



# Chinook Rhythmic Gymnastic Club

## COVID-19 Safety Plan

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

*Chinook Rhythmic Gymnastic Club COVID-19 Club  
Representative: [chinookrgclub@gmail.com](mailto:chinookrgclub@gmail.com)*

This Club COVID-19 Safety Plan has been approved by the Chinook Rhythmic Gymnastic Club Board of Directors on February 22, 2021.

# Principles

The following five principles from AB'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 hand-washing</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. Isolate for 14 days</li><li>• Returning travelers must self-isolate 14 days</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>

# Recommended Staggered Entry Strategy

## 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.
- ✓ No sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is prohibited.
- ✓ Small class size ratios of 15 gymnasts and reduced training time of 2-4 hours per day will be scheduled.

## 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.
- ✓ Larger class size ratios of up to 20-35 gymnasts per ½ gym and increased training times of up to 6 hours will be scheduled.

## Step 3: The 'New Normal'

To be determined at a later date, according to the [Alberta Government relaunch strategy](#).

# Chinook Rhythmique Gymnastic Club Safety Plan Requirements

## Facility Access

To access Chinook Rhythmique Gymnastic Club, please complete the following steps:

- The coaches and gymnasts/parents will access Repsol Sport Centre through South door entrance of main facility, scan access card(not needed at this time) and walk down through facility to Gym 4/5 (if unsure, please ask a Repsol representative).
- Please ensure you complete your health survey before entering Repsol Sport Centre.
- Please line up outside the door of the facility, maintaining a physical distance of 2m between yourself and others.
- Access to the gym is no more than 15 minutes before booking.
- Footwear must be removed if soiled or wet.
- All participants will exit the building through the same exit/entrance doors (South door) and must not congregate in groups when they get picked up. Ensure all appropriate social distancing measures are taken.
- Coach should be the last to leave and ensure door is closed behind you.
- Parents/guardians will be instructed to drop off and pick up their children ***on time***.
- Parent/guardians will be needed to assist with cleaning equipment and sanitizing of carpets each day. – please make sure health survey is completed.
- Parents/guardians will be instructed to tell their children to follow instructions of all Chinook Rhythmique Gymnastic Club and Repsol Sport Centre staff when entering and exiting the facility.
- Prior to entering the facility, ***all individuals*** must fill out the electronic Daily Screening Checklist on the following link **one hour prior to start of daily training**.

[https://drive.google.com/drive/folders/1K6v0cdbX\\_qFLvsltUBq2ON0ak5aSc3O8](https://drive.google.com/drive/folders/1K6v0cdbX_qFLvsltUBq2ON0ak5aSc3O8)

1. The Google Form file is the actual survey.

2. The Google Sheet (excel file) is the results tracker. Every response to the survey will be logged there.

3. The QR code can be scanned with any smartphone camera to access this

link: [https://docs.google.com/forms/d/e/1FAIpQLSfQ7g03I5MKwzuhCGvtYeQ\\_Wdoyl1MWjfC70HzCiG6WIVSxAw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfQ7g03I5MKwzuhCGvtYeQ_Wdoyl1MWjfC70HzCiG6WIVSxAw/viewform?usp=sf_link)

for the gymnasts/coaches/guests to complete the survey.

- Daily checklists will be kept on file. Chinook Rhythmique Gymnastic Club staff will be collecting electronic copies upon completion.
- When classes are completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time.
- Parents will ensure that their children arrive dressed appropriately and ready to train for class. Locker rooms will not be available.
- Members will be asked to register and pay for all programming through our website, which can be found here: [www.chinookrg.com](http://www.chinookrg.com) If the website is not accessible for members, they can email [chinookrgclub@gmail.com](mailto:chinookrgclub@gmail.com)
- Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required RGA forms.

## Facility Operations

Chinook Rhythmique Gymnastic Club maximum occupancy (during Steps 1 and 2) is: See attached Return to Sport Guidelines from Repsol Sport Centre.

- Maximum Occupancy for the ½ of gym 4 is 10 people.

- Washrooms
- [Signs from the AB government](#) are posted clearly in each space.
- Parents and guardians need to be approved by Chinook Rhythmique Gymnastic Club to enter the facility in order to assist with sanitizing and cleaning equipment. Volunteers must be identified to Repsol Sport Centre no less than 5 business days prior to any booking in which they are needed.
- Spectating will not be permitted.
- Repsol has marked pathways inside the gym using signs.
- Shared items (e.g., iPads, music systems) that can be disinfected between users are permitted. Avoid bringing unnecessary shared items to the gym.
- Unusable areas of the gym have closed areas of the gym until further notice.

## Cleaning

### Chinook Rhythmique Gymnastic Club Cleaning and Sanitation Protocols:

See attached Return to Sport Guidelines of Repsol Sport Centre as to Cleaning and Safety provisions put in place.

- 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 Gym 4. A template of our log will be available on request.
- All gymnasts will be required to have their own equipment and will be required to disinfect it in the gym and before after each class.
- Use of Communal gym tools, music systems, ipods, ipad, extension cords, ballet barres can only be used after user sanitizes their hands.
- Once classes are over for the day and all athletes have left, all surfaces that were contacted will be sanitized (mats, floors,). This will be completed in addition to cleaning processes during daily operations.

## Outdoor Training

- Drop off for outdoor training at Repsol Sport Centre is located at south loop.
- Athletes should have appropriate outdoor clothing, and running shoes, your own sunscreen and bug spray, yoga mats, apparatus, water bottles and hand sanitizer.
- Ensure all appropriate social distancing measures are taken when walking to Repsol Sport Centre park area.
- If weather does not look amenable to outdoor training the morning of outdoor training days we will revert to Zoom online classes.
- Coach will remain onsite until all athletes are picked up.
- Parents/guardians will be instructed to drop off and pick up their children ***on time***.
- Parents/guardians will be instructed to tell their children to follow instructions of all Chinook Rhythmique Gymnastic Club staff.
- One hour prior to outdoor training, ***all individuals*** must fill out the electronic Daily Screening Checklist on the following link.

[https://drive.google.com/drive/folders/1K6v0cdbX\\_qFLvsltUBq2ON0ak5aSc3O8](https://drive.google.com/drive/folders/1K6v0cdbX_qFLvsltUBq2ON0ak5aSc3O8)

1. The Google Form file is the actual survey.
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- Daily checklists will kept on file. Chinook Rhythmique Gymnastic Club staff will be collecting electronic copies upon completion.
- When classes are completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time.
- Members will be asked to register and pay for all programming through our website, which can be found here: [www.chinookrg.com](http://www.chinookrg.com) If the website is not accessible for members, they can email [chinookrgclub@gmail.com](mailto:chinookrgclub@gmail.com)

Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required RGA forms.

## Communicate

Chinook Rhythmique Gymnastic 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.
- Chinook Rhythmique Gymnastic Club will post various resources and posters provided by the AB Centre for Disease Control (CDC), Alberta Health Services and RGA on our website, facility entrance, and in prominent places throughout the gym if Repsol Sport Centre has not posted them.

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

## Staff Training

- Formal and ongoing staff training at Chinook Rhythmique Gymnastic Club will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff have created an email with pictures 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.
- It's recommended that staff wear masks.

## Screening

Chinook Rhythmique Gymnastic Club requires that prior to entering the facility, all individuals must complete the Daily Screening Checklist one hour prior to training on the Google folder is located here with all files:

[https://drive.google.com/drive/folders/1K6v0cdbX\\_qFLvsItUBq2ON0ak5aSc3O8](https://drive.google.com/drive/folders/1K6v0cdbX_qFLvsItUBq2ON0ak5aSc3O8)

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- 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.

## Personal Hygiene

- Repsol Sport Centre will provide hand-washing and/or sanitizing stations at entrances and throughout the building.
- Chinook Rhythmiqie Gymnastic Club has determined that upon entrance to the gym, hand sanitization will be implemented to ensure the athlete's hands are sanitized before they enter the gym.
- Hand-washing or sanitizing will be required at a minimum upon entering the facility and after using the washroom
- All participants should arrive dressed for their class and only bring what they need in a marked bag (e.g. knee pads, stretch bands, apparatus, full water bottle, hand sanitizer, yoga mat, socks, gloves, tape, etc.).
- Sharing of personal items including (but not limited to) food and beverages (e.g. water bottles) is forbidden.  
Use of masks is: will be required to enter and exit the facility and using washrooms.
- Athletes will be requested to sanitize apparatus in the gym and their hands before stepping onto the carpet.

## Physical Distancing

- Everyone who enters Chinook Rhythmiqie Gymnastic Club must maintain, at minimum, physical distancing of 2 meters, at all times.
- Coaching for all programs must be performed hands-free (no adjusting body positions).
- Chinook Rhythmiqie Gymnastic Club will use gym 4 at Repsol Sport Centre and outdoor space behind Repsol Sport Centre for conditioning and any other safe activities assuming physical distancing requirements and cleaning requirements can be maintained.

## Scheduling of Activities

- Chinook Rhythmiqie Gymnastic 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. If a parent or another coach cannot be present a Zoom session will be run during the class.
- In order to meet provincial health officer requirements, groups sizes and scheduling are being adjusted.
- 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.
- Chinook Rhythmiqie Gymnastic Club will have personal protective equipment (PPE) on hand (gloves, masks), stored separately from first-aid kits in case of emergency.
- Chinook Rhythmiqie Gymnastic Club will maintain a well-stocked first aid kit in case of emergency.

## Illness Policy

- Chinook Rhythmic Gymnastic Club Illness Policy is provided in Appendix 2.

## Outbreak Response

### **Chinook Rhythmic Gymnastic 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, [chinookrgclub@gmail.com](mailto:chinookrgclub@gmail.com) will be the main point of contact for all parties.
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, the Club, [chinookrgclub@gmail.com](mailto:chinookrgclub@gmail.com) will implement enhanced cleaning measures to reduce risk of transmission. The Board may communicate with Repsol Sport Centre right away.
3. Chinook Rhythmic Gymnastic Club 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 14 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 AB 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, Chinook Rhythmic Gymnastic Club 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 Chinook Rhythmic Gymnastic 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.

**Repsol Sport Centre and/or Chinook Rhythmic Gymnastic Club** will post the following posters in visible spaces in its facility:

- [Hand Washing Poster](#)
- [Physical Distancing \(at entrance and throughout\)](#)
- [Awareness Reminder \(at entry\)](#)
- [How to wear a non medical mask](#)

This document is based on Rhythmic Gymnastics Alberta's Return to Sport Strategy and our Safety Plan can be found posted in our gym as well as on our website. Further, our club is staying current with all requirements provided Provincial Health Offices, Regional Health Authorities, Alberta Health Services and RGA.



## Appendix 2: Chinook Rhythmic Gymnastic Club 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 [Alberta Self Assessment Tool](#) or through the COVID-19 AB 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 AB Health Link 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 (in gym or outdoors) 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 Alberta.
- 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 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.