



Updated: October 8/2020

The purpose of this document is to give an overview of the plan for activity at the Island Gymnastics Academy.

The start date was June 1, 2020 (15 people maximum allowed) and this was expanded to 50 people on June 28 2020, when we progressed from just competitive programs, to some limited recreational programming.

Our goal is to minimize the risk that people contract COVID-19 in our gymnastic facility.

Personal hygiene and physical distancing are priorities.

Our key principles are:

1. Safety. If any staff, coaches or athletes are showing any symptoms of Covid-19 they MUST NOT enter the gym facility. Symptoms are expressly laid out on the provincial government website at <https://www.princeedwardisland.ca/en/information/health-and-wellness/about-covid-19-coronavirus>
2. Cleaning and disinfection:
 - a. Entrances and exits to the facility, and the waiting area (stage), will be cleaned and disinfected between groups.
 - b. The gym training area will be cleaned between groups.
 - c. End of day cleaning and disinfection will be performed at the entrances and exits, the waiting area, and the gym floor.
3. To provide programming for small groups of gymnasts.
4. To provide a one-way traffic flow through the gym wherever it is physically possible

Any questions concerning this document should be directed to Executive Director Nick Murray at 902-393-5474



Operational Plan - Green Alert Level - Update Oct 8/2020

<p>Program Management</p>	<p>We aim to manage the IGA gymnastics programs to adhere to maximum number of people in the facility.</p>
<p>Member Awareness</p>	<p>We aim to inform all members, staff and parents that enter the gym about our COVID-19 precautions.</p>
<p>Entering, Exiting the facility and Gym Floor Protocols</p>	<p>We aim for one-way traffic flow wherever it is possible.</p> <p>Before coming to the gym:</p> <ul style="list-style-type: none"> • Anyone feeling unwell, or displaying any symptoms of COVID-19, MUST STAY HOME <p>On arrival at the gym:</p> <ul style="list-style-type: none"> • IGA will place distancing lines 2m apart outside the facility for athletes to line up before entering. These will be clearly marked on the pavement and building wall. • Athletes will enter and exit through pre-assigned entrances marked A or B. • On entry, the coaches will keep a list with the names and times of all their gymnasts who train in that session. • Coaches will escort the athlete inside the facility, and ensure hands are properly washed, according to posted handwashing guidelines. This process will not begin until the gym has been cleaned from the last session and all athletes from the previous group have left the gym. • Only athletes and staff will be allowed into the facility. Parents may only enter in an emergency (i.e. injury to their child) or by prior appointment with a coach or staff member and must be signed in to the gym for contact tracing.

	<p>Waiting Area:</p> <ul style="list-style-type: none"> • Having entered the gym and washed their hands, athletes will wait on the stage area in a clearly designed grid with distinct markings which adhere to the physical distancing regulations. • Only when the coaches are satisfied that all protocols have been followed will the athletes be called on to the gym floor and directed to their specific apparatus. <p>Gym Floor:</p> <ul style="list-style-type: none"> • A one-way traffic flow of movement around the gym, including the entrance and exit to the gym floor, will be clearly marked using signs, arrows, and colored tape. • Under the coach’s supervision, athletes will clean their hands and the equipment will be wiped down at the end of each rotation. • All athletes will observe physical distancing while waiting or during rest times. • On completion of the class the coach will authorize the safe departure of all athletes, continuing to observe physical distancing. • Once all athletes have left the gym, staff will begin cleaning in preparation for the next class.
<p>Facility and Athlete Safeguarding</p>	<p>We aim for cleaning between groups, maintaining a one-way flow where it is possible and cleaning and disinfection at the end of the day.</p> <p>Cleaning and Disinfection:</p> <ul style="list-style-type: none"> • The gym will be cleaned and disinfected at the end of each day, and thoroughly cleaned between sessions (30 minutes). This includes washrooms, and common touch areas such as doors, light switches etc. • The cleaning agents recommended by the PEI Public Health Office will be used, and will also be posted on the gym noticeboards. • Staff will receive an orientation on how to clean the equipment and gym • Hand sanitizers will be placed at entry and exit points to the facility, and to the gym floor. <p>Changes to the gym floor:</p> <ul style="list-style-type: none"> • Equipment may be removed or re-arranged to comply with public health measures. • The pit area will be open to competitive athletes only. Green alert – open, Yellow alert – Management team to discuss, Red alert - closed • The office will be closed to the public. Staff performing administrative duties may continue to do so from home. • Benches will be removed, and chairs placed according to physical distancing guidelines. • The viewing area will be closed off to athletes at all times. • Cubbies will be available for limited use. Athletes can leave their belongings on the stage where they wait before being called to the floor.

	<p>Personal Safeguards:</p> <ul style="list-style-type: none"> • Water fountains will be disabled. Athletes must bring their own clearly labelled water bottle. Water bottles left behind at the end of class will be thrown out. • Open chalk buckets will be removed, and athletes will be given their own block of chalk, which they are not to share, and are to bring to each session. • Ice packs will be sanitized after each use. • No more than two athletes will be allowed in the washroom at any one time. • Any lost/found items will be placed in the office at the end of the day. Athletes must make arrangements to retrieve their lost/forgotten items from the coach before the next session and before they enter the stage area.
<p>Staff and Coaching Management</p>	<p>Anyone feeling unwell cannot enter the gym facility. Staff will take on additional responsibility for safeguards in the gym.</p> <ul style="list-style-type: none"> • Prior to coming to work, all staff will be required to screen via the self-assessment tool provided by the PEI Public Health Office. They will then report to their designated supervisor to present and discuss their assessment. • Coaches are required to sanitize or wash their hands between rotations. • All coaching will be hands free wherever possible. If a gymnast needs assistance in performing a skill safely and a hands-on approach is needed, the coach must wear a disposable mask provided by the Club. The coach must sanitize or wash their hands after any rotation they have spotted athletes. • Coaches will modify training needs to ensure athletes are only doing safe skills. • Coaches may stagger or delay start times to classes if they feel that all the protocols are not in place.
<p>Personal Hygiene</p>	<p>Personal hygiene aims to minimize the risk of disease transmission in the gym facility</p> <ul style="list-style-type: none"> • Athletes must fully understand all protocols regarding hand-washing and physical distancing, and will be dressed and ready for training on arrival at the gym. • Athletes must not share any personal items such as water bottles, food, clothing, grips, wristbands, chalk, hand sanitizers etc. • Personal items needed for the gym floor must be placed in a clearly marked bag and kept in the possession of the athlete at all times. • All personal items must be taken home after every class