

NS Public Health Guidelines and Safe Sport Principles must be followed at all times and take precedence over anything found in this document.

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Gymnastics NS Stages of Returning to Training

As the Covid-19 Pandemic numbers level off and eventually decline, the gymnastics community will return to training. Our priority, first and foremost, must be the health and safety of our athletes and our coaches. It is likely that the return to operations will be a staged process. When these stages begin, the gymnastics community (including all Coaches, Athletes and their families) will be asked to self-identify if they believe they might be at risk of having the Covid-19 virus. If they believe they have been exposed, they will be asked:

- 1) to remain at home as directed by Public Health or
- 2) if they have been tested and the result for the presence of the virus is negative before they can return

Stages as defined in WAVE 1 – May 2020

Stage 1

Competitive Athletes will return to training and possible return of seasonal camps – Competitive athletes are generally older and more structured in their training. It should be easier to manage Covid-19 reduction training protocols with them. Coaches will be aware that early training requirements will be similar to returning after summer break and that athlete mental health may need to be monitored.

Stage 2

Return to the gym for recreational programming – This will be subject to the direction of the NS Public Health. It is expected competitive athletes will still be training. Protocols will still be in effect as directed in stage 1 unless there have been new recommendations from Nova Scotia Public Health.

Stage 3

Return to a new normal for training gymnastics – Many of the protocols indicated below will be required to remain in place as the new normal.

Principles	Protocols, Ideas & Examples
<p>Member Awareness</p>	<ul style="list-style-type: none"> • Inform members of new protocols through email, club website, member receipts, in house telephone communications • Use assumption of risk agreements and include specific wording relating to insurance coverage for COVID-19 claims exclusion and their assumption of the related risks with COVID-19 • Use a declaration form to be executed by all people attending your facility to declare their understanding of COVID as well as their responsibility to self regulate • Complete Club Declaration of Compliance form and submit to GNS • Post NS Government approved handwashing and physical distancing protocols in high traffic area eg. main entrance door, bathrooms • Consider including COVID in your club refund policy
<p>Entering & Exit Facility</p>	<ul style="list-style-type: none"> • Ensure the physical distancing requirements of 2 metres are met • Place distancing lines outside facility for parents & gymnasts to line up before and after entering • Staff member monitors the gymnasts inside the facility and ensure hands are properly cleaned • Maximum of one parent/gymnast inside facility if necessary • Bleachers need to be marked off where people are allowed to sit. • Create a separate entrance and exit, if possible • Must sanitize hands when entering facility • Anyone feeling unwell as per Appendix B, MUST STAY HOME • Implement tracking of all members entering & exiting the facility is recommended • Vaccination is no longer mandatory for participants as per public health guidelines
<p>Facility Safeguarding</p>	<ul style="list-style-type: none"> • Ensure the physical distancing requirements of 2 metres are met • Heightened cleaning of entire facility, especially high traffic areas (eg. entrance, washrooms, etc.) • Must provide hand sanitizing or handwashing stations throughout the facility where possible. Athletes may require a schedule to wash and/or sanitize hands • Limit the number of athletes permitted in the athlete changing room/washroom one at a time to ensure physical distancing requirements are followed • Clean/sanitize gymnastics equipment and document this. Equipment must be cleaned and sanitized after each training session (if possible) and at the end of each day Please refer to the 2 guideline sections in Appendix A <i>Cleaning and Disinfecting public spaces and Approved Cleaning Products</i> • Remove or cover any equipment that cannot be cleaned • Play structures should be closed

	<ul style="list-style-type: none"> • Remove self-serve vending machines and/or food sales. Cafe areas should be closed as not appropriate places to sit. • There should not be any public water fountains in the gym that athletes can drink directly from. Gymnasts will provide their own water and there will be no sharing. Water filling stations are allowed. • Where possible, limit and/or avoid the shared use of equipment to limit the number of people touching the same surface • Use of personal chalk containers rather than open chalk bucket (each athlete should be supplied with their own chalk and instructed not to share) and wash hands after using equipment • Athletes are not permitted to share personal training equipment (eg. chalk, grips, slippers, wrist bands, wrist supports, ankle braces, tape, etc.) • Athletes should only leave limited personal items or equipment at the facility • Wearing masks for athletes is mandatory while not in the field of play ie. required going in and out of the facility but not while training in the gym. Individuals, businesses and organizations all have the responsibility for ensuring mask requirements are followed and can all be subject to enforcement action and fined if rules are not followed • Once classes are over for the day and all athletes have left, all surfaces should be cleaned and disinfected (mats, floors, counters, bathrooms) (see Appendix A). • Ensure that all cleaning products are authorized disinfectants against SARS-CoV-2, the coronavirus that causes COVID-19 (see Appendix A)
<p>Staff and Coaching Management</p>	<ul style="list-style-type: none"> • Ensure the physical distancing requirements of the 2 metres are met • Clubs need to pass along information to their employees regarding their rights, risks and responsibilities as they relate to this public health emergency • Prior to coming to work (daily), staff be required to screen via self-assessment tool, https://covid-self-assessment.novascotia.ca/en and report to their designated supervisor to present and discuss their assessment if necessary. • Staff are required to sanitize/wash hands between rotations • Coaches are encouraged to use minimal spotting for all programs based on the training needs of the athlete. • Wearing masks for the coaches and staff is required while not in the field of play, i.e. required in public areas of the facility but not while coaching on the gym floor • Gloves required for people cleaning equipment between rotations or at the end of day. Otherwise, no gloves for coaches as provide a false sense of safety and people begin to relax their cleaning with them. If they insist on gloves they need to be changed every time something is touched and hands need to be washed between each new set of gloves • Personal safety measures such as coughing/sneezing into arm

	<ul style="list-style-type: none"> • Anyone feeling unwell as per Appendix B, MUST STAY HOME • Staff member should be assigned to ensure athletes are washing hands before coming into equipment/gym area. Safe sport guidelines must be followed.
<p>Program Management (running of classes)</p>	<ul style="list-style-type: none"> • Ensure the physical distancing requirements of the 2 metres are met • Reduce the number of classes/programs in the gym at any one time • Add time between class changeover or stagger start and end times to ensure all guidelines found within this document can be followed. • Create distancing lines within the facility • Rearrange, remove or spread out equipment for better physical distancing • Create pathways and possibly re-arrange the equipment within the facility for better flow • Create scheduling for apparatus in order to maintain the guidelines for physical distancing • Adhere to maximum numbers in the facility as dictated by NS Health Act <p>** Current Guidelines from the Provincial Government in the Health Act as presented under Gathering limits in Restrictions and Guidelines section of the Government of Nova Scotia website as of March 7th, 2022 - <i>You need to follow gathering limits, unless your group has an exemption identified in the Health Protection Act Order (PDF).</i> The following gathering restrictions are in place as of March 7th, 2022: <i>Gathering limits - Informal gatherings with household members (the people you live with) and close social contacts - up to 25 people indoors and 50 people outdoors without social distancing and masks (a common room of an apartment building or condo is considered an extension of your home if you have an informal gathering in it). Masks may be required if you're in a public place with mask requirements.</i></p> <ul style="list-style-type: none"> • <i>Sports - Participants and officials in organized sports (recreational, amateur and professional) can gather with up to 60 people (indoor and outdoor) without social distancing for practices, training, games, regular league competition and tournaments. They cannot have multiple groups of 60 indoors or outdoors. If preferred, sports can continue to practice and train with groups of up to 10 people indoors and up to 25 people outdoors without social distancing. More than one cohort of 10 indoors or 25 outdoors is allowed as long the cohorts are distanced from each other the entire time. There can be no intermingling of cohorts so the space would have to allow for distancing between cohorts. Masks are recommended when you can't maintain a minimum physical distance of 2 metres (6 feet) from others.</i> • <i>they must have a plan to control numbers and ensure social distancing, particularly during the change-over of classes</i> • <i>Staggered start times when groups arrive and leave is required and a marked barrier between groups is recommended</i> • Spectators for sport are included in the event gathering limits:

	<p><i>Festivals, specials events and arts and culture events like performances and movie theatres) - 75% of the venue's capacity (indoor and outdoor) with <u>social distancing</u> and <u>mask</u> requirements while maintaining a physical distance of 2 metres (6 feet) as much as possible between groups of spectators when hosted by a business or organization. Wearing a <u>mask</u> is required. You don't need to go to a designated area for eating and drinking (you can lower your mask to eat or drink when seated). Organizers also need to have a Covid-19 Prevention Plan.</i></p> <ul style="list-style-type: none"> • <i>Fitness establishments (like gyms and yoga studios) and sport and recreation facilities (like pools, arenas, tennis courts and large multipurpose recreation facilities) can operate at 75% of the venue's capacity with (indoor and outdoor) while maintaining a physical distance of 2 metres (6 feet) as much as possible and <u>masks</u>. Personal training and 1 to 1 lessons are permitted while maintaining physical distancing as much as possible between the instructor and participant.</i> • <i>Each facility has its own guidelines and capacity limits which must be respected at all times. Complete information can be viewed in Section 5 of the Health Act:</i> https://novascotia.ca/coronavirus/docs/health-protection-act-order-by-the-medical-officer-of-health.pdf <i>Please also refer to the NS Fitness Facilities re-opening guidelines (June 4, 2020).</i> <i>As restrictions change, this section will be updated</i>
<p>Class/Team Management If more than 1 group of max gathering limit.</p>	<ul style="list-style-type: none"> • Ensure the physical distancing requirements of the 2 metres are met • You may need to reduce the number of gymnasts per coach • Create physical distancing between stations/circuits • Reduce class time in order to allow for facility safeguarding • Stagger break times for competitive/team gymnasts • Have designated break areas that can be marked off to ensure safe distancing

Appendix A

1. Coronavirus Disease (COVID-19) Cleaning and Disinfecting Public Spaces

Link: <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/cleaning-disinfecting-public-spaces/cleaning-disinfecting-public-spaces-eng.pdf>

2. Approved Cleaning products for use against SARS and Cov-2

Link: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

Please refer to these links often as this list of products is constantly changing.

Appendix B

Standard questions to ask everyone upon entry to the facility. Anyone entering the facility, should use these guidelines:

1. Ask them if they have had, or are currently experiencing:

- cough (new or worsening)

OR

Two or more of the following symptoms (new or worsening):

- a fever (>38 C)
- a sore throat
- a runny nose
- a headache
- shortness of breath

2. If they answer **yes to step 1**, go to step 9.

3. If the answer **no to step 1**, assess for the following screening risk factors:

Has/ does the person:

- Tested positive for COVID-19 OR have a swab pending?
- Been told by Public Health that they are a close contact of a confirmed COVID-19 case or may have been exposed to COVID-19 and need to self-isolate, even if they don't have symptoms?
- Been instructed to self-isolate by Public Health?
- Been to a [potential exposure site](#) where Public Health has advised the need to self-isolate while waiting to be tested or while waiting for their test results?

4. Traveled outside of Nova Scotia within the past 14 days?

5. Do you have a household contact (that is not a rotational worker or a traveler exempt from isolation) who has travelled outside of Nova Scotia within the past 14 days?

6. If they answered **yes to step 3**, go to step 9.

7. If they answered **yes to step 4 or 5** go to step 10.

8. If they answered **no to step 3, 4, or 5** proceed into the facility.

9. Refer them to [Book a COVID test](#) for further screening and testing. If unable to access online, advise them to contact 1-833-784-4397 for more information on COVID-19.

10. Self-isolation requirements. Please follow Public Health guidelines as outlined in the link below: What do I need to know about COVID-19 self-isolation?

<https://www.nshealth.ca/what-do-i-need-know-about-covid-19-self-isolation>