



TAG Sports Centre COVID-19 Safety Plan

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

TAG Sports Centre's COVID-19 Club Representative: Barb Fraser

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 5-6:1 and reduced training time of 2-3 hours will be scheduled.
- ✓ 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.
- ✓ Larger class size ratios of 5-7 :1 and increased training times of the same 3 hours will be scheduled.
- ✓ 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](#).

TAG Sports Centre Safety Plan Requirements

Facility Access

To access TAG Sports Centre please complete the following steps:

- Drop off is available at the front entrance: follow sign, there is one entrance with one way traffic in the lobby.
- Please line up outside the front door of the facility, maintaining a physical distance of 2m between yourself and others by standing on the tape lines and signs.
- All participants will exit the building at the exit beside the lockers, and must not congregate in groups when they get picked up. To facilitate this, we have placed TAPE/MARKINGS outside the exit doors
- Parents/guardians will be instructed to drop off and pick up their children **on time** without coming into the gym, if possible. Masks must be worn to enter the lobby area!
- Parents/guardians will be instructed to tell their children to follow instructions of all TAG staff when entering and exiting the facility.
- Prior to entering the facility, **all individuals** must fill out the Daily Screening Checklist. Daily checklists will be kept on file. TAG staff will be collecting hard copies in the lobby.
- When classes are completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time. Please text your child you are here to pick her up.
- Please drive to the back of the building and return **parallel to the appropriate doors for all drop off and pick ups! Do not use parking spots! If you must park, please use the back of the building to park.**
- Parents will ensure that their children arrive dressed appropriately for class. We have closed the locker areas until further notice. Please have the GYM BAG packed as requested! All belongings for the duration of training will go into and out of their personal bag.
- Please wash all clothing worn / used in the gym each day.
- Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required GBC forms.

Facility Operations

- TAG's maximum occupancy (during Steps 1 and 2) is: TAG can host 49 in our facility size and spaced out areas, but we will only gradually approach that number over the phases, starting at 25/30.
 - Maximum Occupancy for the lobby is: 12.
 - Maximum Occupancy for the Office is: 3.
 - Maximum Occupancy for the main gym is: 49.
 - Maximum Occupancy upstairs is : 15 (when opened).
 - [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, etc.>.
- 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.
- Participants will be required to have their own chalk in a container/bag large enough to fit their hands.
- We have no spectator area until further notice.
- The foam pit and resi pit has been covered by large mats to cover foam 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 the trampoline, and the resi pit is the landing zone from vault, bars, tumbling and double mini.

Cleaning

TAG's 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 in the main office.
- We will clean the entrance, exit, gym lobby, and other high touch-point areas (e.g. washroom counters, doorknobs, handrails, etc.) frequently (between the half hour timed break between classes)
Washrooms will be disinfected (between the half hour timed break between classes and at the end of the day) ensure a minimum of twice per day.
- Gymnastics equipment will be disinfected between classes. Athletes use personal yoga mats for beam and floor warm ups. Equipment will be disinfected after each class and/or rotation 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. TAG's foam pit has been covered by mats as is the resi pit which always has vinyl lander mats on them.
- Communal gym tools, timers, music players, , etc 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, door knobs etc.). This will be completed in addition to cleaning processes during daily operations.

Communicate

TAG 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 to Barb Fraser at gymnut@telus.net or call 604-763-8414.
- TAG 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.
- Barb Fraser is the 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 or TAG'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 TAG will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff have created pictures/videos to show participants what to expect at the gym.
- Staff should contact their supervisor if they have questions or concerns as they return to their roles.

Screening

- TAG requires that prior to entering the facility, all individuals must complete the Daily Screening Checklist that was emailed to all members. There will be no entrance to the facility without bringing the filled out form. One needed for everyone entering, coaches, staff, athletes, parents, etc.
- Athletes' temperature will be taken upon entry to the facility and guided to hand washing and into the gym with their personal gym bag.
- 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

- TAG will provide hand- sanitizing stations located throughout the gym at each event.
- TAG has determined that hand washing will be implemented upon entry to the facility after the temperature is taken, to ensure the athlete's hands are sanitized before they enter the gym.
- Hand-washing or sanitizing will be required at a minimum before each event begins. (IE: upon entering the facility, after using the washroom, and between apparatus changes)
- 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 water bottles is strictly forbidden.
- Use of masks is to be worn by any adult entering the facility.
- All coaches will have a mask on their neck and used if less than a cartwheel away from athletes.
- there will be 2 cleaning stations in the gym for extra cleaning needs during events, with gloves and bandaids as well.

Physical Distancing

- Everyone who enters TAG 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.

Scheduling of Activities

- TAG 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.
- To meet provincial health officer requirements, groups sizes/ scheduling are being adjusted.
- Drop-in classes are cancelled 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.
- TAG will have personal protective equipment (PPE) on hand (gloves, masks), stored separately from first-aid kits in case of emergency.
- TAG will maintain a well-stocked first aid kit in case of emergency.

Illness Policy

- TAG Illness Policy is provided in Appendix 2.

Outbreak Response

TAG 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, Barb Fraser- gymnut@telus.net will be the main point of contact for all parties. Barb 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, Barb Fraser- gymnut@telus.net will implement enhanced cleaning measures to reduce risk of transmission.
3. Barb Fraser 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.
 - 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, Barb Fraser 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 TAG 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.

TAG 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](#)

This document is based on Gymnastics BC's Return to Sport Plan, which is available on the GBC website. Further, our club is staying current with all requirements provided by Provincial Health Offices, Regional Health Authorities, WorkSafeBC, and Gymnastics BC.

Appendix 2: TAG Sports Centre's 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 travelled 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.