stan, Vali, Jenny	Group 3 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 1:30pm – 4:30pm	5
Dorina Stan, Vali, Irina, Jenny	Group 4 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 1:30pm – 4:30pm	5
Dorina Stan, Vali, Irina, Jenny	Group 5 – JO 4 (stretching, conditioning, basic skills)	Mon, Tue, Thu, Fri 3:30pm – 5:30pm	6
Dorina Stan, Vali, Irina, Jenny	Group 6 – JO 3 (stretching, conditioning, basic skills)	Mon, Wed, Fri 5:00pm – 8:00pm	6
Irina, Jenny	Group 7 – JO 2 (stretching, conditioning, basic skills)	Tue, Thu 5:00pm – 7:00pm	5
Irina, Jenny	Group 8 – JO 1 (stretching, conditioning, basic skills)	Mon, Wed 5:00pm – 7:00pm	6
Hamid	MAG (stretching, conditioning, basic skills)	Tue, Thu, Fri 4:30pm – 7:30pm	3
Irina, Jasmine, Christina, Clare, Aaron, Michael	Recreational Summer Camps (Full Day Camps from 8:30am-3:30pm, Morning Camp from 9:30am-12:30pm, Afternoon Camp from 1-4pm, Interclub Camp from 9am-12pm/ 1:30-4:30pm)	Mon-Fri 8:30am-4:30pm	6
Tanya	Recreational Class (Mon, Fri Girls Beginner, Tue, Thu Girls Intermediate, Wed Boys Beginner)	Mon-Fri 5:30pm-7pm	6

#### Summary of Activities Week 5 – Week 8 (July 27-August 28)

Coach Name	Class Description	Days and Times	Group Size
Dorina Stan, Vali, Jenny	Group 1 – JO 9, JO 10, HP (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 9:30am – 1:00pm	7
Dorina Stan, Vali, Jenny	Group 2 – JO 8 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 9:30am – 1:00pm	6
Dorina Stan, Vali, Jenny	Group 3 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 1:30pm – 4:30pm	5

Dorina Stan, Vali, Irina, Jenny	Group 4 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 1:30pm – 4:30pm	5
Dorina Stan, Vali, Irina, Jenny	Group 5 – JO 4 (stretching, conditioning, basic skills)	Mon, Tue, Thu, Fri 5:00pm – 8:00pm	6
Dorina Stan, Vali, Irina, Jenny	Group 6 – JO 3 (stretching, conditioning, basic skills)	Mon, Wed, Fri 5:00pm – 8:00pm	6
Irina, Jenny	Group 7 – JO 2 (stretching, conditioning, basic skills)	Tue, Thu 5:00pm – 8:00pm	5
Irina, Jenny	Group 8 – JO 1 (stretching, conditioning, basic skills)	Mon, Wed 5:00pm – 8:00pm	6
Hamid	MAG (stretching, conditioning, basic skills)	Tue, Thu, Fri 4:30pm – 7:30pm	3
Irina, Jasmine, Christina, Clare, Aaron, Michael, Holly, Alessia	Recreational Summer Camps (Full Day Camps from 8:30am-3:30pm, Morning Camp from 9:30am-12:30pm, Afternoon Camp from 1-4pm, Interclub Camp from 9am-12pm/ 1:30-4:30pm)	Mon-Fri 8:30am-4:30pm	6
Tanya	Recreational Class (Mon, Fri Girls Beginner, Tue, Thu Girls Intermediate, Wed Boys Beginner)	Mon-Fri 5:30pm-7pm	6

**Flicka Gymnastics Club**  
**Step 3: Program Summary**  
**(September 8 – Until further notice)**

**Summary of Activities (September 8 – until further notice)**

<b>Coach Name</b>	<b>Class Description</b>	<b>Days and Times</b>	<b>Group Size</b>
Dorina Stan, Jenny, Irina	Group 1 – JO 6-7 Group 1, JO 8, JO 9, JO 10, HP (stretching, conditioning, skills)	Mon, Tue, Thu, Fri 1:00pm – 5:00pm Sun: 9:30am – 1:30pm	7
Dorina Stan, Jenny, Irina	Group 2 – JO 6-7 Group 2 (stretching, conditioning, skills)	Mon, Fri 1:00pm – 5:00pm Tue, Thu 5:30pm – 8:30pm Sun: 9:30am – 1:30pm	5
Dorina Stan, Jenny, Irina	Group 3 – JO 4 (stretching, conditioning, skills)	Mon, Thu, Fri 5:30pm – 8:30pm Tue: 1:00pm – 5:00pm Sun: 2:00pm – 5:00pm	6
Dorina Stan, Jenny, Irina	Group 4 – JO 3 (stretching, conditioning, basic skills)	Mon, Tue, Fri 5:30pm – 8:30pm Sun: 2:00pm – 5:00pm	6
Irina, Jenny	Group 5 – JO 2 (stretching, conditioning, basic skills)	Mon, Thu 5:30pm – 8:30pm Sun: 2:00pm – 5:00pm	5
Irina, Jenny	Group 6 – JO 1 (stretching, conditioning, basic skills)	Mon: 5:30pm – 8:30pm Sun: 2:00pm – 5:00pm	6
Talya	Group 7 – Pre-Competitive stretching, conditioning, basic skills)	Tue, Fri 5:30pm – 7:30pm	6
Hamid	MAG (stretching, conditioning, skills)	Wed, Fri 5:30pm – 8:30pm Sun: 2:00pm – 5:00pm	3-6
Hamid	MAG Pre-Competitive (stretching, conditioning, skills)	Wed, Fri 5:30pm – 7:30pm Sun: 11:00am – 1:00pm	3-6
Recreational Coaching Staff	Recreational Class (Pre-school, school age, adult)	Mon-Fri: 9:00am-9:45pm Sat: 8:15am-8:45pm Sun: 9:30am-4:00pm	5-8

**As time progress subsequent weeks will be posted and training times may be adjusted.**

## Appendix 2: FGC Illness Policy

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

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

See BCCDC website for a full list of symptoms: <http://www.bccdc.ca/health-info/diseasesconditions/covid-19/about-covid-19/symptoms>

2. **Assessment**

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

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

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

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

- a. Follow the direction of health officials.

5. **Quarantine or Self-Isolate if:**

- a. You have travelled outside of Canada within the last 14 days.
- b. You have come into close contact with someone who has tested positive for COVID-19.
- c. You have been advised to do so by health officials.



# GBC Return to Sport Plan:

## *Declaration of Compliance – Addendum August 28, 2020*

**August 28, 2020**

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

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

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

### ***Changes implemented as of August 24, 2020***

#### **Contact Tracing**

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

#### **Spotting**

FLICKA GYMNASTICS CLUB will remain committed to physical distancing practices while operating.

FLICKA GYMNASTICS CLUB will permit its coaches to spot athletes who are learning new skills, or when spotting is required for safety. Coaches must wear masks when spotting athletes, and coaches must also sanitize their hands between spotting different athletes.

#### **Cohorts and Physical Distancing**

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

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

In the context of gymnastics at FLICKA GYMNASTICS CLUB, the introduction of cohorts means that:

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

However, at FLICKA GYMNASTICS CLUB it is important to note that two metres of physical distance must be maintained unless an activity has been deemed fundamental and it is not possible to maintain physical distancing while doing so. For example:

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

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

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

Signature:  Date: Aug 28, 2020  
Member Club Owner/Board Chair

Signature:  Date: August 28, 2020  
COVID-19 Club Representative