



Flicka Gymnastics Club COVID-19 Safety Plan

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

*Flicka Gymnastics Club (FGC) COVID-19 Club Representative: **Marti Farkas at marti@flickagymclub.com** or (604) 985-7918*

Principles

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

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

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: The 'New Normal'

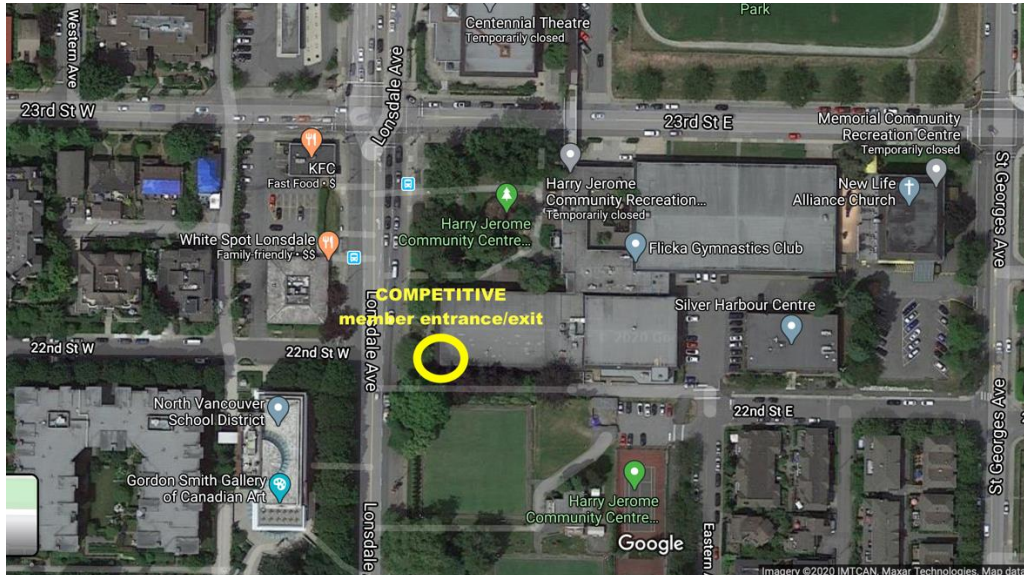
To be determined at a later date, according to the [Government of BC regulations](#).

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!**



SUMMER CAMP/CLASS 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 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 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.

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 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

- Everyone who enters Flicka Gymnastics Club must maintain, at minimum, physical distancing of 2 meters, at all times.
- Coaching for all programs must be performed hands-free (no spotting). Spotting will only be done if a participant's safety is at risk.
- Flicka Gymnastics Club may use [Norseman Park](#) or other outdoor space for conditioning and any other safe activities assuming physical distancing requirements and cleaning requirements can be maintained.

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 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 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

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

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.
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. 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.
 - c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
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 at work, they should be sent home immediately and have them contact 8-1-1 or a doctor 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. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 - b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
 - c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
5. **If a Team Member has been tested and is waiting for the results of a COVID-19 Test**
 - a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
 - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
 - c. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
6. **If a Team Member has come in to contact with someone who is confirmed to have COVID-19:**
 - a. Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
 - b. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
 - c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
7. **Quarantine or Self-Isolate if:**
 - a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.