



# COVID-19 UPDATE JULY 28, 2020

## RETURN TO PLAY PROTOCOLS

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# PURPOSE

LAST UPDATED JULY 28, 2020

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Gymnastics Saskatchewan's top priority for our **Return to Play** protocols is the health and safety of our members and community, and each club's top priority must be the same. This document is intended to provide guidelines for Gymnastics Saskatchewan member clubs in their resumption of activities during/following the COVID-19 pandemic. It includes requirements that clubs must implement before reopening (and continue with on an ongoing basis until further guidance is provided). The document also provides recommendations and tools for implementing and managing the newly required expectations.

By ensuring the health and safety of those who enter member club facilities, we can together better and safely manage risk within our community.

Gymnastics Saskatchewan has created the following **Return to Play** protocols to help maintain a safe and healthy environment, and to minimize the risk of the spread of COVID-19 in Saskatchewan. This plan would come into effect upon clubs first re-opening (now approved for Phase 3). As restrictions may be lifted in Phase 4/5 and beyond, clubs may then work their way back to regular programming.

Gymnastics provides a foundation for physical literacy, health, and wellness to residents of Saskatchewan. With more than 16,000 members and 500 employed coaches, the return to gymnastics programming in Saskatchewan is desirable to:

- Rediscover the physical and psychological benefits related to returning to sport and gymnastics
- Offer a positive, pleasant, and safe gymnastics experience for our members and participants
- Return to our social and community gymnastics environment
- Provide our competitive athletes and their coaches, as well as our officials with a feeling of renewed competence, purpose, and optimism to achieve their performance goals for competitive results at the provincial, regional, national, and international levels
- Provide our recreational participants, the parents of Saskatchewan's youth, with safe options for physical activity and the continued learning of foundational skills
- Provide our coaches and club staff with a return to, or continued availability for full and part time employment
- Lay the foundation for our clubs for a return to financial viability
- Maintain club-customer relations and retain our membership
- Start again, better, in a new reality

As of March 18th, 2020, all gymnastics clubs in Saskatchewan were closed in order to protect the health and safety of our community during COVID-19. This document describes our phased strategy to Return to Play, which may be advanced, reverted or delayed according to Saskatchewan government directives. This document is a working document and may be adjusted based on the recommendations of the Saskatchewan Health Authority, the provincial government, and/or Sask Sport.

If you have any questions, comments, or concerns about this Return to Play document please contact me.

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# Return to Play STRATEGY

LAST UPDATED JULY 28, 2020

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## COMPETITIVE ATHLETES (PROVINCIAL & NATIONAL STREAM)

- **Reopened Monday, June 8th 2020**
- Maximum 10 athletes per group - groups TBD by club Head Coach
- Number of groups in the gym based on facility square footage (maximum total persons in the gym is 1 participant per every 144 square feet) to allow for required physical distancing OR maximum number as directed by Sask Health
- Experienced, competitive athletes ages 9 and over only
- **Spotting permitted, coaches must wear masks**

## YOUNGER COMPETITIVE ATHLETES (PROVINCIAL AND INTER-CLUB STREAM)

- **Reopened Monday, June 15th 2020**
- **Maximum 10 athletes per group - groups TBD by club Head Coach**
- Number of groups in the gym based on facility square footage (maximum total persons in the gym is 1 participant per every 144 square feet) to allow for required physical distancing OR maximum number as directed by Sask Health
- Competitive athletes 6 years and over
- **Spotting permitted, coaches must wear masks**

## RECREATIONAL & PRESCHOOL ATHLETES (REC & ACTIVE START STREAM)

- **Reopened Monday, June 22nd 2020**
- **Maximum 10 athletes per group (plus one parent per child if required), groups TBD by Recreational Director**
- Number of groups in the gym based on facility square footage (maximum total persons in the gym is 1 participant per every 144 square feet) to allow for required physical distancing OR maximum number as directed by Sask Health
- Recreational athletes 6 years and over: active start participants 5 years and under
- Training basic gymnastics using circuit-based equipment, no contact coaching
- **Spotting permitted to prevent injury, coaches must wear masks**

# Return to Play PROTOCOLS

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Gymnastics Saskatchewan is presenting the following return to play protocols to help our clubs ensure the health and safety of our gymnastics community and our participants.

## AWARENESS

Mandatory	Toolkit
Inform members, coaches, and participants of COVID-19 protocols.	<ul style="list-style-type: none"> <li>Email, club website, in house telephone communication, waivers.</li> </ul>
	<ul style="list-style-type: none"> <li>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.</li> </ul>
	<ul style="list-style-type: none"> <li>Clubs should hang posters and other visual cues to remind participants of the required COVID-19 health measures and the protocols to follow.</li> </ul>
	<ul style="list-style-type: none"> <li>Clubs should communicate screening practices to parents and guardians.</li> </ul>
	<ul style="list-style-type: none"> <li>Each facility should provide a staff training session and frequent review of expectations for staff outlining COVID-19 compliance to gym and coaching protocols.</li> </ul>
	<ul style="list-style-type: none"> <li>Clubs should consider testing out their new operating procedures with a small group of trusted, experienced age and level appropriate gymnasts that will be fully able to comply with the new expectations, rules, and processes in the gym.</li> </ul>

## PHYSICAL DISTANCING

Mandatory	Toolkit
All Gymnastics Saskatchewan members, while attending a club program or training session must adhere to physical distancing of 2 meters of separation. Gymnastics Saskatchewan member clubs will utilize safe-guarding techniques based on their facility square footage (total persons 1 participant per every 144 square feet) to ensure there is sufficient space to allow participants to remain a minimum of 2 meters apart.	<ul style="list-style-type: none"> <li>Place distancing lines outside and inside the facility (and around equipment) to maintain physical distancing during training and breaks.</li> </ul>
	<ul style="list-style-type: none"> <li>Bleachers will be marked off where people can sit with appropriate distancing.</li> </ul>
	<ul style="list-style-type: none"> <li>Create a separate entrance and exit, if possible.</li> </ul>
	<ul style="list-style-type: none"> <li>Athletes should be assigned to one specific apparatus at a time.</li> </ul>
	<ul style="list-style-type: none"> <li>Stagger classes so arrival and departure of groups do not overlap.</li> </ul>
	<ul style="list-style-type: none"> <li>Use different colored velcro/tape to indicate distancing within the facility and pathways around equipment.</li> </ul>
	<ul style="list-style-type: none"> <li>Rearrange, remove, or spread out equipment to ensure physical distancing is observed at all times.</li> </ul>
	<ul style="list-style-type: none"> <li>Create circular rotation schedule with less crossover traffic.</li> </ul>
	<ul style="list-style-type: none"> <li>Stagger break times for competitive/team gymnasts.</li> </ul>
	<ul style="list-style-type: none"> <li>Coaches are responsible to ensure athletes are physically distancing during training sessions.</li> </ul>
Coaches must wear (bring) their own mask if they cannot maintain physical distancing.	<ul style="list-style-type: none"> <li><b>Acro &amp; RG teams are permitted to train within their designated group.</b></li> </ul>
	<ul style="list-style-type: none"> <li><b>Acro &amp; RG teams must wash or sanitize hands before and after training.</b></li> </ul>
<b>Play structures may be open with increased sanitization.</b>	<ul style="list-style-type: none"> <li><b>Coaches must wear masks when spotting.</b></li> </ul>

Gymnastics clubs must also be in compliance with the Government of Saskatchewan's COVID-19 workplace and gym and fitness facility guidelines, and other re-opening protocols available [here](#).

# Return to Play PROTOCOLS

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## CLEANING

Mandatory	Toolkit
Facilities and equipment must be cleaned and sanitized after each training session and at the end of each day.	<ul style="list-style-type: none"> <li>Use cleaning products that are authorized disinfectants against SARS-CoV-2, the coronavirus that causes COVID-19.</li> <li><a href="https://www.canada.ca/en/public-health/services/publications/diseases-conditions/cleaning-disinfecting-public-spaces.html">https://www.canada.ca/en/public-health/services/publications/diseases-conditions/cleaning-disinfecting-public-spaces.html</a></li> <li><a href="https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html">https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html</a></li> <li>Everyone entering and exiting the facility should wash or sanitize hands: provide hand sanitizing stations throughout the facility.</li> <li>Remove or cover any equipment that cannot be cleaned according to health protocols.</li> <li>Vending machines are allowed with increased cleaning and disinfection of common touch surfaces.</li> <li>Essential shared facilities such as telephones, computers washrooms and offices should receive increased cleaning and disinfection.</li> <li>Discontinue the use of reusable towels and cloths. Provide adequate bins for the safe disposal of paper towels that have been used for cleaning and personal use the bins should be lined with plastic bags which are tied and disposed of regularly.</li> </ul>
Gloves are required to be worn by any person cleaning the facility or equipment between rotations or at the end of the day.	
Close down drinking fountains except for refills of personal use water bottles.	
Cover pit to ensure no contact with foam blocks.	
<b>Food and beverage services are allowed but must follow the Restaurant and Licensed Establishment Guidelines.</b>	

## ILLNESS

Mandatory	Toolkit
Any child, staff, or parent/guardian who is sick is not permitted to enter the facility, even if the symptoms are mild.	<ul style="list-style-type: none"> <li>Encourage club staff and coaches to closely monitor the health of participants who frequent their facility. (For example, use of self-assessment tools, questionnaires, thermometers).</li> <li>Illness symptoms to look for include but are not limited to fever, cough, shortness of breath, sore throat, or feeling unwell.</li> <li>Clubs must identify a self-isolation room with a closed door and designated space to hold a sick participant until they can leave the building.</li> <li>Following isolation, this room and the individual's locker and any equipment used must be disinfected.</li> <li>Maintain confidentiality of any person confirmed to have been COVID-19 infected.</li> </ul>
If staff or a participant develops symptoms while at the facility, they should leave the premises immediately. If he/she cannot leave they must be isolated in a room provided for this purpose.	

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## SCREENING

Mandatory	Toolkit
Implement tracking of all individuals entering the facility.	<ul style="list-style-type: none"> <li>Provide sign in/sign out methods for everyone entering the facility.</li> <li>Club personnel shall manage all people entering and exiting the building.</li> </ul>
Prior to coming to work (daily), staff shall screen via the Saskatchewan self-assessment tool, report to their designated supervisor to determine if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days.	<ul style="list-style-type: none"> <li>Online self-assessment available here: <a href="https://public.ehealthsask.ca/sites/COVID-19/">https://public.ehealthsask.ca/sites/COVID-19/</a></li> </ul>
	<ul style="list-style-type: none"> <li>Recommended daily use and submission of the COVID-19 self-assessment form for any person entering the facility.</li> <li>Parents/guardians/participants need to conduct screening at home daily for themselves and/or their children before coming to the gymnastics facility.</li> </ul>

## VISITORS AND SAFE SPORT

Mandatory	Toolkit
All non-essential visitors or public are not permitted to enter.	<ul style="list-style-type: none"> <li>Only parents/guardians/participants and designated club staff and volunteers are permitted to enter the facility.</li> <li>It is recommended that only one parent/guardian attend with their child.</li> </ul>
	<ul style="list-style-type: none"> <li>Parents/guardians may watch training as long as they are meeting the physical distancing, screening, handwashing requirements, and adhere to other club policies as set out.</li> <li>The viewing area may be modified or temporarily closed by clubs/facilities to ensure adequate distancing for anyone who may wish to watch training.</li> </ul>
	<ul style="list-style-type: none"> <li>Following Safe Sport policy, all coaches/staff should always adhere to the Rule of Two when coaching.</li> </ul>
	<ul style="list-style-type: none"> <li>All participants, parents, guardians must leave the gym after each training session or class, no lingering.</li> </ul>

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## PERSONAL HYGIENE

Mandatory	Toolkit
COVID-19 is best managed by soap and water cleaning. Hand washing should be done frequently with warm water and soap or with a 60% hydro-alcoholic solution (approved hand sanitizer) and must last at least 20 seconds.	<ul style="list-style-type: none"> <li>It is recommended that coaches and participants wash hands or sanitize hands before or after the following:               <ul style="list-style-type: none"> <li>When arriving at the facility, and before leaving the facility.</li> <li>After each change of rotation during a training session.</li> <li>After using the washroom.</li> <li>Before and after snacks or meals.</li> <li>After sneezing, coughing, or handling dirty tissues.</li> <li>After giving first aid (note gloves and a mask should be used for any first aid applied).</li> </ul> </li> <li>Hand sanitizers (alcohol-based products) may be used at the public entry space when first entering the gym and during child drop off.</li> <li>Hand washing will be considered the best practice for all participants.</li> </ul>
Personal items brought into the gym should be limited.	<ul style="list-style-type: none"> <li><b>It is recommended that participants arrive dressed for class and bring only what they need.</b></li> <li><b>Locker rooms may reopen with increased sanitization.</b></li> </ul>
	<ul style="list-style-type: none"> <li>Each athlete must supply their own chalk and other personal equipment.</li> </ul>
	<ul style="list-style-type: none"> <li>If training outdoors, hand sanitizing should take place prior to returning to the gym.</li> </ul>
	<ul style="list-style-type: none"> <li>Clubs should have Personal Protective Equipment such as gloves and masks on hand in case of an emergency.</li> </ul>

# Appendix A:

*Fillable PDF available to download [here](#).*

## DAILY SCREENING QUESTIONNAIRE - UPDATE JUNE 18, 2020

Dear parent or guardian, - so we can assess our ability to care for your child today, please fill out this questionnaire to determine if your child can attend today.

1.	Do you, or your child attending today, have any of the following symptoms?	CHECK ONE	
		<input type="checkbox"/> YES	<input type="checkbox"/> NO
	• Fever	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	• Cough	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	• Shortness of breath or difficulty breathing	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	• Sore throat	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	• Runny nose or congestion	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	• Feeling unwell	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	• Nausea, vomiting, or diarrhea	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	• Muscle aches	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	• Headache	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	• New loss of sense of taste or smell	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	• Conjunctivitis	<input type="checkbox"/> YES	<input type="checkbox"/> NO
2.	Have you, or anyone in your household, travelled outside of Saskatchewan in the past 14 days?	<input type="checkbox"/> IF YES PLEASE SELF MONITOR FOR 14 DAYS	<input type="checkbox"/> NO
3.	Have you, or anyone in your household, in the past 14 days travelled to a community in Saskatchewan with a COVID-19 outbreak? IF YES, PLEASE ANSWER QUESTION #4	<input type="checkbox"/> YES	<input type="checkbox"/> NO
4.	Have you or anyone in your household been in direct <u>unprotected</u> contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
5.	Have you, or anyone in your household travelled internationally and/or been instructed to self-isolate for any other reason?	<input type="checkbox"/> YES	<input type="checkbox"/> NO

If you answered "yes" to questions #1, #4 or #5, please DO NOT enter at this time.

If you have recently developed any of these symptoms, please call 811 or visit [here](#) to do a self-assessment to see if you require testing.

Be sure to practise good hand hygiene (use hand sanitizer or wash hands with soap and water for at least 20 seconds before entering and leaving the facility.

Our goal is to minimize the risk of illness to you, your children and family and our staff. We thank you for your cooperation and understanding.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_