



**ATHLETICA**  
**GYMNASTICS**

# COVID-19 POLICIES

**PLEASE NOTE THAT THIS DOCUMENT WILL UPDATE AS REQUIRED**

**COVID-19 Policies**  
**Updated June 11th, 2020**

COVID-19 Policies  
Updated June 11th, 2020

# Our Collective Responsibility

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

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 return to Athletica Gymnastics and in turn healthy and safe homes for our family and friends.

### A Healthy And Safe Athletica



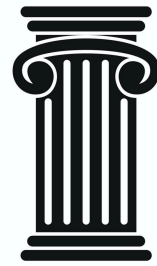
#### STAFF

Responsible for ensuring our facility policies are being followed, also responsible for adhering to the AHS guidelines inside and outside of work, their personal health, their travel and leisure activities.



#### ATHLETES

Responsible for following the Athletica guidelines, support their team-mates through this time, and follow 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 AHS guidelines and Athletica policies, and helping our staff with your patience, support, and understanding as we return.

Regardless of what phase we are in, maintaining a healthy and safe environment for all of our students and families is going to take work and cooperation from our staff, athletes, and parents. We need every family to do their part to practice good hygiene, follow our policies and procedures, and be patient and supportive of our athletes and coaches during this time.

**These are unprecedented and challenging times for all of us. It is important to remember that we all share the same goal: “the safety of our children and our families”**

# How We Limit the Spread

## Proactive Prevention of Exposure

The first step to limit spread is on preventing those with confirmed (or a high probability of having been in contact with) Covid-19 from entering the facility. We do this through our screening procedures, including in the self-screening we ask of staff and families to do regarding symptoms, travel, and in the active screening we do as people enter the facility and in who we allow to enter.

---

### ATHLETICA MEMBERS

---

#### Arriving to Practice

- Athletes are asked to arrive at the facility with clean hands and sanitize their hands prior to enter the facility.
- All Athletes will need to have a signed waiver, PIPA and risk forms for COVID-19 by an adult
- Athletes must arrive dressed and ready for practice (gym-suit on and hair done)
- Athletes cannot enter the facility without being instructed to do so and a 2 meters distance should be observe at all times from each other during line ups and while inside the building.
- Athletes will need to fill out the daily screening checklist (Appendix C) and get their temperature taken. If it is over 38.0 degrees, the participant will be sent home for the day.
- Athletes are required to bring a bag for their personal belongings that will remain in a designated area throughout the class. No cubbies are allowed at this time.
- Athletes are encouraged to bring their own hand sanitizer to class.

Transportation to and from activities should be arranged so that only cohort members, or members from the same household are in the same vehicle (No carpooling)

## Entering and Exiting

Designated drop off and pick areas for all classes will promote physical distancing and shorter line ups.

- Athletes will enter the building thru the Main doors (located by the South side of the building)
- After each class, Athletes will exit the building by the East side doors, Located on the East side of the building (drive thru pick up style).

\* Please be on time for pick up as we have to clean and disinfect between groups.

## Participation Requirements

Classes are offered to kids ages 5 and up who are able to follow specific directions and are fully independent. Kids will have to remain with their groups at all times and should be able to maintain the necessary distance with other participants for the safety of all participants and self.

- Athletes or family members that have travelled outside of Canada within the past 14 days are not permitted in the facility.
- Athletes and/or family member exhibiting any symptoms of illness are not permitted in the facility.

Participants should proactively and regularly monitor for symptoms. Symptomatic individuals are prohibited from participating.
--

Participants, coaches, instructors, officials or volunteers who become symptomatic during an activity are required to be isolated from others and must return home immediately.
---

## Students Expectations

- Athletes must use the provided sanitizer upon entering the facility.
- Athletes are required to pass the daily screening checklist to entering the facility. (please refer to appendix C from the Alberta Health services authorities).
- Students must wash/sanitize their hands after each station and as required.
- It is mandatory for all students to follow staff instruction at all times without exception.

To the extent possible, participants should refrain from touching their eyes, nose, mouth and face during activity.
---

Practice respiratory etiquette. Participants should refrain from spitting and clearing their nasal passages during activities.
--

Water bottles should be labelled with the name of the owner. Do not share water bottles.
--

After activities, individuals should minimize time spent in dressing/locker/change rooms and maintain physical distance lobbies and common spaces.
--

## Staff Expectations

- Staff is expected to sanitize the facility after each group leaves.
- Staff is required to wear mask if spotting is absolutely necessary for competitive teams. At this point no spotting is allowed for recreational groups.
- Staff will have 24-hour wellness checks and cannot enter the facility should they show any signs of illness.

---

## FACILITY POLICIES

---

### 1) Physical Distancing

Everyone inside the premises should maintain the 2 meters distance. Students will have a designated area to stand while waiting for classes to start, during classes and while waiting to exit the premises. Markings on the floor will promote and remind students to maintain physical distance.

### 2) Viewing Area

Viewing room is closed until further notice. We will be offering on live streaming for parents to access their kids practices, more information coming soon!

- No visitors are allowed at this time inside the premises.

Athletica office will remain closed for customers at this time. If you need assistance, please book a meeting with the office staff by emailing at [info@athleticagymnastics.com](mailto:info@athleticagymnastics.com) with your questions.

### **3) Premises**

In order to limit the spread of germs through surfaces and skin contact, we have upgraded and enhanced the complete surface disinfection policies we had in place prior to our closure. As we reopen, our Response Levels will include not only the limitation of the areas and surfaces that our athletes are exposed to, but the frequent disinfection of those surfaces they do touch, and the washing/sanitizing of hands should they move between groups. You will also notice the closure of certain areas such as the water fountains, viewing area, kids area, tree-house etc. We do encourage all athletes to arrive fully dressed for their program, so they do not have to attend the washrooms to change.

We have also reduced our capacity to allow the 2 meter distance required by our AHS at all times.

Our facilities will be cleaned and disinfected before classes, between groups and during the evenings after all classes are done.

This includes: High touch surfaces, such as light switches, doors, phones, counters shoe area, hallways, reception etc.. Complete Bathroom and equipment disinfection 3 times a day .

### **4) Equipment**

Everything will be disinfected before classes and after each group.

Athletes are required to bring their own water bottle, spray bottle, chalk, skipping rope, weights, yoga mat or big beach towel, blocks, wrist bands, etc. Anything they will need for their training, if anything else is required it will be sent out previously.

Participants are welcome to wear trampoline socks.

### **5) Washroom Etiquette**

Only one participant in the washroom at any time

Participants are encouraged to use the washroom at home before arriving.

Washroom will be sanitized after each class.

### **6) Food**

Snacks and meals are prohibited in the facility at this time.

# SUMMARY

	Proactive Prevention of Exposure	Active Prevention of Contact Spread
<b>Staff Policies</b>	<ul style="list-style-type: none"> <li>Must stay home if they or any-one in their household has symptoms</li> <li>Must stay home if they or any-one in household has traveled to known hotspot</li> <li>Temperature checks at door</li> </ul>	<ul style="list-style-type: none"> <li>Must sanitize hands upon entering, and between each station and class</li> <li>May wear face coverings if 2 meters distance can not be maintain</li> <li>Good hygiene habits encouraged at home and at the gym</li> </ul>
<b>Family Policies</b>	<ul style="list-style-type: none"> <li>No students with symptoms allowed</li> <li>If anyone in a student's household is showing symptoms, they can-not attend</li> <li>- If anyone in student's household has traveled out of the Province or out of the country, student cannot attend for 14 days after their return and should Isolate.</li> <li>- All administrative and billing must be done by phone or email, front desk is closed</li> </ul>	<ul style="list-style-type: none"> <li>No parents allowed in building</li> <li>Good hygiene habits encouraged at home and at the gym</li> <li>families are required to maintain distance of 2 meters between other families</li> <li>picked up will be Drive-thru style on East parking lot</li> <li>All administrative and billing must be done by phone or email with front desk</li> <li>Online registrations only</li> </ul>
<b>Student Policies</b>	<ul style="list-style-type: none"> <li>Temperature checks at door, no one allowed with temperature over 38 degrees celsius</li> </ul>	<ul style="list-style-type: none"> <li>Students must bring their own water bottle</li> <li>students must bring their personal equipment (skipping rope, yoga mat, etc)</li> <li>Students may choose whether or not to wear a mask, they must provide it and they are not recommended by our Health authorities</li> <li>Students must sanitize hands upon entry</li> <li>Good hygiene rein-forced and taught</li> </ul>
<b>Class Policies</b>	<ul style="list-style-type: none"> <li>No Gymtots classes until Phase 3</li> <li>Classes schedule 30min apart to promote social distancing</li> </ul>	<ul style="list-style-type: none"> <li>All students must sanitize hands before and after each station.</li> <li>Classes altered to limit sharing equipment between athletes where possible</li> <li>No hands on spotting</li> <li>No physical contact, no high fives or hugs</li> <li>Students should be prepared for class with as little time in gym as possible (come dressed, go to bathroom at home, etc.)</li> </ul>
<b>Facility Policies</b>	<ul style="list-style-type: none"> <li>Building Capacity reduced to Max 50 people until Phase 3</li> <li>No food allowed in premises</li> <li>Only one person allowed in the washroom</li> <li>viewing area closed</li> </ul>	<ul style="list-style-type: none"> <li>Complete facility disinfection between classes in addition to individual stations disinfection between groups</li> <li>Complete disinfection of bathrooms after each class</li> <li>Daily electrostatic disinfection</li> </ul>

## **NON-COMPLIANCE**

- We would like to remind you that not following public health orders is against the law and puts everyone at risk.
- We are keeping a screening check list of anyone entering our premises, and in case of an outbreak we are required to notify the authorities immediately, to do this we do require the (PIPA) consent form signed in order to allow anyone access to the premises. By law we are required to keep a strict protocol and report to AHS if any of our members becomes sick with COVID-19.

Summary

## **Conclusion**

We are confident in the policies and procedures we have put in place to ensure the safety of all our Athletes, families and staff. Our procedures meet or exceed government recommendations and guidelines. However for these measurements to be as effective as possible, it will require the support and participation of all. Please remember, "We are in this together".

Thank you for your support and understanding!

Stay Happy,  
Stay Healthy,  
Stay Safe,  
See You Soon!

**TEAM ATHLETICA**



## **APPENDIX B:** **INFORMATION ON QUARANTINE AND ISOLATION**

One of the first critical steps to preventing further transmission of disease is the implementation of quarantine and isolation procedures. It is important to understand the difference and the mandatory requirements for each.

When someone is exposed to a contagious disease, they may not always get sick. If they do become sick, there will be a period of time between being exposed and becoming sick. It can take up to 14 days for people to start experiencing COVID-19 symptoms (e.g., fever, cough, shortness of breath/difficulty breathing, sore throat or runny nose).

Quarantine and isolation refer to separating and restricting people from contact with all others to prevent transmission.

**CMOH Order 05-2020 (see Order for full details and exemptions) states the situations where Albertans are legally obligated to quarantine or isolate:**

- Albertans are legally required to be in quarantine for 14 days either:
  - Immediately upon return from travel outside of Canada, or
  - If they are a close contact of a person who tested positive for COVID-19.
  
- Albertans are legally required to be in isolation for 10 days, or until symptoms resolve, whichever takes longer, if they:
  - Are diagnosed with COVID-19.
  - Develop a cough, fever, shortness of breath/difficulty breathing, runny nose, or sore throat not related to a pre-existing illness or health condition or to a known exposure to COVID-19.
  
- CMOH Order 05-2020 includes the following restrictions and requirements for isolation:
  - Remaining at home, and 2 metres distant from others at all times;
  - not attending work, school, social events or any other public gatherings;
  - not taking public transportation.
  
- Persons in isolation are not required to remain in isolation if they test negative for COVID-19 and have no known exposure to COVID-19. However, they must not return to work until symptoms have resolved. Returning while still ill may result in others being infected with their illness (e.g. cold or flu) and forcing those persons to isolate.
  
- CMOH Order 05-2020 includes the following restrictions and requirements for quarantine:
  - Remaining at home
  - not attending work, school, social events or any other public gatherings
  - not taking public transportation
  - Watching for relevant symptoms

If persons in quarantine begin to experience symptoms (cough, fever, shortness of breath/difficulty breathing, runny nose, or sore throat) not related to a pre-existing illness or health condition or to a known exposure to COVID-19, they must enter isolation for a period of 10 additional days from the start of their symptoms, or until symptom resolve, whichever is longer. However, in no case shall the total stay in quarantine/isolation be less than 14 days. Workers should use the AHS Self-Assessment tool if they are experiencing symptoms.

## COVID-19 INFORMATION

### **APPENDIX C: AHS -SCREENING CHECK LIST**

If an individual answer yes to any of the questions, they must not be allowed to participate in the sport. Children and youth will need a parent to assist them to complete this screening tool.

1	Does the person attending the activity, have any of the below symptoms:	YES	NO
	Fever		
	Cough		
	Shortness of Breath / Difficulty Breathing		
	Chills		
	Sore throat		
	Painful swallowing		
	Runny Nose / Nasal Congestion		
	Feeling unwell / Fatigued		
	Nausea / Vomiting / Diarrhea		
	Unexplained loss of appetite		
	Loss of sense of taste or smell		
	Muscle/ Joint aches		
	Headache		
	Conjunctivitis		
2	Have you, or anyone in your household, travelled outside of Canada in the last 14 days?		
3	Have you or your children attending the program had close unprotected* contact (face-to-face contact within 2 metres/6 feet) with someone who is ill with cough and/or fever?		
4	Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?		

\*If you have answered “yes” to any of the above questions do not participate. Go home and use the AHS Online Assessment Tool to determine if testing is recommended