



Planet Rhythmics
Gymnastics Society
(PRGS or Planet Rhythmics)
COVID-19 Safety Plan

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Please note, this document is subject to change following provincial and federal health and safety requirements.

This Club COVID-19 Safety Plan has been approved by the PRGS Board of Directors on December 8, 2020.

Principles

The following five principles from BC's Restart Plan have been used to guide this document:

Personal Hygiene	Stay Home If Sick	Environmental Hygiene	Safe Social Interactions	Physical Modifications
<ul style="list-style-type: none">• Frequent hand-washing• Cough into your sleeve• Wear a non-medical mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travelers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high-touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and others• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces

Steps to Return to the Gym

Step 1: Starting Activities *(to begin when clubs are prepared to safely open)*

Low-risk activities can occur with the following requirements:

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is not prohibited.
- ✓ Training groups for Step 1/2 are described in Appendix 1.
- ✓ Small class size ratios of 10:1 and competitive classes moved to online training
- ✓ A program summary for Step 1/2 is included in Appendix 1.
- ✓ **From the last update from the Ministry of Health and letter from VIASport on December 3rd, 2020: Indoor and outdoor sport for people under 19 years of age can continue but:**
 - Participants must maintain a physical distance of **three meters** from one another
 - Activities should be low risk of transmitting the virus (e.g. individual activities, group training that maintains physical distance)
 - Games, tournaments, and competitions for teams are not allowed

Step 2: Expanding Activities *(to begin when clubs are able to safely progress beyond Step 1)*

A gradual decrease of restrictions can occur with the following public health recommendations in place:

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is prohibited.
- ✓ Training groups for Step 2 are described in Appendix 1.
- ✓ Larger class size ratios of 12:1
- ✓ A program summary for Step 2 is included in Appendix 1.

Step 3: The 'New Normal'

To be determined at a later date, according to the [Government of BC regulations](#).

PRGS Safety Plan Requirements

Facility Access

To access PRGS at MPNH 800 East Broadway, Vancouver, please complete the following steps:

- Drop off is available at Mount Pleasant Neighborhood House at the side door to the lobby from Prince Albert Street.
- Please line up outside the front door of the facility, maintaining a physical distance of 2m between yourself and others.
- A member of PRGS Staff will greet participants at the front doors of the building.
- All participants will exit the building at the side door onto Broadway street, and must not congregate in groups when they get picked up.
- Parents/guardians will be instructed to drop off and pick up their children **on time** without coming into the building.
- Parents/guardians will be instructed to tell their children to follow instructions of all PRGS staff when entering and exiting the facility.
- Prior to entering the facility, **all individuals** must fill out the Daily Screening Checklist, which can be found at <http://tiny.cc/vanloc> or using the QR code at the facility entrance. Daily checklists will be kept on file.
- When classes are completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time.
- Parents will ensure that their children arrive dressed appropriately for class - changing in the washrooms will not be permitted.
- Members will be asked to register by e-mail and pay for all programming via e-transfer to natasha@planettr.ca. If e-transfer is not accessible for members, they can contact natasha@planettr.ca to arrange a payment option
- Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required GBC forms.

Facility Operations

- PRGS maximum occupancy (during Steps 1 and 2) is: 20
 - Maximum Occupancy for the lobby is: 5
 - Maximum Occupancy for the washroom is: 1
 - Maximum Occupancy for the East Hall is: 10
 - Maximum Occupancy for the West Hall is: 10
 - [Signs indicating these occupancy limits](#) are posted clearly in each space.
- We have marked pathways inside the gym using arrows and/or large signage
- Shared items (e.g., balls, ropes, hoops) that can be disinfected between users are permitted. Avoid bringing unnecessary shared items to the gym.

- Participants will be required to have their own yoga mat and gymnastics apparatus in a container/bag large enough to fit their hands.

Cleaning

PRGS Cleaning and Sanitation Protocols:

- Our cleaning products have been approved by Health Canada to disinfect for Sars-Cov-2, the virus that causes COVID-19.
- We have implemented a cleaning log that is kept in MPNH facility.
- We will clean the entrance, exit, gym lobby, and other high touch-point areas (e.g. washroom counters, doorknobs, handrails, guest seating, kitchen/break areas, etc.) frequently
- Washrooms will be disinfected before and after training.
- Gymnastics equipment will be disinfected between each user. If not possible, equipment will be disinfected after each class and/or rotation during until further notice.
- Equipment that cannot be cleaned will not be used until an appropriate cleaning process has been identified.
- Communal gym tools such as ballet barres, mats and speakers will be cleaned or sanitized between each user.
- Once classes are over for the day and all athletes have left, all surfaces that were contacted will be sanitized (mats, floors, counters, washrooms, light switches, etc.). This will be completed in addition to cleaning processes during daily operations.

Communicate

PRGS will inform members of the new protocols (See Appendix 3) before their first visit to the gym, to foster confidence in the staff's commitment to keep everyone safe. This will include information on club:

- Screening protocols
- Illness Policy (Appendix 2)
- Personal hygiene requirements
- Physical distancing requirements outside and inside the facility
- Cleaning protocols
- Programming changes (e.g. limitations on number of people permitted inside of the facility at once, policies regarding spotting, etc.)
- Any parent concerns, questions, and communication will be addressed via email (aniakorkh@gmail.com) or telephone (778-881-1878)
- PRGS will post various resources and posters provided by the BC Centre for Disease Control (CDC), WorkSafeBC and GBC on our website, facility entrance, and in prominent places throughout the gym.
- We have appointed Ania Korkh (aniakorkh@gmail.com) as a single point of contact to address all COVID-19-related communications, compliance, and coordination in the gym.

PLEASE NOTE: Insurance claims related to the transmission of COVID-19 will not be covered by GBC's insurance policies. Prior to participating in any programming, all participants, parents/guardians, and club personnel must complete required GBC forms.

Staff Training

- Formal and ongoing staff training at PRGS will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff should contact their supervisor if they have questions or concerns as they return to their roles.

Screening

- Prior to entering the facility, all individuals must fill out the Daily Screening Checklist, which can be found at <http://tiny.cc/vanloc> or using the QR code at the facility entrance. Daily checklists will be kept on file.
- Individuals must stay home if they are unwell or if someone in their household is sick, even if the symptoms are mild. They must also stay home if they have knowingly been exposed to someone who is sick (Refer to Illness Policy – Appendix 2).
- Individuals must not enter the facility or participate in any activity if they have, or someone from their household has, travelled outside of Canada in the last 14 days.

Personal Hygiene

- PRGS will provide hand-washing and/or sanitizing stations at MPNH.
- PRGS has determined that all participants will sanitize hands upon arrival at the facility, as they are greeted outside by our staff.
- Hand-washing or sanitizing will be required as gymnasts switch activities, locations or apparatus during training, as well as upon entering the facility, and after using the washroom.
- All participants should arrive dressed for their class and only bring what they need in a marked bag- apparatus, full water bottle, hand sanitizer, yoga mat, socks, etc.).
- Sharing of personal items including (but not limited to) food and beverages (e.g. water bottles) is forbidden.

Physical Distancing

- Everyone who enters any gym, where PRGS members are training must maintain, at minimum, physical distancing of 2 meters, at all times.
- **Coaching for all programs must be performed hands-free (no spotting).** Spotting will only be done if a participant's safety is at risk.

Scheduling of Activities

- PRGS will adhere to the [Rule of Two](#) at all times. This means that no one-on-one training (without another coach present) will take place.
- In order to meet provincial health officer requirements, groups sizes and scheduling are being adjusted.
- Drop-in classes are cancelled until further notice.
- **Detailed attendance and membership tracking will be taken and kept on file.**
- **Intensity of all of training will be reduced to make sure participants do not increase the respiratory rate level**
- **Use of masks: It is mandatory for all coaches to wear a mask during their training. For the**

- gymnasts it is optional, but not recommended to wear a mask during their training
- **At this time, No Cohorts and No Spotting will be implemented**
- **Distance of 2 meters must be implemented and checked all of the time**

Injury Protocol

- If an injury occurs and physical distancing measures must be broken, all persons attending to the injured individual will put on a mask and gloves.
- PRGS will have personal protective equipment (PPE) on hand (gloves, masks), stored separately from first-aid kits in case of emergency.
- PRGS will maintain a well-stocked first aid kit in case of emergency.

Illness Policy

- PRGS Illness Policy is provided in Appendix 2.

Outbreak Response

PRGS is committed to the following process in the event of a COVID-19 Outbreak:

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. If a case or outbreak is reported, Ania Korkh (aniakorkh@gmail.com) will be the main point of contact for all parties. Ania Korkh has the authority to modify, restrict, postpone or cancel any or all club activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, Ania Korkh will implement enhanced cleaning measures to reduce risk of transmission.
3. PRGS will implement the illness policy (see Appendix 2) and advise individuals to:
 - a. self-isolate
 - b. monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - c. use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
 - i. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - ii. Individuals can learn more about how to manage their illness [here](#).
4. In the event of a suspected case or outbreak of influenza-like-illness, Ania Korkh will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.

If PRGS is contacted by a medical health officer in the course of contact tracing, all individuals associated with the club must cooperate with local health authorities.

This document is based on Gymnastics BC's Return to Sport Plan, which is available [here](#). Further, our club is staying current with all requirements provided Provincial Health Offices, Regional Health Authorities, WorkSafeBC, and Gymnastics BC.

Appendix 1: Programming Summary

Step 1 Programming Summary (To be posted in the gym lobby with occupancy limit poster)

Planet Rhythmic Gymnastics Society
Step 1/2: Program Summary
From December 8, 2020

Number of training groups each week: 2

Maximum Occupancy for facility (publicly posted in the lobby): 30

Summary of Activities

Coach Name	Class Description	Days and Times	Group Size
Ania Korkh	Recreational born 2015, 2014, 2013	M 5:00 - 6:30	12
Olga Nejinskaya		W 5:30 - 7:00	
Ania Korkh	Performance born 2012+	M 6:30 - 8:00	12
		W 6:30 - 8:00	

Appendix 2: Planet Rhythmic Gymnastics Society Illness Policy

In this policy, “Team member” includes an employee, volunteer, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

2. Assessment

- a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- b. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
- c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self assessment tool.

3. If a Team Member is feeling sick with COVID-19 symptoms

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- c. No Team Member may participate in a practice/activity if they are symptomatic.

4. If a Team Member tests positive for COVID-19

- a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
- b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
- c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test

- a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.

- c. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
- 6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:**
- a. Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
 - b. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
 - c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate if:

- a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self isolate.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.