



COVID-19 OPERATIONAL PLAN

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“Our mission is to help protect our members by creating a plan to help prevent the spread of Covid-19.”

Our operational plan will be reviewed and updated regularly as COVID-19 prevention/protection measures evolve. Changes will be communicated promptly to members by e-mail / social media.



FUNDY GYMNASTICS CLUB OPERATIONAL PLAN

<p>Vaccination Policy</p>	<ul style="list-style-type: none"> • <i>As of September 22, 2021, the Government of NB requires that everyone 12 years and over must show proof of vaccination to access certain events, services and businesses.</i> • Proof of vaccination must include two doses of a COVID-19 vaccine. We do not need to validate timing between, or after doses, and you are not required to wait 14 days after 2nd dose • Children born between July 1st, 2009, and December 1st, 2009, may continue participating and have until October 31st to get their second vaccine. It is expected that there will be a transition period allowed for children born in 2010 who will be turning 12 in early 2022 • Proof of a negative test cannot be used instead of vaccination for participants, parents / guardians • Fundy Gymnastics Club employees/contractors are fully vaccinated, or employees/contractors are continuously masked and regularly tested and demonstrate their negative test results to the Gym Director.
<p>Entering & Exiting our Facility</p>	<ul style="list-style-type: none"> • Separate doors will be utilized for entering and exiting the building to ensure Physical Distancing • Parents and staff must self-screen using the Government of New Brunswick’s questionnaire prior to attending. If the answer to any of the questions is “yes” then you must not enter our facilities • Parents/guardians must drop off and pick up their children on time. Latecomers – if a member of staff is not available at the screening table members must ring the doorbell in the foyer and wait

	<ul style="list-style-type: none">• Hand sanitizer will be available upon entry to the facility, members must sanitize or wash their hands when entering facility• Changing rooms are closed until further notice• Athletes should have their training attire on and should be prepared for class when they arrive (this includes hair)• Entrance will be restricted to one family member per gymnast(s) with proof of full vaccination• Gymnasts and their parent / guardian will enter the building one at a time then follow the directions of the staff member on duty• Gymnasts will collect their belongings and line up to EXIT the building. Hand sanitizer will be distributed upon departure• All participants will exit through the side door to the gym (Quispamsis), and the main doors to the church (Saint John)• Parents must wait outside by the side door for the children to be released by a staff member <ul style="list-style-type: none">• Masks must be worn at all times inside of our facilities• Masks are not required on the gym floor; however, some participants and staff may wish to continue wearing a mask if they are comfortable doing so• Individuals with a medical exemption to vaccination or children under the age of 12 who are not eligible for vaccination are not required to wear a mask during organized sport or physical activity: however, given their personal level of risk and lack of vaccine protection, it is recommended that they choose other layers of protective measures that best fit the situation• Coaches and staff will wear masks at all times <ul style="list-style-type: none">• Fundy Gymnastics Club has suspended parent viewing for all Recreation Classes and Competitive Training groups• Kindergym Participants Only - one parent/guardian per child is permitted to enter the facility with proof of full vaccination and watch their child from our viewing areas. Siblings and other adults are not permitted at this time, (with the exception of children under 2)• We respectfully ask that NO food and drink is consumed while in the viewing areas and Masks must be worn at all times• Parent & Tot Classes: A Contact name and telephone number must be provided upon entry, and masks must be worn at all times
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Masks

Parent Viewing

<p>Physical Distancing</p>	<ul style="list-style-type: none"> • All reasonable attempts shall be made to respect physical distancing measures as much as possible • Training groups will be organized as an exclusive group of 6 to 8 children. The number of close contacts between children will be limited, and physical distancing will be maintained as much as possible. • Classes are scheduled to allow for fewer members in our facility • Training groups will be assigned to specific apparatus throughout their training sessions. Appendix A illustrates the layout of equipment within our facility, and the photographs illustrate specific physical distancing markers • Training groups will move around the gym respecting physical distancing from other groups and each other • Members and staff will not be permitted to congregate in groups
<p>Personal Hygiene & Respiratory Etiquette</p>	<ul style="list-style-type: none"> • We will protect against the spread of COVID-19 by promoting and enabling frequent and proper hand washing / sanitizing and respiratory etiquette for members and staff • Children will be educated and reminded on when and how to wash their hands, how to cover their sneezes properly, and the importance of not touching their face or touching others • Children and staff will be encouraged to wash their hands with soap and water and/or use hand sanitizer frequently • Hand washing and respiratory etiquette posters have been placed in high traffic areas, the main entrance, washrooms and changing rooms • Washrooms are equipped with hot and cold running water under pressure, liquid soap, hand sanitizer, paper towel, toilet paper, and garbage containers • Hand Sanitizing units have been placed in the gym at regular locations, in the washrooms and common areas • There is a supply of masks for members and or staff who may become ill
<p>Cleaning & Disinfectant Procedures</p>	<ul style="list-style-type: none"> • We will protect against the spread of COVID-19 by ensuring frequently touched surfaces and equipment are disinfected properly and regularly • All common areas will be cleaned and disinfected frequently, or more often as required (e.g., if soiled) • Our facility will have a daily cleaning log • Appropriate personal protective equipment will be provided to staff for cleaning

	<ul style="list-style-type: none"> • Common touchpoints will be disinfected more frequently throughout the day i.e. countertops, chairs, light switches, public washrooms, doorknobs • ‘Spill Kits’ containing disinfectant, gloves, hand sanitizer, disposable masks and cleaning cloth have been placed in easily accessible areas throughout the gym • All cleaning products are authorized disinfectants against SARS-CoV-2, the coronavirus that causes COVID-19 • All safety precautions and manufacturer’s directions will be followed when working with cleaning solutions • A staff member will be delegated the responsibility to monitor supplies to ensure stock is maintained during operating hours
<p>Staff & Coach Management</p>	<ul style="list-style-type: none"> • Staff have been educated on proper handwashing procedures so they can supervise and ensure gymnasts are washing adequately • Staff will be encouraged to act as role models by practicing physical distancing and practicing good hygiene • Staff have been informed of their rights and responsibilities as they relate to a safe work environment • Staff are required to wash hands / hand sanitize before and after every class • Staff will wear a face mask/ face covering if physical distancing cannot be maintained • Coaches will refrain from physical contact pertaining to feedback with gymnasts (e.g., high fives, hugs, etc.) and instead encourage feedback through positive language, tone of voice, physical gestures, and body language
<p>Program Management & Awareness</p>	<ul style="list-style-type: none"> • Tape and/or Velcro floor markers will indicate established distancing • Extra time has been programmed to allow for enhanced facility safeguarding procedures • Staff will create circular rotation schedules aimed to lessen crossover traffic when changing to different apparatus • Pathways have been created within the facility for better flow (e.g. Velcro, colored tape, arrows, etc.) • Chalk Buckets have been removed • Gymnasts will have their own personal chalk containers / 2.5 Gallon Ziploc bag and spray bottles • Gymnasts will refrain from “spitting” in grips to cut down on the transmission of germs on the apparatus

	<ul style="list-style-type: none"> • Totes will be used to store clearly named water bottles, and they will travel with each cohort around the gym • Payment options are limited to online payments through our Customer Portal and phone payments. Cash payments will be kept to a minimum • New protocols will be communicated through email, our website, and telephone communications • We will use waivers for people over the age of majority and assumption of risk agreements for those under the age of majority and include specific wording relating to insurance coverage for COVID-19 claims exclusion and their assumption of the related risks with COVID-19 • Protocols will be posted in the form of posters and notices in high traffic areas, the main entrance and bathrooms • A log of up to date records of household members for each child attending our activities will be kept on file • Gymnasts should communicate to their coach immediately tell when they are not feeling well
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<p>Outbreak Management Plan</p>	<p>What is the definition of a COVID-19 outbreak in our facility?</p> <ul style="list-style-type: none"> • One confirmed case of COVID-19 (Individual who tests positive for the virus causing COVID-19) <p>Control measures for suspected cases of COVID-19 include:</p> <ul style="list-style-type: none"> • Clear and accessible records of all participants will be kept allowing for contact tracing to be effectively conducted should a case be identified at our facility. • Symptomatic children will be immediately separated from others. The Main Office will be used to isolate the member while they are waiting to be picked-up • Parents will be contacted immediately, and pick-up must occur within an hour of notification - parents will be made aware this is an expectation • Staff feeling unwell will immediately isolate from others and wear a community mask until they are able to leave the facility • Where possible, anyone providing care to the ill child should maintain a distance of 2-metres. Where the 2-metre distance cannot be maintained the child will wear a community mask • Staff will be provided with a face shield and mask • Hygiene and respiratory etiquette must be practiced while the ill child/staff is waiting to be picked up to go home
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	<ul style="list-style-type: none">• The group of combined children/staff the symptomatic child was in, will not mix with the rest of the day camp population until the 'suspect case' is assessed• Cleaning and disinfection of the isolation area will be conducted once the ill child/staff member has left the facility• If an outbreak is confirmed, we will post appropriate notices for parents/guardians at all entrances to the facility to ensure that disease information is available for staff and parents/guardians if needed or requested• Fundy Gymnastics Club will be guided by Public Health if an outbreak is confirmed, within our facility• Public Health will give the directive to our facility if we are required to close because of an outbreak
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TAKE STEPS TO REDUCE THE SPREAD OF COVID-19



Follow the advice of your local public health authority



Wash your hands often with soap and water for at least 20 seconds



Use alcohol-based hand sanitizer if soap and water are not available



Try not to touch your eyes, nose or mouth



Practice physical distancing of at least 6 feet/2 meters



Cough and sneeze into your sleeve and not your hands



Stay home as much as possible

SYMPTOMS



FEVER
(greater or equal to 38°C)



COUGH



DIFFICULTY BREATHING

IF YOU HAVE SYMPTOMS



Isolate at home to avoid spreading illness to others.



Avoid visits with older adults, or those with medical conditions.



Call ahead before you visit a health care professional or call your local public health authority.



If your symptoms get worse, contact your health care provider or public health authority right away.



BE A HERO! BE A GERM STOPPER!



WASH YOUR HANDS often in warm, soapy water for 20 seconds. Wash them after you sneeze, blow your nose, cough, eat, or go to the washroom.



Cough and sneeze into your arm, sleeve, or tissue. **NOT** your hands!



Stay away from sick people so you don't get sick. Tell an adult **RIGHT AWAY** if you don't feel well.





BE CLEAN! USE ANTI-GERM GEL!



1

Squirt a small amount (dime-size) of anti-germ gel into your hands.



2

Rub it on your fingertips, both sides of your hands, and between your fingers.



3

Do not rinse, rub your hands together until they are dry!





Social Distancing
Everywhere!



REDUCE THE SPREAD OF COVID-19.
WASH YOUR HANDS.



1

Wet hands with
warm water



2

Apply soap



3

For at least 20
seconds, make sure
to wash:



4

Rinse well



5

Dry hands well
with paper towel



6

Turn off tap using
paper towel



palm and back of
each hand



between fingers



under nails



thumbs

Appendix A

Fundy Gymnastics Club – 10,000 Sq ft Schematic and Photos









