Guidelines that Alberta Gymnastics Federation member clubs must follow to resume operations during Phase 2 of Alberta’s Relaunch Strategy.

COVID-19 Return to Play Guidelines

44,000+ Members

79 Member Clubs

Updated: February 8, 2021
AGF Member Clubs,

On June 9, 2020, the Government of Alberta announced that it would be accelerating its relaunch strategy in response to continued declines in active COVID-19 cases and hospitalizations. As a result, Phase 2 of Alberta’s Relaunch Strategy was moved up from June 19th to June 12th and certain activities originally planned for Phase 3 were moved up to Phase 2. Included were team sports, indoor recreational fitness, and sport facilities, including gymnastics!

This document and its supporting resources are intended to help you, our AGF member clubs, create and implement your own COVID-19 Return to Play strategies and was developed in accordance with Government of Alberta (GOA) and Alberta Health Services (AHS) guidelines and public health orders. It includes requirements that clubs must implement as part of their reopening strategy to ensure the safe, responsible, and low-risk delivery of operations, training, and programs. This document, along with other helpful resources and Government of Alberta links, is also available on the AGF COVID-19 Return to Play webpage (https://abgym.ab.ca/Safe-Sport/COVID-19-Return-to-Play).

I can appreciate how excited everyone is to be back in the swing of things, however it is incumbent upon all of us to remain vigilant in our safety protocols. As always, our number one concern is for that of our athletes, coaches and staff and we want to ensure we are providing a safe and healthy environment for them to thrive in. We are all a little COVID-19 fatigued but with things opening up, more social interaction and schools back in it is even more important to follow the protocols put in place by GOA and AHS to remain on track to returning to as close as normal as possible.

We call on everyone involved – administrators, coaches, athletes, volunteers, families, and the broader community – to take individual responsibility and respect the health of those around you.

We look forward to continuing the opening and progression of our sport!

Robin McDougall
Executive Director
Alberta Gymnastics Federation

Updated: February 1, 2021
Guidelines for Reopening and Remaining Open

AGF member clubs must meet the following criteria before reopening and continue to follow the guidelines in this document and other GOA/AHS documents throughout COVID-19 Government Phases.

Please note that we do not require any clubs to re-submit the checklist. This is simply an updated document for you to use within your club and to better inform your coaches, athletes and parents.

1) Designate a COVID-19 Safety Coordinator(s):
   This individual will be your key resource and central point of contact for all COVID-19 related matters for your club. The safety coordinator will be responsible for such areas as:
   • Familiarizing themselves with the guidelines in this document and overseeing their implementation.
   • Liaising with your staff; educating and communicating correct protocols.
   • Liaising with AGF staff to answer question and stay abreast of any updates to protocols.
   • Proofing/providing feedback on all materials related to COVID-19 before being published to your members.
   • Periodically reviewing the club’s plans to ensure all protocols are being followed.
   • Keep up to date on the ever-changing government documents.
   • Serve as your club’s contact person for any COVID-19 related matters.

2) Develop a Return to Play Plan:
   All actions must meet or exceed those listed in this document. Fulfilling the checklist requirements in this document and providing a signed copy to AGF will also be accepted as a club’s Return to Play Plan.

3) Review Plan with an AGF Staff Member:
   You can present your club’s plan to an AGF staff member either by sharing a written document and supporting resources and/or by organizing a walkthrough via Zoom. Email operations@abgym.ab.ca to schedule an appointment and to share your plan.

4) Obtain AGF Approval to Reopen:
   This may be provided immediately following your review with an AGF staff member or once any outstanding areas for improvement are addressed.

NOTE: All resources directly linked to in this document are available on AGF’s COVID-19 Return to Play webpage (www.abgym.ab.ca/Safe-Sport/COVID-19-Return-to-Play) where they will be updated in accordance with evolving Government of Alberta guidelines.
Planning & Preparation Checklist

Please complete the following checklist in preparation for your review meeting with an AGF staff member. Keep this checklist handy and refer to it throughout the government phases. This document is living and will be updated as new protocols are implemented, changed or removed.

*Please note that we do not require any clubs that have already done so to re-submit the checklist. This is simply an updated document for you to use within your club and to better inform your coaches, athletes and parents.*

*CONSULT YOUR SPECIFIC MUNICIPALITY FOR ANY FURTHER RESTRICTIONS IN PLACE WITH RESPECT TO ALL AREAS AS OUTLINED IN THIS DOCUMENT.*

<table>
<thead>
<tr>
<th>General</th>
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<tbody>
<tr>
<td>☐ The following governments websites have been reviewed by club administrators and COVID-19 Safety Coordinator(s) and will be revisited on a regular basis:</td>
</tr>
<tr>
<td>Alberta Biz Connect</td>
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<tr>
<td>Alberta’s COVID-19 Response</td>
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<tr>
<td>Recommendations for PPE</td>
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<tr>
<td>Return to Sport, Physical Activity and Recreation – Stage 2 Guidelines</td>
</tr>
<tr>
<td>Alberta’s General Relaunch Guidance</td>
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<tr>
<td>☐ Where possible, activities will be re-located to outdoor settings instead of indoors.</td>
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<tr>
<td>☐ Facility ventilation systems are operational.</td>
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<tr>
<td>☐ Natural ventilation will be provided by opening windows and doors wherever possible to increase air flow.</td>
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<tr>
<td>☐ All unnecessary communal items have been removed or shut down (e.g. chalk buckets, candy bowls, magazines, complimentary phone chargers, water fountains). Water bottle refill stations are allowed.</td>
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<tr>
<td>☐ We encourage our participants to support accurate contact tracing by downloading and using the ABTraceTogether app.</td>
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Participants

For all participants:

- All training must be done through registered participants only, no drop-ins allowed.
- Anyone entering your facility will require an electronic or paper Daily Checklist to be completed.
- No in-person viewing is allowed unless it is to apply the rule of two.
  - The Rule of Two must be maintained for all training sessions. Another adult, certified coach or parent/guardian, must be within earshot and eyesight of the training while maintaining the 3 metre distance and wearing a mask at all times.
- No free play/training, all activities must be supervised.
- Physical distancing of 3 metres/10 feet must be maintained between all individuals at all times. This includes all training activities and common areas. As a guideline, an 8” landing mat is approximately 3 metres.
- Access to change rooms must be limited, including accelerated arrival and departure, emergencies (for example, first aid) and washroom use.
- All individuals must be masked at all times, except during the training activity. Coaches/trainers/etc. must remain masked at all times.
- All other COVID related guidelines must be followed.

For athletes 18 years and younger:

- The option exists for group training or one-on-one/one-on-one household training.
- Group training:
  - Consists of a maximum of 10 individuals in a defined space, including all coaches, trainers and participants.
  - Coaches may enter physical distancing space for brief interactions with participants (for example, to correct form or technique). Spotting should be used for safety purposes only.
- One-on-one or one-on-one household training is allowed in the facility provided:
  - This type of training can accommodate multiple pairings while maintaining the 3 metres/10 feet physical distancing.
  - Household training consists of one coach per group of individuals from the same household.
  - Each coach can only interact with their athlete, and each athlete can only interact with their own coach.
  - No interaction between the pairs of coach/athlete allowed.
  - No ‘cycling through’ multiple trainers as in circuit training. i.e. a coach can not work with an under 18 group of 10 at the same time as 1:1 training.
  - Coaches may enter physical distancing space for brief interactions with participants (for example, to correct form or technique). Spotting should be used for safety purposes only.

For athletes 19 years and older:

- One-on-one or one-on-one household training is allowed in the facility provided:
  - Household training consists of one coach per group of individuals from the same household.
  - Each coach can only interact with their athlete, and each athlete can only interact with their own coach.
  - No interaction between the pairs of coach/athlete allowed.
  - No ‘cycling through’ multiple trainers as in circuit training. i.e. a coach can not work with an under 18 group of 10 at the same time as 1:1 training.
  - Coaches may enter physical distancing space for brief interactions with participants (for example, to correct form or technique). Spotting should be used for safety purposes only.
**School Activities**

- K-12 schools, post-secondary institutions and home-schooled curriculum-related educational activities are allowed.
- All participants must be from the same school and the same classroom.

**Staff & Volunteers**

- Staff have been assigned equipment and supplies for individual use and protocols are in place to avoid any unnecessary sharing.
- Protocols are in place to ensure any staff who are exhibiting symptoms of COVID-19, who have travelled internationally in the past 14 days, or who have been in close contact with a case of COVID-19 in the last 14 days are identified and instructed to stay home and isolate.
- Staff have been educated about COVID-19 and how it is transmitted (i.e. droplet and contact transmission).
  - Resources for Sharing: [COVID-19 Info for Albertans webpage](#) | Email [wag@abgym.ab.ca](mailto:wag@abgym.ab.ca) to request a recording of the “COVID-19 The Facts and Implications for Health and Gymnastics” AGF webinar held on April 21, 2020.
- Hand hygiene is enforced among staff.
  *Please note the above applies to any individual paid or unpaid that is working within your facility.*

**Points of Entry & Controlling Access**

- Physical barriers have been put in place to separate front-desk attendants and patrons.
- Hand sanitizer (60% alcohol or higher) is available at entry and exit points, and patrons are encouraged to also bring their own. [View Gov’t of Canada approved list of disinfectants and hand sanitizers](#).
- Physical contact is limited through use of online payment and registration or hands-free check in. If contact with a device is required, a staff member will sanitize that device before the next person uses it.
- Request that participants arrive no more than 5-10 mins before their scheduled training or activity.
- Activities are coordinated to allow for ample cleaning between cohorts, to avoid crowding and to reduce wait times.
- Entrances, washrooms, foyers and any common places need to have controls in place to mitigate gathering.

**Sanitation, Cleaning & Disinfecting**

- Hand sanitizer is provided throughout the facility and all hand washing sinks are fully stocked with soap and paper towels.
- Staff responsible for cleaning have been familiarized with the cleaning and disinfecting guidelines in Alberta’s [General Relaunch Guidance](#) document and are implementing these guidelines.
  - Staff responsible for cleaning have been familiarized with the [Gymnastics Equipment Cleaning Guidelines](#) and are implementing these guidelines.
**Locker Rooms & Change Rooms**

- To discourage the use of locker rooms and change rooms as much as possible, participants are being encouraged to come dressed for their activity.
- Locker rooms are available for minimal use with capacity limits to support physical distancing.
- A bin/storage system that is easy to wipe down/sanitize is recommended for outdoor clothing as the weather changes.
- Surfaces, sinks and toilets are cleaned and disinfected regularly.
- All self-serve and common-use items such as hair dryers, scrunchies, make up, showers etc. have been removed or closed.

**Physical Distancing**

- Participants are prompted and monitored by staff to ensure physical distancing of 3 metres or more is maintained at all times in all areas including but not limited to lobbies, change rooms, etc.
- For high intensity physical activity areas equipment is kept at least 3 metres apart.
- Measures are in place (e.g. directional arrows) that promote one-way traffic flow to avoid individuals from inadvertently interacting.
- Markers (e.g. signage or stickers) on the wall/floor have been placed 3 metres apart to show participants where to stand.
- Procedures have been put in place to allow for uncongested drop off and pick up of participants (e.g. Drive-thru lanes for participant pick up and drop off, dedicated entrances and exits for incoming and outgoing participants).
- Common area chairs and tables have been stacked, roped off or removed from the area to promote distancing and discourage loitering.

**Spectators**

- At this time no spectators are allowed.
Encouraging Participant Hygiene

- Participants are not permitted to share personal items or training equipment (e.g. grips, slippers, wrist bands, wrist supports, ankle braces, tape, water bottles etc.)
- Participants are instructed to bring their belongings in a bag and come dressed for their activity.
- Participants are instructed to bring personal chalk containers and wash hands after using equipment.
- Protocols are in place to enable and encourage participants to perform frequent hand hygiene before, during and after the activity. Tip: Encourage participants to carry and use their own hand sanitizer.
- Participants are reminded to refrain from touching their eyes, nose, mouth and face.
- Participants are reminded to exhibit good respiratory etiquette (i.e. sneezing or coughing into the crook of their elbow or a tissue, no spitting, no clearing of nasal passages).
- Participants are encouraged to thoroughly wash their feet prior to entering and exiting the facility.

Communications

- All athletes, coaches, staff and spectators have been communicated to about the risk of COVID-19 and practices that should be undertaken to mitigate risk.
- Appropriate Government of Alberta posters are prominently displayed throughout the facility, including:
  - Mental Health Support
  - Help Prevent the Spread
  - Help Relaunch Safely
  - Practice Physical Distancing
  - Open for Business and Keeping Albertans Safe
  - Please Do Not Enter If

Resource: View Government of Alberta Posters

Screening, Record Keeping, Public Health Contact Tracing & Privacy

- All participants must complete either the Daily Screening Checklist for Under 18 or 18 years and older.
- the COVID-19 Session Screening Checklist prior to their session beginning and entering the facility to participate in any activity. This new checklist is an agreement between participants/parents and the Club that it will be followed and adhered to each day of their current training session.
- Any participant that is exhibiting any COVID-19 symptoms will not be allowed to enter the facility or participate.
- If notified by AHS, the club is ready with an accurate account of all persons that entered the facility and were in close contact with the infected individual during the specified time frame. AHS will inform of next steps required.
- An individual participant is under no obligation to inform sport organizations or other participants, coaches, instructors, officials or volunteers of:
  - The reason for missing a practice or game.
  - If they are pursuing COVID-19 testing.
  - The results of a COVID-19 test.
- Our club will be respectful of the privacy and sensitivity of every participant’s personal health information at all times with Alberta’s Health Information Act.
### Weights and High Intensity Equipment

- Weight equipment area has been reconfigured to promote physical distancing.
- High intensity equipment such as treadmills or stationary bikes have a physical barrier in-between or have been placed a minimum of 3 metres apart.
- This type of equipment will be cleaned after each individual use.

### Food & Beverage

- Vending machines within the facility are cleaned frequently as part of the cleaning schedule.
- All members have been notified that no food and beverage is to be shared between individuals. This includes all birthday parties as well.

### Considerations for Modifying Activities

- Considerations have been given for modifying activities on equipment.  
  **Resource:** [View the Return to Play Tips for Coaches document](#).
- Where possible, activities are being modified and moved outdoors.

### Masks & Gloves

- Masks and gloves are readily available for coaches, staff and athletes in case emergency contact is required, such as tending to an injury.
- Participants are required to wear masks in common areas i.e. hallways, washrooms, lobbies etc.
- Participants are instructed not to wear masks during periods of activity.
- Coaches and staff are required to wear masks at all times.
- Coaches and staff have been instructed on how to properly wear a mask.  
  **Resource:** [Government of Alberta Information Regarding Masks](#)

### Competitions & Travel

- In-person competitions are currently not allowed.
- Participation in virtual competitions is allowed provided all COVID-19 protocols are followed.
## Rapid Response to Symptomatic Individuals

- A rapid response plan is in place to manage symptomatic athletes, coaches, staff and spectators. Details for this plan can be found in Alberta’s [General Relaunch Guidance](#) document.
  
- Rapid response plan is in place that takes into consideration:
  - Immediate isolation of the symptomatic participant from others, including safe travel home
  - Consideration of cancelling the current training session.
  - Immediate washing of hands by all other participants.
  - Immediate cleaning and disinfection of all equipment and surfaces that the symptomatic participant may have touched/come in contact with.
  > AHS will inform of any further action that will need to be taken if the individual tests positive for COVID-19.

## Public Health Recommendations

- Athletes, coaches, staff and spectators who become symptomatic are being asked to leave immediately and instructed to isolate from others.
  
- Club protocols are in place to keep records of all athletes, coaches, staff and spectators for a period of two weeks should contact tracing data be required by the Government of Alberta or Alberta Health Services, resulting from a case of COVID-19 being linked to the facility.
## Reporting Guidelines for Self Identified Positive Cases

- Our club will be responsible in our reporting of positive cases within our club.
- We have read and understand the e-mail of November 10, 2020 as to the definition of Close Contacts, privacy, how to notify our members and what to watch for.

## Government of Alberta Enforcement

- Our club is aware that guidelines must be followed as per Government of Alberta and AHS orders and are subject to fines and prosecution for refusal to abide by these guidelines. Fines for a first-time offence can begin at $1,200 up to $100,000 and for a second-time offence up to $500,000. Guidelines can be enforced by either a Health Inspector or a law enforcement officer.

## Comments or Additional Measures

I have reviewed and completed the above Checklist for and on behalf of the gymnastics club listed below. The completed Checklist represents a true and correct reflection of the organization’s approach to each of the considerations set out in the Checklist.

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<th>Club Administrator</th>
<th>Designated COVID-19 Safety Coordinator</th>
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Updated: February 8, 2021