

River City Athletics COVID-19 Safety Plan

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

*River City Athletics COVID-19 Club Representative:
Tammy Croissant - 778-471-5767*

This Club COVID-19 Safety Plan has been approved by the
River City Athletics Owners:
Tamara Croissant
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on June 6, 2020

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">• Frequent hand-washing• 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

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 8:1 and reduced training time of 3 hours will be scheduled with limit of 4 groups in the gym at once.
- ✓ 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.
- ✓ Class size ratios of 8:1 and training times of 3 hours will be scheduled with limit of 5 groups in the gym at once.
- ✓ A program summary for Step 2 is included in Appendix 1.

Step 3: The 'New Normal'

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

River City Athletics Safety Plan Requirements

Facility Access

To access River City Athletics, please complete the following steps:

- Drop off is available at the front entrance
- Please line up outside the front door of the facility, maintaining a physical distance of 2m between yourself and others by standing in the designated line up area.
- All participants will exit the building through the south exit (side door). To facilitate safe dismissal, we have placed numbered parking spaces outside the exit doors. Parents are asked to text their parking space number to our front desk phone and a staff member will bring your child out to you.
- Parents/guardians will be instructed to drop off and pick up their children ***on time*** without coming into the gym.
- Parents/guardians will be instructed to tell their children to follow instructions of all River City Athletics staff when entering and exiting the facility.
- Prior to entering the facility, ***all individuals*** must fill out the Daily Screening Checklist. Daily checklists will kept on file. River City Athletics staff will be collecting hard copies upon drop off.
- 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 for class. We have closed our change rooms until further notice.
- Members will be asked to register and pay for all programming in advance either via E-transfer (to info@rivercitygymnastics.ca) or with credit card called in to our front desk (778-471-5767)
- Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required GBC forms.

Facility Operations

- River City Athletics maximum occupancy (during Steps 1 and 2) is: 49
 - Maximum Occupancy for the lobby & front desk area is: 4
 - Maximum Occupancy for the cubby room is: 2
 - Maximum Occupancy for the Classroom is: 10
 - Maximum Occupancy for the main gym is: 45
 - Maximum Occupancy for upstairs party room: 20
 - Maximum Occupancy for Staff Room: 5
 - [Signs indicating these occupancy limits](#) are posted clearly in each space.
- We have marked pathways inside the gym using cones, arrows and/or large signage.
- Shared items (e.g., iPads) 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.
- Adult Viewing Gallery is closed until further notice

The foam pit has been covered by tarpaulin and is closed 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 warped wall zone (no jumping).

Cleaning

River City Athletics 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 at the front desk. A template of our log is available online: www.rivercityathletics.ca.
- We will clean the entrance, exit, gym lobby, and other high touch-point areas (e.g. washroom counters, doorknobs, handrails, guest seating, kitchen/break areas, etc.) minimum every hour. Washrooms will be disinfected minimum once per hour.
- Gymnastics & Parkour equipment will be disinfected between each user. If not possible, equipment will be disinfected after each class and/or rotation during until further notice.
- Equipment that cannot be cleaned (cloth-like surfaces, foam pits, etc.) will not be used until an appropriate cleaning process has been identified.
- Communal gym tools 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, washrooms, light switches, etc.). This will be completed in addition to cleaning processes during daily operations.

Communicate

River City Athletics will inform members of the new protocols (See Appendix 3) 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 or telephone (778-471-5767 or info@rivercityathletics.ca)
 - **River City Athletics** 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 Tammy Croissant – 778-471-5767 as a single point of contact to address all COVID-19-related communications, compliance, and coordination in the gym.

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 **River City Athletics** will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff should contact their supervisor if have questions or concerns as they return to their roles.

Screening

- **River City Athletics** requires that prior to entering the facility, all individuals must complete the Daily Screening Checklist that will be asked of you upon arrival and prior to entry into the building.
- 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, traveled outside of Canada in the last 14 days.

Personal Hygiene

- **River City Athletics** will provide hand-washing and/or sanitizing stations at every entrance/exit to the building, each group area in the gym, in bathrooms, and with each staff member.
- **River City Athletics will require hand washing or sanitation upon entry into the gym.**
- Hand-washing or sanitizing will be required at a minimum upon entering the facility, after using the washroom, between apparatus/center changes, and upon exit from the building.
- All participants should arrive dressed for their class and only bring what they need in a marked bag (e.g. chalk, grips, 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 a personal choice upon entrance and exit from the gym, and during rest times. Masks will not be used during activity time for athlete safety.

Physical Distancing

- Everyone who enters **River City Athletics** 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.
- **River City Athletics** will use outdoor space in rear of building for conditioning and any other safe activities assuming physical distancing requirements and cleaning requirements can be maintained.

Scheduling of Activities

- **River City Athletics** 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 are being adjusted.
- Drop-in classes are canceled 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.
- **River City Athletics** will have personal protective equipment (PPE) on hand (gloves, masks), stored separately from first-aid kits in case of emergency.
- **River City Athletics** will maintain a well-stocked first aid kit in case of emergency.

Illness Policy

- **River City Athletics** Illness Policy is provided in Appendix 2.

Outbreak Response

River City Athletics 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, Tammy Croissant will be the main point of contact for all parties. Tammy Croissant 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, Tammy Croissant will implement enhanced cleaning measures to reduce risk of transmission.
3. Tammy Croissant 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.
 - c.i. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - c.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, Tammy Croissant 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 **River City Athletics** 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.

River City Athletics 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](#)

Additional Posters that incorporate humor include:

GBC's Posters:

- [Got Symptoms?](#)
- [Germy-Handed!](#)
- [Welcome Home!](#)
- [Strike A Pose](#)
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This document is based on Gymnastics BC's Return to Sport Plan, which is available online. Further, our club is staying current with all requirements provided by Provincial Health Offices, Regional Health Authorities, WorkSafe BC, and Gymnastics BC.

Appendix 1: Programming Summary

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

River City Athletics
Step 1: Program Summary
(June 11 – September 3, 2020)

Number of training groups each week: 8

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

Summary of Activities

Coach Name	Class Description	Days and Times	Group Size
River City Athletics Staff	Return to Sport Foundations Program July & August	Monday-Friday 9:00am-12:00pm	3 or 4 groups of 8
Kassianna, Tammy	Early Learning Sport Academy	Tuesday / Thursday 9:00am-12:00pm	1 group of 8
Mehrdad, Kassianna, Tammy	Recreational Gymnastics July & August	Monday-Friday 1:00pm-3:00pm	2 groups of 8
Staddon, Riley	Recreational Parkour July & August	Monday-Friday 1:00pm-3:00pm	2 groups of 8
Tammy, Sadie	Kinder Ninja (June only)	Tuesday / Thursday 3:00-4:00pm	1 group of 8
Staddon, Riley	Recreational Parkour	Tuesday / Thursday 4:15-6:15pm	2 groups of 8
Mehrdad, Kassianna, Tammy	Recreational Gymnastics	Tuesday / Thursday 4:15-6:15pm	2 groups of 8
Staddon, Riley	Advanced Parkour Team	Tuesday / Thursday 6:30-8:30pm	2 groups of 8

Step 2 Programming Summary (To be posted in the gym lobby with occupancy limit poster)

**River City Athletics
Step 2: Program Summary
September 8, 2020 – November 13, 2020**

Number of training groups each week: 10

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

Summary of Activities

Coach Name	Class Description	Days and Times	Group Size
Kassianna, Amelia	Early Learning Sport Academy	Monday-Friday 9:00am-3:00pm	2 groups of 8
Mehrdad, Alysha	Junior Olympic	Monday-Friday 3:15-7:30pm	1 group of 6
Staddon	Advanced Parkour	Monday-Thursday 5:45-7:45pm	1 group of 6
Alysha, CIT (TBA)	Gymnastics	Monday-Friday 3:15-7:30pm	2 groups of 6
Riley, CIT (TBA)	Parkour	Monday-Friday 3:30-7:45pm	2 groups of 6
TBA	Intro to Parkour	Monday/Tuesday 3:30-4:30pm	1 group of 6
TBA	Intro to Gymnastics	Wednesday/Thursday 3:30-4:30pm	1 group of 6
TBA	Kinder Ninja	Monday/Tuesday 4:45-5:45pm	1 group of 6
TBA	Kinder Ninja	Wednesday/Thursday 3:30-4:30pm 5:00-6:00pm	1 group of 6
Christina	Parent & Tot	Wednesday 10:45-11:30 Thursday 9:30-10:30	1 group of 6

Appendix 2: River City Athletics 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 traveled 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.