



Appendix 2 (Dec.2020)

Additional Chimo Gymnastics Club Covid-19 Work Safe Safety Plan

<p>Facility Preparation</p>	<p>Access to Facility</p> <ul style="list-style-type: none"> - Measured and marked two meter guides at entrance way and outside facility doors and into hallways - Measured and marked waiting area - Post "physical distancing" reminders and posters throughout the entrance area - Clearly marked travel pathway into and out of facility - Provide hand sanitizing stations for entrance and exit of facility and apparatus - Participants will exit at different times than classes entering facility - Workstations will be separated to minimum distance and moved into mezzanine - Participants will be directed to a specific warm up area. Each athlete will have a designated space compliant with social distancing requirements - Bins for personal items will be used in the hallway area - Hooks for clothing will be used instead of lockers - All participants over 12 must wear a mask into the facility. If adults are participating in classes, they must also wear a mask <p>In the Gym</p> <p>Cleaned and sanitized all mats and areas</p> <ul style="list-style-type: none"> - Removed all "extra" equipment including all small hand apparatus - Reconfigured office area to include two meter separations - Reconfigure gym access to include desk and sign in area - Placed sanitizing and first aid stations strategically with easy access for all participants and coach - Warm up areas, waiting stations, personal effects areas will have clearly marked boundaries - Social distancing signage posted throughout the facility <p>Operations</p> <ul style="list-style-type: none"> - Maximum capacity of gym based on social distancing guidelines, staffing and equipment usage. At present the maximum number allowed is 49. This includes all participants, coaches and support staff. - Determined maximum capacity of entry area to be 8 people with social distancing. Signage posted - Participant groups will be limited based on equipment available, numbers and hours of training and the ability to maintain safety protocols and or social distancing
<p>Pre-Program Communication</p>	<p>General</p> <ul style="list-style-type: none"> - Calculate number of credits and classes required to fulfil credits - Send email to parents asking if they would like to use credit for summer classes or camps - Post notice and photos of gym clean <p>Specific</p> <ul style="list-style-type: none"> - Date of re-opening established as July 6th if all requirements met - Determine number of athletes to return to all annual programs - Prioritized rec classes by age and ability

	<ul style="list-style-type: none"> - Masks are required for coaches and for adults participating in Parent and Tot - Children 12 years and older must wear a mask into the facility and into all other public spaces - Post acknowledgement of risk forms - Post Daily screening checklist and system of submission established - Plan to be posted on website and club email sent
<p>Facility Operations and Cleaning</p>	<p>General</p> <ul style="list-style-type: none"> - Maximum number of "bodies" in the facility at any one time is 49 - safety pathways will be marked. Participants will be oriented to pathways prior to classes - rotation schedules will remain consistent and posted - Once operational procedures are established and published, schedule staff training - Participants will not be permitted to enter the program if they exceed ten minutes beyond the start of class. - Participants must arrive and depart on time - Office spaces will be wiped and disinfected post trainings - Specialized cleaning products will be used to wipe down and disinfect landing surfaces between classes - Participants will have specific areas for waiting between turns - Participants should only bring necessary personal items to the class as there will be minimal storage <p>Cleaning Protocol: Log kept in main office</p> <p>The use of approved disinfecting spray, microfiber cloths, microfiber mops and will be taken for washing each evening. Gym will be deep cleaned mid-week.</p> <p>Apparatus:</p> <ul style="list-style-type: none"> - Upon completion of each rotation/class the coach will use disinfecting spray and wipe clean with microfiber cloth - Used cloths will be put into garbage bag for washing and disinfecting <p>Railings/Stairwells/door handles</p> <ul style="list-style-type: none"> - Railings will be wiped with disinfectant between classes and weekly <p>Entry Way</p> <p>Town of Comox will clean this area every two hours</p> <p>Viewing Area</p> <ul style="list-style-type: none"> - This area will be closed until further notice. Signage posted
<p>Recreational Program Specific</p>	<p>Access</p> <ul style="list-style-type: none"> - One Parent may drop off and pick up participants, are required to wear masks into the facility. Loitering is not permitted. - All forms will be filled out and signed prior to participation - Participants will sanitize hands and feet prior to entry to the gym and upon exit - Participants are assigned individual warm up mat and are directed to that mat - Masks may or may not be worn by participants during classes. Children 12 years plus are required to wear a mask into all public areas of the facilities

	<ul style="list-style-type: none"> - Water bottles and shoes will be kept in individual baskets which will be cleaned after classes - Participants will be strongly encouraged to use washroom facilities prior to entering the facility. In the event of a necessary washroom visit, a member of Chimo staff will escort the participant to the facilities and ensure handwashing - Sharing of personal items is not permitted - Class start and finish times will be staggered - Participants must not wear loose fitting clothing; long hair must be tied back to reduce participants touching hair or hair touching face - Participants displaying any listed symptoms of Covid 19 will not be permitted to participate or if during class time, they will be required to be quarantined and sent home immediately
<p>Competitive Program Specific Personal Hygiene And</p>	<p>General</p> <ul style="list-style-type: none"> - All required documentation including assumption of risk forms and daily screening forms must be submitted prior to training - Any participant displaying listed symptoms of covid 19 will not be permitted into the facility - Participants must adhere to schedule. Participation will not be permitted if arrival is ten minutes beyond training time. - One parent will have permission to drop off athlete in the facility, however they must wear a mask and there is no viewing permitted due to social distancing and congregating requirements of max. 49 people in the facility - Participants can bring only necessary clothing to the gym. NO bags or packs allowed. - Participants can bring a small backpack for personal items and shoes. All items must return home with athlete each day - Participants will be given individual ziplock with chalk, personal spray bottle and tape. Sharing of equipment or personal items is not permitted. - Nutrition breaks will not be scheduled for athletes training 4 hours or less - Hands will be sanitized upon entry and exit of the facility - Washroom access will be limited and athletes must have footwear - Participants must wear hair tightly secured and preferred in a bun. No loose pony tails - Sharing of personal items is forbidden - Personal water bottles only - Athletes will rotate and work with variety of coaches according to daily assignments. - Participants will not necessarily be "grouped" by level or age - Participants will clean and sanitize their personal equipment. It must accompany athletes in all rotations and to and from their personal residence - Athletes will be assigned as "cohorts". Cohorts are groups who train together for extended periods of time. If athletes change programs, it means they change cohorts and must quarantine for 14 days prior to entering the new cohort. - Athletes cannot train in mixed cohorts. - Cohorts must maintain physical distance from other groups/classes/programs in the gym - Coaches are not considered part of a cohort
<p>Screening and Social Distancing Protocols</p>	<ul style="list-style-type: none"> - Each participant will submit a signed daily screening checklist to be kept on file either electronically or via google forms - Participants with any symptoms of cold, fever or flu like symptoms will not be permitted to participate or return to classes until symptoms subside

	<ul style="list-style-type: none"> - Participants who develop sickness symptoms during a class will be removed from the class, a parent or guardian phoned for immediate pick up. The participant will be distanced from others while waiting for pick up - Chimo gymnastics club staff will do their utmost to promote, encourage and plan for social distancing. It is prudent that all families support our efforts by abiding by our protocols and instructing their children to also adhere to the protocols - Classes will have limited numbers based on VIHA/Provincial recommendations, social distancing and facility capacity for now it is max.49 in the facility - Any communication required with the club or coach should be conducted via email and or club telephone - Gloves and masks may be worn by coaches and admin staff - Participants may wear masks. If masks are removed they must be placed in a sealable bag with other personal items. - Any participant with compromised immunity must consult a physician prior to enrolling in classes - All Covid 19 related questions will be directed to the Executive Director - Hand sanitizing will be implemented after each rotation for each participant and staff - If spotting is required coaches will wear masks. There will be no other personal contact with athletes at this time.
<p>Staff Personal Hygiene and Training</p>	<ul style="list-style-type: none"> - Staff are required to enter the building through the northwest entrance of the facility. - Staff are required to use hand sanitizer upon entering the facility - Staff will be required to arrive ten minutes prior to their class start time and sign off on a daily screening check list prior to entering the gym - Staff will review all Covid 19 safety protocols as they relate to cleaning, sanitizing for gymnastics - We will conduct a daily check in with staff to support managing any anxiety or conflicts as it relates to the work place - Staff will be responsible for participants hand washing and assisting with equipment sanitizing during and after classes - Staff are asked to bring minimal personal items to work. Each staff member will be assigned an area for personal items - Staff will receive updates on Covid response policy changes if any - Each apparatus will have certified cleaning supplies and a "sani station" to deposit used cloths for washing each night
<p>Sickness Protocols and Outbreak Response for staff or participants</p>	<ul style="list-style-type: none"> - Should a staff member start showing symptoms of illness, they must notify the Executive Director or designate immediately. - If an individual develops symptoms while at the facility the following actions will take place: <ul style="list-style-type: none"> - the individual will be isolated in the mezzanine area. If the area is not accessible, the individual will be kept a minimum of two meters from all others. The individual will be required to put on a mask - the individual's emergency contact will be called to immediately come and pick that person up - All equipment used by the individual will be removed from reach and sanitized - In the event of Illness, Chimo gymnastics illness policies will apply <p>In the event that a positive test for Covid 19 is linked to the club, we will follow all Worksafe, Provincial Government recommendations to the best of our ability.</p>

Injury Protocol	<ul style="list-style-type: none">- Mini first aid kits will be located at each apparatus with three additional kits placed in strategic traffic flow locations and a Main kit located in the office area at a well-marked location- Each kit will contain basic supplies including gloves, band aids, antibacterial wipes and face masks. It will be located with the hand sanitizing station at each apparatus- If an injury occurs and physical distancing protocols must be breached, the attending first aider will endeavor to put on mask and gloves. There may be situations where time is of the essence and masks and gloves may not be possible.
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