



# RETURN TO PLAY/GYM HANDBOOK

ALL PROGRAMS SEASON 2020-2021

VERSION 4, ONTARIO PHASE 3, SEPTEMBER 1, 2020

# A Healthy And Safe Club

**We Are All Responsible for the  
Health and Safety of Each Other**

## Staff

Responsible for ensuring our facility policies are being executed, they are also responsible for the guidelines outside of work, their own health, and their travel and leisure activities.

## Athletes

Responsible for following the guidelines, helping support their teammates through this time, and following all directions given by staff on site to ensure a low-risk environment for everyone.

## Parents

Responsible for making sure your family is following good hygiene as a habit, following all preclusion policies, and helping our staff with your patience, support, and dutifulness as we return.

**Due to the nature of how viruses spread, in order for all of us to be as healthy as possible, all of us must do our part to support a healthy and safe club, and in turn healthy and safe homes for our family and friends.**

## Chart Phases of Re-Opening All Programs, maximum of 50 athletes

| Orange Level<br>Return to Gym Conditioning                              | Yellow Level<br>Return to Group Training                        |                              | Green Level<br>The “New Normal” |                             |
|---|---|------------------------------|---------------------------------|-----------------------------|
|   | **All phases and open levels subject to change without notice** |                              |                                 |                             |
| Program   | Phase 1<br>June 2020  | Phase 2<br>Mon July 13, 2020 | Phase 3<br>Fri Jul 24, 2020     | Phase 4<br>Sat Aug 15, 2020 |
| NT/HP 10+ (1-2 athletes)  | Orange Level  | Orange Level                 | Yellow Level                    | Green Level                 |
| Ontario Competitive Program Team – Optional/Compulsory                  | Paused  | Orange Level                 | Yellow Level                    | Green Level                 |
| Competitive Team Small Group Training                                   | Paused  | Paused                       | Yellow Level                    | Green Level                 |
| <b>Shooting Stars / Try-outs/evaluations-registration open 5 yrs-15</b> | Paused  | Paused                       | Paused                          | Green Level                 |

### Re-Opening Recreational Programs

**-3 week session begins Monday September 14, 2020**

**-Fall registration; session begins Monday October 5<sup>th</sup>-- to the Christmas holidays.**

-Gym Tots/Kindergym boys and girls TBD, planning for October 5<sup>th</sup> restart once the spot tv/technology is available. We are reviewing parent participation, and unique protocols for these little ones within our facility. We will be encouraging daytime and weekends for these classes. We may be having renovations on the upstairs gym so we will know more soon.

**\*\* ALL recreational classes, If we have another shut down by the Government of Ontario or Gymnastics Ontario due to covid-19 our credit policy applies for our recreational families.**

Birthday Parties, PD days, Family/Friend bubbles, Private training groups, Pathways Children Centre, YMCA Partnership YRASP, and our Home-Schooling Groups we will announce registrations by the end of the month of August.

#### **1.0 Introduction:**

This document was prepared by Bluewater Gymnastics Club using resources pulled from the Gymnastics Canada WAG National Team Return to Play Handbook, as well as guidelines set through Gymnastics Ontario and the Government of Ontario.

During this time Bluewater Gymnastics has been hard at work carefully reviewing and implementing new policies, procedures, and training plans to help your athletes return to the sport in a gradual and safe manner. The safe return to sport will be gradual in order to prevent injuries.

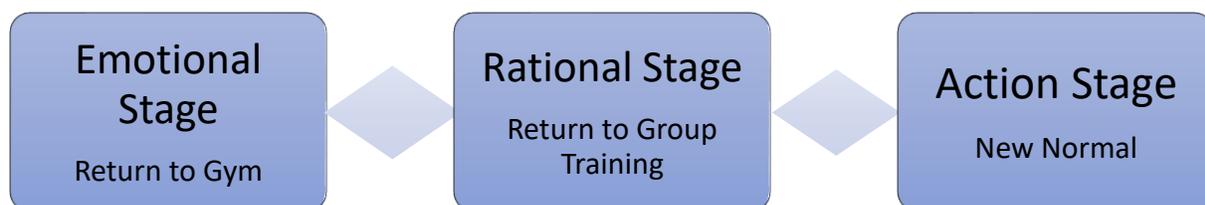
Numerous studies show a clear correlation between drastic changes in training load and the prevalence of injuries. With the competition schedule unlikely to fill up in the short term, this process should be done with no rush but with the athlete's health as a priority.

First few training sessions (1-2 weeks) should prioritize relationships and reconnection over training. If small groups of athletes/coaches are training together, it is important to allow time for each to reconnect with each other, and with the training environment. This reconnection is important for emotion management and management of potential fears. It is also important to adapt to the new training environment, which will likely look and feel quite different since the start of isolation.

## **2.0 Mental Aspects of Return to Training**

*The mental aspect of returning to training is complex and varies depending on the individual, context, sport, and environment. Each person, athlete, or coach can experience a variety of emotions, fears, and subsequent behaviours. We must be aware and understanding of these individual differences.*

*We use a phased approach to describe the mental aspects of returning to training. It is important to note that these three phases described below are not necessarily linear – meaning that not everyone will experience these phases similarly, and each person can move through each phase at a different pace, and can also return to a previous phase. (Gymnastics Canada NT Return to Training Guidelines)*



### **Stage 1: Emotional Stage**

*It must first be acknowledged that a major disruption to daily training and daily life has in fact occurred. The initial part of isolation brought with it uncertainty, imbalance, and a variety of emotions. Isolation, for many, was sudden, and the subsequent weeks brought major uncertainty – not just for athletes but for the general public.*

*Following a period of re-established routines, the return to training also brings with it another period of unpredictability and uncertainty, no matter if it is welcomed or not. And this new period of disruption also brings to light the potential for additional mental and emotional changes.*

*Athletes and coaches can expect to experience varying levels of comfort and motivation in returning to training. We must be aware, understand and accept these individual differences. The idea here is not to categorize or reduce the emotional experience, but to illustrate the continuum of possible psychological reactions to return. Some individuals may be happy to return, resistant to return, or careless and indifferent to return. In addition to these psychological reactions, some individuals may also have been directly impacted by the pandemic (e.g., death or illness of a loved one, loss of employment, etc.). It is important to note that any one person can feel any or all of these. That is, you can be excited to return and resistant to return as well.*

*In the initial phase of returning to training, we can also expect athletes and coaches to experience some varying levels of fear. For example:*

- *Fear of returning to training (the “uphill climb”)*
- *Fear of getting sick*
- *Fear of being behind (behind other countries, competitors, teammates, etc.)*

*It is important to acknowledge and accept these differences and have increased emotional awareness of ourselves and others around us. We want to be prepared for a wide range and potential flood of emotions and subsequent changes in behaviours.*

*Training hours will vary including ‘active play’ and class hours/time are slightly reduced to allow for athletes to social distance upon entry, and wash hands upon entry and cleaning/disinfecting/sanitizing between classes. Fees are based on the program rates and not by the hour as we re-start the programs. For example for recreational classes they will be 45 min vs 55 min at the same fee as our staffing is also increased.*

## **Stage 2: Rational Stage**

*In this phase we return some focus to **gradual** training. Training must be gradual and progressive. Expectations must remain manageable. Athletes may not be on the same level physically as pre-isolation, however, if they have been exercising at home, they are likely not as “behind” as they/coaches think. The athletes will not have “lost” their skills. Further, athletes may also be “ahead” in terms of recovery, mental skills, creativity, conditioning, and artistry. **The major goal is to avoid overtraining, injury, and burnout in athletes.***

*Recovery is an essential part of performance just like training itself.*

*Athletes may have different levels of motivation. Some will come back and want to continue “full force”, while others may question their return. Effective and collaborative goal setting techniques and strategies can be helpful to manage expectations and celebrate incremental progress. It can also be useful for athletes and coaches to explore and find their “why”.*

*Lastly, athletes and coaches need to remain adaptable in the event of an increase in or return of restrictions (for example, second wave of virus).*

## **Stage 3: Action Stage**

*In this phase, we continue to adjust to our new adapted training environment and begin to get into a new training groups/ routine. The same principles of gradual and progressive training from stage 2 must be continued. The use of short term, process-oriented goal setting continues to be important. Measuring and tracking progress will help with longer term goals and motivation.*

**Focus on mental recovery.** While physically we may be energized, mentally, there is potential for fatigue. Engage in mental and emotional self-care. These can include (but are not limited to) participating in mindfulness practices, breathing exercises, spending time with friends and family (in person or virtually) outside of the gym, going for a walk in nature, enjoying an activity or hobby like crafting, music, or cooking.

Anticipate gradual hours and intensity of increased training.

### 3.0 Bluewater Gymnastics Club Phase 1, 2 & 3 Protocols for Return to Play/Gym

#### Section 1: Member Awareness

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| <ul style="list-style-type: none"> <li>• Inform participants, families, and staff of Phased protocols by email</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Informed Consent and <i>Assumption of Risk</i> Agreement – Handbook B forms signed for competitive and online consents for recreational athletes</li> </ul>  |
| <ul style="list-style-type: none"> <li>• A Facility <i>Declaration</i> form to be executed by all members and staff attending our facility to declare their understanding of COVID-19, as well as their responsibility to self-monitor – Handbook B forms signed ahead of entry to the gym for competitive and online consents for the recreational athletes</li> </ul> |
| <ul style="list-style-type: none"> <li>• Post Ontario Ministry of Health signage with approved hand washing and physical distancing protocols</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Do not come to the facility if a participant or staff member is showing symptoms of illness or not feeling well</li> </ul>   |
| <ul style="list-style-type: none"> <li>• If anyone in an athlete’s household has travelled out of country, athletes cannot attend training for 14 days after their return</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Maintain confidentiality of any person confirmed to have been diagnosed with COVID-19, but we will cooperate with Public Health to assist with contact tracing; notice to families within the immediate training group will be provided as per Gymnastics Ontario and the local Health Unit</li> </ul>                         |

#### Section 2: Entering & Exiting the Facility

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| <ul style="list-style-type: none"> <li>• If an athlete or anyone in an athlete’s household is showing symptoms of illness, they cannot attend</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Only members of the same household ideally in a vehicle together, carpooling not encouraged</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Athletes will be dropped off at the designated drop off zone at the grass area outside, please wear a mask to enter the common area of the gym</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Athletes will line up in the hula hoops which are socially distanced according to their assigned colour, their assigned colour will correspond to their assigned washroom to keep to the same groups using the 5 washrooms</li> </ul> |
| <ul style="list-style-type: none"> <li>• Athletes will be called into the facility by the staff member assigned to the front door, 5 at a time spaced out/staggered</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Upon entry athletes will immediately wash their hands in their assigned washroom – only their gym bag/backpack should be with them. Use a paper towel to open the washroom door or the door rollers once installed.</li> </ul>        |

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| <ul style="list-style-type: none"> <li>• Athletes will then continue into the gym or changeroom assigned to place their bag in the spot that corresponds to the number they have been assigned; they should take their masks off and place in their bag</li> <li>• Once bags have been put away athletes will continue to their warm-up spot</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Athletes are to come dressed in their training attire and hair done, it is preferable to avoid extra layers of clothing and flip flops are the preferred shoe choice. Athletes going to the washroom before arrival would help save time so that only hands need to be washed.</li> <li>• Competitive athletes coming before/after school may access the changerooms/cubbies/lockers</li> </ul> |
| <ul style="list-style-type: none"> <li>• Physical distancing guidelines followed in all areas of the club</li> </ul>   |
| <ul style="list-style-type: none"> <li>• No spectators allowed inside the facility at this time due to space limitations, and adult spread of the virus, we are planning for secure pass coded family app, camera streaming app for viewing by October, technology is being sourced. <a href="http://www.spottv.pro">www.spottv.pro</a>. Most clubs are moving to this during covid.</li> </ul>  |
| <ul style="list-style-type: none"> <li>• When possible the doors inside the gym will be propped open to promote air circulation during training, fans may also be used</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Exiting the facility, additional double doors will be used as an exit for most of the athletes, flip flops should not be put on until the athlete has approached the door to exit to protect the gym floor</li> <li>• Parents should stay parked close to those doors for pick up</li> <li>• Coaches must ensure all athletes are picked up before leaving the pick up area</li> </ul>          |

### Section 3: Facility Safeguarding

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| <ul style="list-style-type: none"> <li>• Heightened cleaning/sanitizing and disinfection of entire facility, especially high traffic areas</li> <li>• Cleaning products used are Bioesque Botanical Disinfectant, Vital Oxide, and Oxivir.</li> </ul>                        |
| <ul style="list-style-type: none"> <li>• Physical distancing guidelines are followed</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Limit the number of participants and staff in the facility as per the Government of Ontario and GO.</li> <li>• No spectators at this time as recommended to limit adult spread of the virus</li> </ul>                              |
| <ul style="list-style-type: none"> <li>• Changerooms are used for the athletes assigned to the washrooms</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Limit 1 person in the bathroom at a time</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Post a copy of handwashing guidelines inside the washrooms</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Cleaning of the washrooms at the end of each training session</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Ensure respiratory etiquette is followed by advising individuals to cough, sneeze, or yawn into one's arm or tissue</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Avoid touching your eyes, nose, or mouth, especially with unwashed hands</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Athletes will wash hands before and after their rotation at bars</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Clean gymnastics equipment between classes and at the end of the day</li> </ul>   |
| <ul style="list-style-type: none"> <li>• At the end of the day all high traffic areas will be cleaned and disinfected</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Students must bring their own filled water bottles</li> <li>• The water fountain will be open for bottle refills only</li> <li>• No sharing water bottles</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Each competitive gymnast/gymnast using chalk will need to have their own 12x12 Tupperware container for chalk, labelled with their name, cannot share chalk</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Each competitive gymnast will have to have their own small spray bottle of hand sanitizer, labelled with their name, cannot be shared, optional for recreational athletes due to limited time in the gym and handwashing</li> </ul> |

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| <ul style="list-style-type: none"> <li>• Each competitive athlete will be required to bring and take home their personal training equipment such as wrist bands, grips, chalk container, spray bottle, etc.</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Limit use of props and small equipment, set aside for cleaning if small equipment is used</li> <li>• Use of TheraBand's and rollers will be limited</li> <li>• Rope climbing is limited. Porous props and equipment use will be limited</li> </ul>   |
| <ul style="list-style-type: none"> <li>• If a child becomes ill at the facility the following action will be taken: <ul style="list-style-type: none"> <li>• Isolate the child in a separate area, with supervision,</li> <li>• Ensure physical distancing from other participants</li> <li>• Staff should be mindful of hand washing and avoid contact with the child's respiratory secretions</li> <li>• Notify parents to come pick up their child immediately</li> <li>• Notify the Head Coach and Office Administrator for proper protocols and notice to the Executive Director and documentation + notification required as per the processes with the local Health Unit</li> <li>• All equipment used by the athlete should be immediately removed from use by any other athletes and cleaned immediately</li> <li>• Children/parents within the group will be notified if this is a COVID-19 illness report</li> </ul> </li> </ul> |
| <ul style="list-style-type: none"> <li>• Office staff must clean and sanitize high touch areas upon arrival and at departure (e.g. mouse, keyboard, telephone, card terminal, etc.)</li> </ul>  |
| <ul style="list-style-type: none"> <li>• NO PARKING by staff or parents of athletes along the side of the building where drop off/pick up will be happening as we will be using the main doors and the double doors.</li> <li>• The automatic doors at entry will be on 'open' for 'hands free' entry, once the group has entered the door must be closed by the Head Coach/Lead Coach on duty.</li> <li>• The double doors must be locked upon the last class of the day by the Head Coach/Lead Coach</li> </ul>   |

#### Section 4: Program Management

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| <ul style="list-style-type: none"> <li>• Adhere to maximum number of participants in the training area as mandated by Gymnastics Ontario, please be advised that GO/Government of Ontario numbers are currently at 50 athletes</li> <li>• Our main gym training area is 100ft x 100ft = 10,000sqft. The Bar pit has an area of 210sqft. The Vault Pit has an area of 540sqft, we will be using mats, and all is included as per GO. Using GO's limit of 1 person per 144sqft: <math>10,000 / 144 = 69</math> people total. The actual area of the Moscow sprung floor (the whole blue surface for floor routines/conditioning) is 13m x 13m = 169sqm (1819sqft) <math>1819 / 144 = 12.6</math> so 12 people rounding down. <math>69+12=81</math> total max in the gym at one time.</li> <li>• The Government of Ontario is allowing 50 participants maximum per room with social distancing in phase three. Bluewater Gymnastics is following these guidelines at this time. This number does not include coaches/staff, or assistance helpers, we are allowed those additional individuals. Phase two was 81 max in the gym for all individuals combined. Gymnastics Ontario and the Government of Ontario is reviewing returning back to phase two capacity numbers.</li> </ul> |
| <ul style="list-style-type: none"> <li>• Physical distancing guidelines are followed</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Reduce the number of classes in the gym at any one time when possible, this is done through capacity rules</li> </ul>  |
| <ul style="list-style-type: none"> <li>• No physical contact among participants, unless a mask is worn by a staff member to attend to an athlete. Spotting as required for safety reasons only, for competitive athletes only at this time.</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Apparatus rotation schedule updated to maintain the guidelines for physical distancing</li> </ul>  |

## Section 5: Class Management

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| <ul style="list-style-type: none"><li>• Coaches/Staff/Parents/Athletes/Volunteers will wear a mask if social distancing can't be maintained.</li><li>• Masks will be worn in common areas at all times (drop off, pick up, going to the washroom). Parents entering the building for any reason are required to wear a mask.</li><li>• Office staff are not required to wear a mask in their office but are required to when they enter the common areas or move from office to office.</li></ul> |
| <ul style="list-style-type: none"><li>• Physical distancing guidelines are followed</li></ul>   |
| <ul style="list-style-type: none"><li>• Gymnasts are to avoid physical contact with one another; e.g. no hugs, high-fives, etc.</li></ul>   |
| <ul style="list-style-type: none"><li>• No partner activities during warm-up, training, and conditioning if physical distance cannot be maintained</li></ul>  |
| <ul style="list-style-type: none"><li>• Create physical distancing between stations and circuits</li></ul>  |
| <ul style="list-style-type: none"><li>• All gymnasts must properly wash or sanitize their hands upon entry to the gym</li></ul>   |
| <ul style="list-style-type: none"><li>• Limited spotting will be permitted for all programs. A face mask MUST be worn by the coach spotting, unless wearing the mask interferes with spotting the athlete in a safe manner.</li></ul>   |
| <ul style="list-style-type: none"><li>• Competitive athletes only, due to the duration of time in the gym. There will be no set snack time, if your athlete is hungry the athlete will ask the coach for permission to have their snack in a designated area, no group breaks. Prepackaged snacks only, no fresh fruit or messy snack items</li></ul>   |
| <ul style="list-style-type: none"><li>• The foam pit will have landing mats on top. Landing in the free foam is permitted for competitive but will be avoided unless necessary.</li><li>• No use of the foam pit for recreational programs.</li></ul>   |

## Section 6: Parent/Caregiver/Support Worker/Volunteer

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| <ul style="list-style-type: none"><li>• All Parent/Caregiver/Support Worker/Volunteers will wash their hands upon entry to the building.</li></ul>   |
| <ul style="list-style-type: none"><li>• All Parent/Caregiver/Support Worker/Volunteers will be required to wear a mask in the facility.</li></ul>  |
| <ul style="list-style-type: none"><li>• All Parent/Caregiver/Support Worker/Volunteers in attendance for a program requiring a parent (Gymtots, Pathways) will follow the 1 Parent/Caregiver/Support Worker/Volunteer per participant.</li></ul> |

## Section 7: Notifications of COVID-19

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| <ul style="list-style-type: none"><li>• If a child has a reported case of COVID-19, the parents of the children within the immediate group of athletes will be notified to carefully observe for symptoms or anything else advised by the Lambton Health Unit</li></ul> |
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**Trust the process – there are no short cuts – it is NOT a race!**

**Concluding Message**

*Athletes and coaches should participate at the level at which you are comfortable. **Communicate** your needs, be clear, open, and honest with yourself and those around you. Be aware and accepting of your emotions; be aware and accepting of the emotions of others around you. You are not in a race to return to pre-isolation form – **you are not behind**. Focus on the present and what you can accomplish safely today. Patience and fun for all.*

*We have adopted best practises within the industry and have taken all precautions for a safe return to play, we appreciate your patience for Gym Tots and Kindergym age groups. Monday October 5<sup>th</sup> we will plan for these programs to return pending further review and understanding.*

*Rose-Ann Nathan, Executive Director & The Bluewater Gymnastics Team*