

BC Rhythmic Sportive Gymnastics Federation Return to Play Plan

RETURN PHILOSOPHY

The return to gymnastics practice in BC is desirable for:

- Rediscover the physical and psychological benefits related to all levels of rhythmic gymnastics training so that members may continue to receive the benefits derived (both physically and psychologically) from the practice of their sport of choice
- Offer a positive, pleasant, and safe experience of gymnastics practice and leisure for its members
 - Gymnasts are eager to resume the sport that they have invested years of hard work and shaped goals and dreams around
 - Coaches want to be able to resume their job with their athletes
 - Clubs, who form the backbone of children's sports programs in BC, need to be able to resume operation after a two-month shutdown or else face closing their doors permanently

BC Rhythmic Sportive Gymnastics Sportive

Our mission:

Establish sound safety guidelines and operational procedures for all member clubs, coaches, athletes to follow that are in adherence with provincial and federal public health guidelines.

Our values

Integrity - Solidarity - Transparency - Commitment - Respect - Loyalty – Security

In summary: BCRSGF continues its current mission, in a new context.

- Integrity—continue working with all members to develop the sport with the protocols in place to protect the safety, well being and best interest of our members and the greater public
- Solidarity – we are “all in this together” for better, healthier and happier athletes in BC so we can continue to support all member clubs and athletes to move through this time safely and intact
- Transparency—weekly meetings with our members and sharing of best practices during this challenging time and moving forward for the foreseeable future
- Commitment – to support the clubs and our members with our federation's resources and funds and continue to serve as an information distribution hub and guide through this period
- Respect –provide information, guidance, support, resources and a sense of stability while our members face challenges in resuming operation while acknowledging their right to choose to participate according to their level of comfort
- Loyalty – we continue to remain loyal and bound to the concept of athlete/member safety above all
- Security – we continue to use all means and available resources to promote and deliver support and security to all of our members

Rhythmic gymnastics practice should not become:

- A source of anxiety
- A substitute for public health practices
- An environment that puts members' health at risk

BCRSGF RETURN TO PLAY PROTOCOL

<p>RETURN TO PLAY PROTOCOLS</p> <p>ALL BCRSGF RHYTHMIC GYMNASTICS CLUBS MUST SEND THEIR "RETURN TO PLAY" DECLARATION TO THE FEDERATION BEFORE THEY RETURN TO PLAY. THAT INCLUDES THE DECLARATION THAT THEY WILL FOLLOW ALL THE BCRSGF GUIDANCE, SINGED ASSUMPTION OF RISK FOR MINORS, AND FACILITY DECLARATION</p>	
Member Awareness	<ul style="list-style-type: none"> • Inform members of new protocols through email, club website, member receipts, in house telephone communications • Use waivers specific to insurance coverage for COVID-19 claims exclusion • Post protocols in high traffic area e.g. main entrance door • Include COVID-19 in your club refund policy • Use a declaration form to be executed by all people attending your facility to declare their understanding the risks of COVID-19 as well as their responsibility to self-regulate • Ensure participants and their families are aware (at least through signs) that they may not enter the facility 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
Entering & Exit Facility	<ul style="list-style-type: none"> • Limit carpooling among club participants. Only members of the same family should be in a vehicle together • Place distancing lines outside facility for parents and gymnasts to line up before entering • All persons must sanitize their hands when entering the facility • A staff should escort the gymnasts inside the facility, and administer screening questions about illnesses in the individual or their household members and ensure hands are properly cleaned • If necessary, allow a maximum of one parent per gymnast inside facility • Bleachers need to be marked off where people are allowed to sit. • When possible, have parents/guardians pick up their gymnast outside. If the gymnast needs supervision while waiting for pickup, adults should be at least six (6) feet apart • Create a separate entrance and exit, if possible • Anyone feeling unwell MUST STAY HOME
Facility	<ul style="list-style-type: none"> • Heightened cleaning of entire facility, especially high traffic areas • Identify how the club will provide disinfection of meeting spaces and

Safeguarding	<p>regular cleaning of high-touch surfaces</p> <ul style="list-style-type: none"> • Consider how to limit the number of participants to allow physical distancing and prevent crowding. Final numbers for each club will depend on the square footage available in the training area – all members must be able to respect the two meter plus physical distancing guideline • Cleaning between each use of the washrooms (high traffic area) • Provide hand sanitizing stations throughout facility • Provide additional hand washing stations, beyond current washroom stations/sinks (best placed at the entrance to the facility and entrance to the equipment/gym area) • In rhythmic gymnastics, NO SHARING OF EQUIPMENT amongst athletes • Ensure that all cleaning products are authorized disinfectants against SARS-CoV-2, the coronavirus that causes COVID-19 • Develop plans for a potential need to temporarily close the gymnastics facility to properly disinfect and ensure other adult leaders or youth are not infected
Staff Management Coaches	<ul style="list-style-type: none"> • Prior to coming to work (daily), staff must screen via 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. • Coaches are required to sanitize/wash hands between rotations • Instruct staff to avoid physical contact with one another, e.g. hugs, high-fives, etc. • Hands free coaching (no spotting) for recreational programs i.e. mainly circuits • Hands free coaching (no spotting) for competitive programs – i.e. modify training needs to ensure athletes are only doing safe skills, not learning new skills which might require spotting • Wearing masks or cloth facial covering for the coaches and staff required if they cannot maintain physical distancing • Gloves required to people cleaning equipment between rotations or at the end of day. Otherwise, no gloves for coaches as provide a false sense of safety and people begin to relax their cleaning with them. If they insist on gloves they need to be change every time something is touched, and hands need to be washed between each new set of gloves. • Personal safety measures such as coughing/sneezing into arm • Staff member should be assigned to ensure athletes are washing hands before coming into equipment/gym area prior • Staff should self-monitor and if feeling unwell, MUST STAY HOME
Program Management	<ul style="list-style-type: none"> • Reduce the number of classes/programs in the gym at any one time • Reduce the number of hours in competitive/team programs • Limit, where possible, physical contact among participants • Organizations should acknowledge and support any member’s decisions

	<p>not to participate if they are uncomfortable for any reason</p> <ul style="list-style-type: none"> • Have all members wash hands or use hand sanitizer before allowing participation, directly after participation, and frequently during a class, including before getting water, eating, and after touching shared surfaces or items • Adhere to maximum numbers in the gym as dictated by the governing regional health authority • Consider re-opening competitive training first, with 1 coach and maximum 12 athletes per HALF training floor area (each 45' x 45' floor area = 2025 sq ft). This allows for athletes to have lots of space between them and marking off 8' x 8' squares in which athletes will be assigned to train. • Athletes should not sit together during rest time between turns. And if possible, they should try to have a designated area for rest between turns that can be marked off for safe distances • Prevent members from sharing cups, water bottles or other items • Add time between class changeover or stagger start and end times to ensure time to clean/disinfect equipment • Create circular rotation schedule with less crossover traffic • Use different colour Velcro tape to indicate distancing within the facility • Rearrange, remove or spread out rhythmic carpet or yoga mats for better physical distancing • Create pathways (e.g. Velcro, coloured tape, paint, floor stickers) within facility for better flow
<p>Class/Team Management</p>	<ul style="list-style-type: none"> • Create physical distancing between stations/circuits • Reduce class time by 5-7 minutes for facility safeguarding • Stagger break times for competitive/team gymnasts • Have designated break areas that can be marked off to ensure safe distancing

Additional Protocols:

- Ensure staff as well as participants and their families are aware that they may not enter the facility or recreational area 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
 - Symptoms of COVID-19 can include fever (>37.5C) or feverishness, cough, shortness of breath or difficulty breathing, chills or shaking chills, muscle pain, headache, sore throat, and new loss of taste or smell
- Consult the local health authorities for guidance for specific situations
- Once classes are over athletes and parents need to leave the gym promptly with no lingering or socializing
- Athletes need to change prior to leaving the facility, they should not go home in the clothes

worn in the gym

- Display a copy of the handwashing guidelines in areas to show people how to properly wash hands. This should be placed at entrances and in bathrooms
- Educate staff on how to instruct and help athletes and parents properly wash hands
- Once classes are over for the day and all athletes have left, all surfaces should be cleaned and disinfected (mats, floors, counters, bathrooms). This needs to be done over and above cleaning the equipment between uses
- Maintain confidentiality of any person confirmed to have been COVID-19 infected. Advise (the responsible adult in the case of an underage child) of all of requirements necessary to ensure a safe return when the time is right

FIRST AID In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves. A guide for employers and Occupational First Aid Attendants:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

First aid protocols for an unresponsive person during COVID-19:

<https://www.redcross.ca/training-andcertification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-personduring-covid-19>

COVID KIT (EX: MASKS, PERSONAL HAND SANITIZER, WIPES, PRODUCTS, ETC.)

CLUBS	COACHES	EXTERNAL (physio, contractual)
<ul style="list-style-type: none"> • Duct tape • Arrows • Security tape • Trash without contacts • Boxes • Masks, gloves, fabric shoe covers, hospital jacket • Disinfectant gel • Wipes • Cleaning products • List of instructions (coaches, external, athletes, parents) • Tape or stickers • Contactless payment • Orange cones 	<ul style="list-style-type: none"> • Coaches will keep a physical distance of two meters from athletes, other coaches, parents and any others and practice “no touch” methods of coaching. They will take all health, safety and prevention measures required and ensure that their athletes do the same • Shoes • Masks and gloves are necessary if a coach needs to be closer than the two- meter distancing requirement to a student. Not required for those keeping proper physical distancing • Covid kit wipes, hand sanitizer, disinfectant, etc. • Water bottle 	<ul style="list-style-type: none"> • clubs should not have additional persons in the gym during this time).

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ATHLETES: PLAN

<p><i>Early childhood:</i></p> <ul style="list-style-type: none"> • Personal supply bag: wipes, personal hand sanitizer, tissues, masks, etc. • Socks or rhythmic toe shoes 	<p><i>Recreational:</i></p> <ul style="list-style-type: none"> • Personal supply bag: wipes, personal hand sanitizer, tissues, masks, etc. • Socks or rhythmic toe shoes 	<p><i>Recreational:</i></p> <ul style="list-style-type: none"> • Personal supply bag: wipes, personal hand sanitizer, tissues, masks, etc. • Socks or rhythmic toe shoes
<p><i>Regional:</i></p> <ul style="list-style-type: none"> • Personal supply bag: wipes, personal hand sanitizer, tissues, masks, etc. • Socks or rhythmic toe shoes • Personal water bottle • Personal gym bag and hoop cover, for all rhythmic gymnastics hand held apparatus and adjunct training items (e.g. yoga block, weights, roller etc.) 	<p><i>Provincial:</i></p> <ul style="list-style-type: none"> • Personal supply bags: wipes, personal hand sanitizer, tissues, masks, etc. • Socks or rhythmic toe shoes • Personal water bottle • Personal gym bag and hoop cover, for all rhythmic gymnastics hand held apparatus and adjunct training items (e.g. yoga block, weights, roller etc.) 	<p><i>National:</i></p> <ul style="list-style-type: none"> • Personal survival bag: wipes, personal hand sanitizer, tissues, masks, etc. • Socks or rhythmic toe shoes • Personal water bottle • Personal gym bag and hoop cover, for all rhythmic gymnastics hand held apparatus and adjunct training items (e.g. yoga block, weights, roller etc.)

PARENTS:

- Ensure that your child brings the required effects
- Refer to the protocols implemented by the center and the gymnastics club

BC RETURN TO PLAY PHASE SEE APPENDIX A – SPORT ACTIVITY CHART

BCRSGF RETURN TO PLAY PHASE

GROUP SIZE B.C.'s Public Health Officer has issued an order barring gatherings of 50 or more people. However, the organization will need to consider other factors to determine what is appropriate for their space to ensure the ability to maintain physical distancing.

<https://www.canada.ca/content/dam/phacaspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-vulnerable-populations/covid19-vulnerable-populations-eng.pdf>

PHASE TWO: REINTRODUCTION OF YOUNGER COMPETITIVE ATHLETES

- Tentative date: June 1st, 2020 if the facility opens
- 12 athletes at a time per area based on the previously stated 45' x 45' training floor area. Club facilities may have one or two training areas to work with or may use "outdoor" training
- Develop plans for athletes according to ages below
- Training basics with no touch coaching protocols
- Gym equipment personal yoga mat, personal apparatuses, and rhythmic gymnastics carpet
- Online training continues
- Training basic gymnastics only and fitness, so coaches do not need to spot

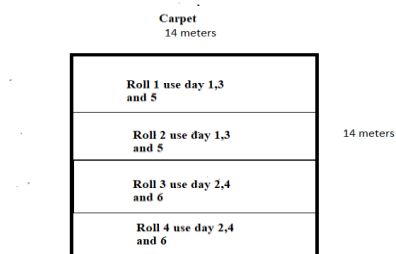
PHASE THREE: REINTRODUCTION OF RECREATIONAL ATHLETES

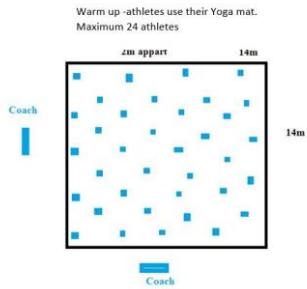
- Tentative date: TBC, 2020
- 12 athletes at a time depending on the facility space
- Recreational gymnasts
- Training basic fitness and gymnastics only, so coaches do not need to spot
- All athletes must bring their own gym equipment personal yoga mat, personal apparatuses

SAMPLE OF GYM SET UP

The example is for gyms that have only one competitive carpet (14 X14 meters). If your gym space allows for two carpets you can double the diagram

RG Carpet Warm up – use on the floor athlete’s own yoga mat



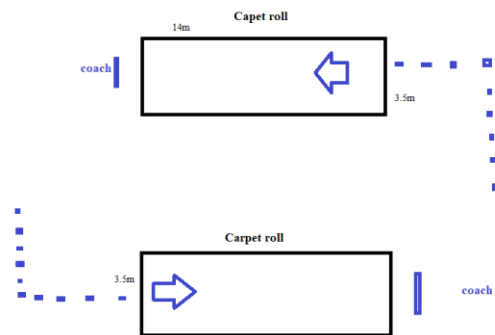


The medical professionals report said that COVID-19 lives on cloth, fabric and carpet for one to three days. Use only one or two strips of your carpet per training and rotate them.

RG Carpet gym set up sample

Carpet use for:

- Jumps
- Apparatus mastery
- Tosses



Third options: use full the carpet every 48hrs (ie every other day) or use only ½ carpet – blocking off the other side – and rotating back and forth between sides every other day for daily use.

Use puzzle mats for each individual athlete or make designated space for each athlete to use each day. Avoid athletes moving to different spots during training.

CLEANING OF THE PREMISES

DEFINITION

Surface cleaning refers to the removal of dirt and impurities, including microorganisms. Cleaning alone does not kill microorganisms. But by eliminating in part, this decreases their number and therefore the risk of spreading the infection.

Surface disinfection is done using chemicals to kill the microorganisms. Kill remaining microorganisms on a surface after cleaning further reduces the risk of spreading the infection.

TO KNOW

The virus is mainly transmitted by droplets and by direct contact (e.g. saliva).

Transmission by indirect contact (e.g. contaminated objects) is also possible but is not the primary mode of transmission.

In general, COVID-19 does not survive long on objects:

- Three hours (approximately) on objects with hard surfaces
- Six days (approximately) on wet or porous surfaces

Cleaning/Disinfecting

Cleaning reduces the number of viruses and the risk of contagion. However, cleaning does not eliminate all viruses. It is also necessary to disinfect surfaces and equipment using standard disinfectants.

We recommend increasing hygiene measures and the frequency of washing/disinfection of surfaces and equipment.

The person who cleans and disinfects equipment and surfaces should wear gloves. After cleaning and disinfecting the surfaces, it is recommended to discard gloves (or wash if reusable gloves) and wash hands with soap and water or with an alcohol-based disinfectant solution.

- Non-essential items must be removed from common areas.

Carpet cleaning:

You can use Hydrochlorous acid fogging machine for carpet cleaning

Spieth Canada carpet cleaning - www.spiethamerica.com

PREPARE FOR ADDITIONAL HYGIENE MEASURES

In order to prepare for the new requirements, you must provide the necessary equipment:

- List the places where you can wash your hands
- Provide stations with hydro-alcoholic hand disinfection solutions
- If possible, reserve a sanitary installation only for non-employees accessible to children
- Purchase more detergents and disinfectants

In order for cleaning operations to yield positive results, you must ensure monitoring. To do this, you must determine a supervisor or a person responsible for the activities of cleaning which:

- Coordinate cleaning work

- Communicate the cleaning procedure
- Train staff
- Control the application of the cleaning procedure

HAND WASHING	CLEANING FREQUENTLY TOUCHED SURFACES	DAILY CLEANING
<p>Hand washing should be done frequently with warm water and soap or with a 60% hydro-alcoholic solution and must last at least 20 seconds.</p> <p>We suggest:</p> <ul style="list-style-type: none"> • On arrival and departure from the gymnasium • After each change of rotation • On returning from the bathroom • Change of premises • Before and after snacks or meals • After coughing or sneezing into his hands • After giving first aid 	<p>Pay special attention to surfaces that are frequently touched with hands. They must be cleaned and disinfected at least twice a day and when they are visibly soiled.</p> <p>For example:</p> <ul style="list-style-type: none"> • Door handles • Light switches 	<p>Provisions should be made for daily cleaning and disinfecting of surfaces or spaces following:</p> <ul style="list-style-type: none"> • Bathrooms • Distributors • Trash cans with lid • Lockers and storage space <p>Tables, chairs and benches</p>
<p>For more information on cleaning and disinfecting: http://www.bccdc.ca/Health-InfoSite/Documents/CleaningDisinfecting_PublicSettings.pdf</p> <p>Regional health authorities: https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-caresystem/partners/health-authorities/regional-health-authorities</p>		

SYMPTOMATIC PEOPLE

The information in this section is based on the British Columbia Self-Assessment Tool (<https://bc.thrive.health/covid19/en>)

Among other things, you should recommend close monitoring of the health of people who frequent your facilities. Ask them to answer a questionnaire every day or complete a self-assessment before allowing them access to your facilities, ensuring that responses remain confidential.

This health statement must include three questions:

- Do you experience any of the symptoms of COVID-19 (fever; cough; difficulty breathing; nasal congestion; sudden fatigue; sore throat)?
- Have you been in contact with someone with COVID-19?

- Have you returned from a trip outside the country less than two weeks ago?

IF A PERSON DEMONSTRATES SYMPTOMS

A person with symptoms should leave the premises and call 811 to have a screening test.

- If they cannot leave immediately, isolate them in a room provided for this purpose. Once they leave, the room must be disinfected as well as the storage space for any of their personal belongings (locker, hook, etc.)
- A person who receives a confirmation of COVID-19 infection must follow the instructions from the BC Ministry of Health, including the isolation of at least 14 days.
- The risk of spreading the virus to others will be classified as low and no other person will have to isolate themselves if:
 - Physical distancing of two meters has been respected
 - Personal protective equipment (PPE) was used where it is impossible to respect the physical distance of two meters

RETURN CONDITIONS

As of the time of writing The BC Health Minister and BC Provincial Health Officer authorizes the lifting of solitary confinement when all following criteria are met:

- A period of at least 14 days since the onset of the disease in its acute phase has passed
- Absence of acute symptoms for 24 hours (excluding a residual cough that may persist)
- An absence of fever for 48 hours (without taking antipyretics)

As a general rule, hospitalization will not be required for the majority of the population who will be contaminated. Most people will therefore be able to stay at home. A medical certificate should not be required to allow members to return to play.

LEGAL ASPECTS

Whenever the gyms have approval to return to play (and the right rules are in place) they are covered to do so.

However – no gyms will be covered in the event of a claim relating to COVID-19 transmission.

The clubs must send BCRSGF signed copies of:

Return to Play Declaration - Appendix E

Participants – Assumption of Risk for Minors - Appendix C

Participants – Facility Declaration - Appendix B

Outdoor training is covered by the insurance only if you use your facility's outdoor space. Insurance will not cover any injuries that are a result of training in any other outdoor space.

DISCLAIMER

The BCRSGF Return to Play Plan is intended to be used for the purposes set in this document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can change rapidly, no guarantee can be given as to the accuracy or completeness of any information provided in the BCRSGF Return to Play Plan.

It is important to note that the BCRSGF Return to Play Plan is not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the Provincial and Federal Ministries of Health, the Public Health Agency of Canada, Provincial Health Officer or local governing health authorities,. In the event of an ambiguity or conflict between the BCRSGF Return to Play Plan and the Public Health Act, regulations or orders thereunder, the Act, regulations and orders prevail. Each provincial sport organization should comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities. Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice.

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