

SPLITZ GYMNASTICS COVID-19 SAFETY PLAN

PLEASE NOTE THAT THIS DOCUMENT IS FLUID
AND WILL BE UPDATED AS REQUIRED.

UPDATED: JUNE, 2021



OUR MEMBERS

HEALTH SCREENING

All individuals need to submit a daily health screening prior to entering the facility.

Contact tracing information including the first and last names, telephone numbers and email addresses of all participants and other individuals in the facility will be held for a duration of 30 days after each individual attends the facility. These records will not be shared unless requested by Fraser Health.

MASK USAGE

Masks are mandatory for all participants 12+ years when entering/ exiting the facility, while not on the field of play (participating) and while using the washroom.

Masks are optional for ages up to 11 at all times in the facility.

Masks are mandatory for all non-participants entering the facility.

Masks are mandatory for all staff in the facility unless on their break.

PARTICIPANT EXPECTATIONS

Classes are offered for participants who are fully independent (caregiver participation classes excluded) and able to follow specific directions for safe participation. Participants must be able to follow 2m physical distancing while entering/exiting the facility and while not on the field of play.

Mandatory for participants to follow staff instructions at all times without exception.

Masks are mandatory for all participants while entering/exiting the facility, and while not on the field of play. Masks are optional while performing physical activity.

Participants must wash/sanitize their hands after each station.

Participants are asked to arrive at the facility with clean hands and are provided with sanitizer prior to entering the facility.

Participants must come ready in their gymnastics attire.

Participants are required to bring a bag for their personal belongings that will remain on a designated marker throughout their class.

Participants are encouraged to bring their own hand sanitizer to class.



ENTERING AND EXITING

Designated drop off and pick up areas for participants with physical distancing are to be followed.

Participants must not enter the facility until instructed to do so.

Participants and family members must follow 2m physical distancing in the parking lot at all times.

There are line up and wait areas outside that will allow for 2m physical distancing.

Participants will be assigned an entrance as there will be multiple entrance points.

There are designated markers in the front entrance should caregivers need to come to the office.

Caregivers must arrive in the parking lot 5 minutes prior to the end of class to ensure participants leave the facility immediately after practice.

STAFF EXPECTATIONS

Staff will have 24 hour wellness checks and cannot enter the facility should they show any signs of illness. They must report any symptoms if in the facility.

Physical spotting is permitted during an instructional lesson.

Staff are required to wear a mask in the facility unless on their break.

CAREGIVER PROCEDURES

Caregivers must follow 2m physical distancing at all times in the facility and entrance areas.

Caregivers are asked to bring their children healthy and prepared to follow all safety guidelines.

Viewing is not available for classes at this time.

Masks are mandatory for all non-participants entering the facility.

OUR FACILITY

FACILITY PROCEDURES

Occupancy:

Facility: 50

Only instructional programming is currently offered. Drop in style, or one-time events are not available.

Facilities are professionally cleaned with EP50 disinfectant nightly.

This includes but is not limited to:

- Washrooms
- Entrance Areas
- Equipment
- Office

Additional midday cleaning is performed according to our facility cleaning schedule.

Additional hand washing and sanitization stations are placed around the facility.



PHYSICAL DISTANCING

Participants have designated spots to stand on before, during, and prior to leaving practice.

Facilities are mapped out in a 2m x 2m grid. Directional flows have been identified to accommodate physical distancing.

Equipment is arranged to allow for physical distancing.

Plexiglass is installed at the office to ensure safe distancing.

Socializing by participants, parents, and guardians before, during, and after programming is prohibited.

EQUIPMENT

Equipment and stations will be sanitized multiple times daily according to our facility cleaning schedule.

Spray/liquid chalk will be provided by their coach as a chalk alternative. In the event that spray/liquid chalk is unavailable, athletes will be given their own personal chalk block in a ziplock bag to use and bring to practice.

The pit foam cubes are not in use.

Common high touch areas will be cleaned regularly throughout the day by coaches and sanitization support members.

Lessons are created enabling participants to have limited shared use of equipment.

WASHROOM PROCEDURES

There will be a maximum of one participant in the washrooms at a time.

Masks are required for participants aged 12+ in the washrooms.

Participants are asked to use the washroom at home to limit the use of in facility washrooms.

Washrooms will be sanitized often throughout the day.

COMMON AREAS

Staff common areas have been restructured to allow for social distancing of 2m.

FOOD IN THE FACILITY

No food or drink except water may be consumed by athletes.

OUR PROGRAMS

CLASS SCHEDULING

Classes are staggered 15 minutes apart to allow for facility cleaning in between each class.

The maximum occupancy of 50 is strictly adhered to in our facilities.

Class ratios are based on age and ability of class.



#SPLITZROCKS