

## **Cobequid Spartans Gymnastics Centre – COVID-19 Return to Play Plan**

Effective June 5th, 2020 Cobequid Spartans Gymnastics Centre will be re-opening following the Gymnastics Nova Scotia Re-Opening Protocols (approved June 2, 2020). The below plan for re-opening is in addition to those protocols.

<b>COVID-19 Symptoms and Exposure</b>	<ul style="list-style-type: none"><li>• Anyone who has tested positive for the Coronavirus may not enter the facility until they have been deemed non-contagious by medical professionals.</li><li>• Anyone who has been exposed, or believes they may have been exposed to the Coronavirus cannot enter the facility for 14 days, or until they have a negative test result for the virus.</li><li>• Anyone who has come in direct contact with someone who has tested positive for the virus may not enter the facility for 14 days, or until they have a negative test result for the virus.</li><li>• Anyone who exhibits symptoms of COVID-19 may not enter the facility for 14 days, or until they have a negative test results for the viru.</li><li>• Anyone who has had direct contact with someone who has exhibited symptoms of COVID-19 may not enter the facility, or until they have a negative test results for the virus.</li><li>• Appendix B of the Gymnastics Nova Scotia Document is the appropriate self-assessment tool for everyone before entering the facility, although only required for staff.</li><li>• Athletes or Coaches who are exhibiting symptoms of COVID-19 will be required to leave the facility for the 14 day period, or until they have a negative test result for the virus.</li></ul>
<b>Personal Hygiene</b>	<ul style="list-style-type: none"><li>• Everyone who enters the building will be required to sanitize their hands in the entryway prior to proceeding further into the facility.</li><li>• All athletes must arrive to gym already changed into their training attire, and then not change out of it until they have left the facility. Change rooms will be for bathroom use only, and not for changing.</li><li>• There will be additional hand sanitizing stations throughout the facility, including on the gym floor. Athletes and coaches will be required to sanitize or wash their hands before and after each event.</li><li>• Signage for proper hand washing technique will be clearly displayed at all hand washing stations.</li><li>• Water fountains will be out of service. All members are required to bring their own water bottles and to not share with others.</li><li>• Athletes will not be permitted to share personal equipment such as tape, grips, wrist bands, hair elastics, trampoline slippers etc.</li><li>• The use of masks will not be required as the minimum physical distancing requirements must be maintained at all times, with few exceptions requiring mask use. (see below)</li><li>• The use of protective gloves is not required (other than when cleaning) as the minimum physical distancing requirements must be maintained at all times. Anyone who insists on their use, must change their gloves before and after each event.</li></ul>

<b>Physical Distancing and Capacity</b>	<ul style="list-style-type: none"> <li>• The physical distancing requirements of 2 metres must be maintained at all times.</li> <li>• There will be taped off areas within the gym, along with directional arrows to help maintain a safe flow of traffic, and distance between those training.</li> <li>• There will be physical distancing markers from the outside of the building, leading up to the front door.</li> <li>• There will be no spotting of the athletes by coaches in the first stages of the re-opening.</li> <li>• The physical distancing requirement may only be broken in the case of injury or immediate safety concerns and a mask must be worn at these times.</li> <li>• Only the athletes and coaches scheduled for training may enter the facility. Parents, siblings and other members of the public are not permitted to enter the building without appointment to ensure capacity requirements are not exceeded.</li> <li>• Athletes may not enter the building any earlier than 5 minutes prior to their training time beginning, and must exit the building within 5 minutes of their training time ending.</li> <li>• Anyone who does not, or cannot follow the physical distancing requirements will be asked to leave the facility.</li> </ul>
<b>Return to Training</b>	<ul style="list-style-type: none"> <li>• Experienced athletes and coaches will return to training first to ensure a cautious and deliberate return to gymnastics. Expanding outwards when those managing the gym deem it possible and safe to do so.</li> <li>• Training itself will start off slow and take into account the physical, emotional and psychological toll the pandemic has had on everyone.</li> <li>• Athletes will be training fewer hours and at a more basic skill level than they are used to, progressing in both as it becomes clear they, the coaches, and the facility can manage it.</li> </ul>
<b>Cleaning</b>	<ul style="list-style-type: none"> <li>• Cleaning of high touch surfaces will be done regularly throughout the day.</li> <li>• There will be a one-hour block of time before and after each training session where equipment will be cleaned, sanitized and documented, using approved anti-coronavirus cleaning products.</li> <li>• Equipment will be cleaned after each use (if possible), with all equipment being cleaned at the end of the day.</li> <li>• The use of equipment with porous surfaces will be limited. For example mats that have vinyl covers, which can be easily cleaned will be used instead of those covered by cloth.</li> <li>• Coaches will take every reasonable step to limit the athletes sharing of equipment where possible.</li> </ul>

<b>New Requirements</b>	<p>Three forms must be signed and returned prior to returning to training (all 3 are attached):</p> <ul style="list-style-type: none"> <li>• GNS Facility Declaration Form,</li> <li>• GNS Assumption of Risk Form and,</li> <li>• CSGC Return to Play Plan (this form)</li> </ul> <ul style="list-style-type: none"> <li>• Each athlete is encouraged to bring their own water bottle.</li> <li>• Each athletes is encouraged to bring their own personal roller and yoga mat.</li> <li>• Athletes are encouraged to wear or bring sneakers to gym every training, as we will take advantage of outdoor spaces when possible.</li> </ul>
<b>Office and Administration</b>	<ul style="list-style-type: none"> <li>• The office will be CLOSED for in-person use until further notice. Any in person payments, questions or conversations will need to be made by appointment only. This is to ensure capacity limitations are not exceeded.</li> <li>• The office will be open electronically regularly throughout operating hours, with staff available by phone or email.</li> </ul>
<b>Moving Forward</b>	<ul style="list-style-type: none"> <li>• When capacity allowances from the NS Health Authority increases, we will adjust the plan accordingly.</li> <li>• Updates and changes to the plan will be published and distributed as they happen.</li> </ul>

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Printed Participant's Name

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Signature (Parent if under 18)

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Date