



Recreational Gymnastics

Return to Play Plan

Fall 2020

August 18, 2020

North Edmonton Gymnastics Club
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Return to Play :

From the beginning of the COVID-19 pandemic, NEGC has sought to have our member's and staff's health and safety as our number one priority. Our goal is to continue to offer quality coaching as well as meet or exceed the guidelines that Alberta Health Services (AHS) has provided. To work towards achieving this, we have been and continue to implement many policies and procedures to help our members and staff return to this incredible sport feeling as safe as possible.

We are so excited to welcome all of your children back into the gym!!!

Policies:

Not only is flexibility a fantastic quality in gymnastics, but it is an excellent quality during a pandemic. Due to the everchanging guidelines and continued research regarding the transmission of COVID -19, we will need to be as flexible as possible during this time. Policies regarding class size, drop off and pick up, etc. will vary from day to day. We consider this a fluid document and will continue to update it as the province's re-entry phases are updated. We appreciate your patience and support as we all work together to mitigate the transmission of this virus.

Come and Play:

As stated above, our number one priority is the health and safety of our staff and members. Because of this, we ask that anyone who is experiencing any of the COVID-19 symptoms ***please stay home***. Anyone who enters the building will be required to physically distance (2m or 6ft) when at all possible from anyone who does not live in the same household as them. Please practice proper respiratory etiquette, refrain from touching your face, and when in public areas wear a mask as per the City of Edmonton bylaw.

NEGC Return to Play Fall Plan 2020

- Overview
- AHS screening for all peoples entering the facility
- Drop-off and Pick-up modifications
- Physical distancing (2m/6ft)
- Mandatory masks for all recreational coaches, parents, and staff as per City of Edmonton bylaw 19408
- Increased frequency of equipment and facility cleaning
- Proper respiratory and hand washing/sanitizing etiquette
- Reduction in shared equipment
- Viewing restrictions
- Class Modifications

Overview:

- During class time, there will be supervising staff specifically trained in our NEGC COVID policies.
- We will maintain a maximum of 50 athletes and coaches in the gym area as per AHS.
- Due to cohort limitations, physically distancing regulations, and AHS guidelines, we cannot accommodate anyone requiring one-on-one care from a staff member or caregiver. Exceptions will apply to children under the age of 3.5 who are enrolled in a Tumble Bunnies class.
- Any child who cannot follow staff directions and or adhere to the policies will be removed from the class. The account holder will receive a refund less the classes attended and an admin fee.
- Due to physical distancing regulations, parent viewing will be very limited and done via personal request.

AHS Screening:

- AHS screening forms are to be completed for all staff, athletes, and visitors upon entry. We will have these forms available for printing on our website negc.ca/parentinfo, at our facility, and at a later date, we may provide a link for an online version of the form.
- As stated on the form provided by AHS, anyone that answers yes to any of the questions will not be permitted to stay at our facility and must proceed home and contact the AHS online assessment tool or call 811
- Anyone feeling “unwell” should stay home and complete the online screening tool.
- Suppose a staff member or athlete begins to develop symptoms of COVID-19 during their class time. In that case, a supervising staff member will reassess the individual and, if required, discreetly move the individual to the designated area and contact their family for pick up.

Drop-off/Pick-up Modifications:

- Drop off and pick up procedures have been modified and will be assigned a process based on the day and time of the class/program. You will receive an email outlining your process closer to the start of the fall session.

Physical Distancing:

- All peoples in our facility are required to maintain physical distancing when at all possible. Physical distancing is defined as a minimum of 2 meters or 6 feet. Physical distancing is not required to be implemented with people in the same household.
- All class planning, including warm-up and games, will be structured to maximize physical distancing.
- We understand that this will be a difficult thing for many of our athletes to remember. We will do our best to gently remind the children, as well as provide physical reminders (hula hoops, cones etc) when possible.
- We have markers (smiley faces currently) placed throughout the gym area. These are all placed 6 feet apart.

Masks/Face Covering:

- NEGC has implemented the City of Edmonton bylaw in regards to mask-wearing.
- All visitors are required to wear a mask/face covering.
- At this time, athletes should **not** wear a face mask.
- All recreational coaches will wear a mask during class to help protect our NEGC families.

Cleaning/Sanitizing:

- Increased cleaning of high traffic/touch surfaces. Counters, bathrooms, door handles, etc.
- Equipment will be sanitized before each class uses it. Each time a class rotates, the class will arrive at a sanitized station.
- Equipment will be sanitized during a rotation if the situation calls for it. (Eg. a child sneezes)
- All staff will undergo 'cleaning training' before the commencement of all programs. All cleaning protocols will adhere to the cleaning and disinfecting guidelines set out by AHS.
- Apparatus zones will be established in the gym and each zone will be equipped with a 'sanitation station.' Stations will include hand sanitizer, gloves, masks, paper towels, disinfectant spray.
- The water fountain will be closed. **Please send your child with a labeled water bottle.**

Respiratory/Hand Washing Etiquette:

- All staff, participants, and guests will be required to wash or sanitize their hands upon entry of our facility and at frequent intervals throughout the day, including entering/exiting the gymnastics space, after using the washroom and before rotating to a new station.
- All athletes and staff are encouraged to bring personal hand sanitizer.
- Sanitizer stations are installed throughout the gym for easy access.
- Signage will be placed around the gym for mental reminders regarding respiratory etiquette.
- Signage will be placed in the bathrooms with proper hand washing technique.

- Side doors will remain open (weather permitting) to increase airflow.

Reduction in Shared Equipment:

- Gymnastics, by nature, is a sport where equipment is shared between athletes. Wherever possible, we will eliminate and or decrease the shared use of equipment. Any shared equipment will be sanitized after each class.
- The foam is tarped and covered with mats. The foam pit will only be used for an alternative landing zone and not in use for most of our recreational classes.

Viewing Restrictions:

- Due to physical distancing requirements, we have minimal seating available in the viewing area. Parent viewing will be done by request only.
- We ask that any child in a parented class only come with one parent due to our viewing restrictions.
- We ask that if you are viewing, any children not in a class remain at home to help reduce spectators.

Class Modifications:

- Programming, including warm-up games and lesson plans, will be planned with maximized physical distancing in mind.
- Two coaches for each class to help us maintain physical distancing, ensure quality instruction and adhere to the safe sport policies.
- The maximum number of athletes and coaches in the gym will exceed 50.

- Equipment spaced to help ensure physical distancing.