

T-Dot Tumblers FALL 2021 COVID-19 Health and Safety Protocols

Our protocols meet or exceed all Step 3 regulations and public health measures of Ontario's reopening plan and often exceed them based on recommendations by Gymnastics Ontario. They may change at any time.

Cohorts

- Each time slot/class you signed up for is a single class (cohort). Exception – REC age 6+ classes (not young rec) and Kinder Mon and Fri 4pm – These classes have two or more groups at one time. Athletes split based on ages and levels. If you would like your child to be in the same cohort as another athlete or their sibling **please email us ahead of time as cohorts are generally established on the first day.**

Arrival and Departure Procedures

Pre-arrival

1. Parents will assess their children for signs of COVID 19 each day prior to class using the following link;
<https://covid-19.ontario.ca/school-screening/>

Athletes must pass the assessment to attend class that day.

What to bring and wear

- a. **Mask** to be worn at all times. Should pack extra mask in case it gets soiled.
 - b. **Flip flops** or very easy to kick off shoes
 - c. Arriving already dressed (no change room) in **tight fitting athletic clothes and TIDY hair**
 - i. Hair should always be tidy for our sport for safety. Now more than ever as we do not want touching their faces unnecessarily to brush hair away. Clips, gel, triple elastics.
 - ii. Tape ankles/wrists/bottom of foot if a wart etc... at home if needed prior to coming
 - d. **A BAG** to carry around with them with the following items
 - i. spill proof **water bottle**
 - ii. **Own bottle Personal hand sanitizer** – while we have stations for this, they also need their own personal bottle to help with distancing and ensure we can rotate quicker.
 - iii. The advanced/competitive athletes– may need additional items like grips and that will be communicated separately
 - iv. Bag large enough to also put all their clothes in
2. Parents should be limiting time dropping off and picking up to 10 minutes so please wait in your cars or perhaps the nations cafeteria if you arrive before 5 min before the start of the class and please clear the area out after so the next class has space to arrive.
 3. Parents signed facility declaration when registering to ensure they understand risks & will follow protocols

Arrival

Please be on time for class. Late arrivals are not possible. Doors will be open for 5 minutes only

4. Upon arrival to Nations parents will bring their child into Nations **with masks on** prior to entering and will line up at the 6 ft physical distancing lines. Those with shoes that cannot be quickly kicked off should slip into flip flops or slippers at this point to allow for faster entry when it is their turn.
5. The athlete will be asked if they have cleared their self assessment and are not displaying any COVID symptoms. Their temperatures will be taken. If they are clear, they may then enter the gym and parents will leave promptly at this point. (Viewing areas are still not possible at this time).
6. Athletes will then proceed to slip out of your flip flops and position them tidily on the shoe rack
7. Next athletes will proceed to the hand sanitizer station and sanitize for 20 seconds.
8. Athletes will then head to their designated Warmup Dot where they can proceed to remove their outer layer of clothing to be placed in their bags.

Departure Procedures

1. Athletes will have their bags at their cool down spot and will sanitize their hands after their class concludes and will put on top layers of clothing.
2. One at a time athletes will be allowed to put on shoes and leave gym door.
3. They will line up at the social distancing lines and can go to their parents when they see them. Parents should be waiting along the sides of our corridor, spaced out 6 feet apart minimum and wearing masks. Any older athletes who have signed the leaving on own permission form are allowed to meet parents in the parking lot or head home on their own.
4. Parent and athlete should physically distance in the lobby and should promptly leave the Nations lobby.
5. Late pick up fees of \$1 will apply.
6. Leaving on own – permission forms must be handed in for the fall again even if handed in for a prior season (ie summer) signed by parent for those age 12+ who might leave on own.

Additional Covid Safety Measures in place

On first Day back

1. Athletes will be instructed by coaches about;
 - a. How to wash or Sanitize hands and when
 - b. That **masks are required at all times** during FALL 2021 classes except;
 - i. To get a drink of water. Catching breath while spaced out sitting to drink okay when needed.
 - ii. Some exceptions for competitive team athletes when on a distanced station. Not normally in gym at same time as rec classes.
 - iii. For those C and T athletes under age 2 – let's try our best please! Lots of space in the gym though so at the very least should be very easy to distance them.
 - c. Flow of gym (ie which way to walk to enter, exit, go to washroom etc)
 - d. How to use toilet (sanitizing hands first, which toilet to use for a particular group)
 - e. How to physically distance themselves including where to wait in between turns
 - f. Respiratory etiquette (how to sneeze, cough) – and sanitize right after
 - g. Instructed not to share items (waterbottles, foams, chalk etc) and not use fountain

Daily

1. Athletes to follow arrival procedures and departure.
1. Athletes to sanitize hands before and after each event. AFTER competitive bars if used, they will wash hands instead due to chalk and after using the bathroom.
 - a. **Snack breaks for some competitive groups-** to be staggered and on individual towels for applicable groups and eating foods with a fork or spoon only, sanitizing before and after eating
2. Physical distancing throughout class will be promoted despite also wearing masks as follows;
 - Strict rotation schedule with stations to prevent groups from overlapping
 - visual floor markings to indicate physical distancing have been set out in the gym
 - We will be at under 50% capacity for the duration of the fall term
 - Spotting – updated for Step 3. Permitted at comfort level of the coach but only encouraged when necessary. Sanitizing before and after each athlete spotted.
 - Each athlete to bring a bag into the gym with their personal items needed to carry around with them from event to event and station to station to limit movement around the gym
 - Our staff will monitor physical distancing & will support children in understanding these new rules. **If after reasonable instruction/support, continued non-compliance in physical distancing or mask wearing will result in removal from classes.**
3. Equipment used that can be wiped down will be disinfect prior to rotating to a new event.
4. Daily cleaning chart to be followed by staff in addition to disinfecting between cohorts
5. Staff will wear masks and gloves or sanitize if first aid is required

Enhanced Cleaning and Disinfecting Protocols

Enhanced cleaning, disinfecting and fogging protocols are in place which far exceed government required standards. Lysol in some areas will be used but the primary cleaning supply we are using is;

- Vital Oxide – Approved product as per health Canada and recommended by G.O. as being safe for kids and odor free – <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>
- See demo on the product here - <https://www.youtube.com/watch?v=IdQB5wYBTzA>

Hand sanitizing in gym -- Sanitizer with minimum 70% alcohol and Standard soap for handwashing