

UPDATED OCTOBER 2020

RETURN TO PLAY

KINGSTON GYMNASTICS CLUB'S PLAN FOR A
SAFE RETURN FOR RECREATIONAL ATHLETES



02

WELCOME BACK!

We are so excited to welcome back our recreational families after a long 5 1/2 months! Our staff have been working around the clock to be able to open our doors in the safest possible way. As you may expect, a lot of things at KGC will be different this year as a result of COVID-19.

The role of this document is to provide all prospective recreational families with information about what we are doing to create a safe environment for everyone who steps through our doors. It will also give families insight into what programming at KGC is going to look like moving forward, and provide the guidelines and procedures all participants are expected to follow.

KGC staff, participants, and families all have a role to play in creating a safe environment for our return to play.



OUR GOAL AT KGC

At KGC, the health and safety of our staff, participants, and their families is of the utmost importance. In the wake of COVID-19 and the very real risks that still exist, our goal is to provide quality programming to all ages and abilities in a safe, clean, and controlled environment.

03

KGC'S LAYERED APPROACH TO A SAFE RETURN

Our approach to creating the safest possible environment at KGC includes these major layers:

- 1) Enforcing Physical Distancing
- 2) Enforcing hand hygiene and respiratory etiquette
- 3) Personal Protective Equipment
- 4) Increased vigorous cleaning and disinfecting protocols
- 5) Screening and temperature checks at the door, limiting who can enter the facility
- 6) Suspected or confirmed cases of COVID-19 protocols
- 7) Changes to programming



1. ENFORCING PHYSICAL DISTANCING



How are we enforcing physical distancing?

Limiting access to the facility to adhere to capacity standards.

Reducing the number of classes in the gym to 4 classes at a time.

Reducing class sizes to a maximum of 6 participants.

Requiring parental assistance with all classes for participants 5 years and younger. Parents will be responsible for "spotting" their participant and encouraging physical distancing.

Controlling entry and exiting for classes so crowding at the door. Children ages 6 and older will say goodbye to their parents/guardians at the door.

Educating staff on creating lesson plans that require participants to maintain physical distancing while still keeping participants engaged and active.

Using visual aids (floor stickers, tape, etc) to help reinforce and encourage physical distancing.

Our coaches will step in and break physical distancing requirements if it is apparent to the staff member that the participant is going to fall or hurt themselves.

05

2. ENFORCING HAND HYGIENE AND RESPIRATORY ETIQUETTE

HAND HYGIENE

Hand sanitizer is readily available throughout the facility, including multiple dispensers available at each event in the gym.

Hand sanitization is required upon entry and exit of the facility.

Coaches will require participants to sanitize their hands at the start of each event.

Posters are posted throughout the facility to promote the importance of clean hands.

RESPIRATORY ETIQUETTE

Coaches have been educated on how to appropriately ask participants to cover their mouth and re-sanitize their hands for sneezes or coughs.

Any bodily fluids on equipment (drool, snot, etc) will be cleaned and disinfected immediately by a staff member wearing appropriate PPE. The equipment will be left for the appropriate contact time to ensure disinfection.



3. USE OF PERSONAL PROTECTIVE EQUIPMENT

KGC Staff and PPE

All KGC staff are required to wear a mask at all times in the facility unless drinking water.

Participants (under the age of 18)

KGC participants (under the age of 18) are not required to wear masks in the facility while taking part in their class. They should be wearing a mask on entry and exit (before and after their class).

However, participants are allowed to wear any PPE that would help them feel safe during their class, as long as it does not interfere with the participant's safety. (For example, we would not allow participants to wear gloves because it would create a safety issue while using the equipment).

Participants (aged 18 or older)

KGC participants aged 18 or older participating in Open Gym, or in Adaptive Gymnastics are not required to wear masks during their class.

Parents/Gaurdians

Parents who are required to assist their child in the class must wear a mask at all times unless they are medically exempt. This applies to all classes for children 5 and under, as well as parents or gaurdians present at Adaptive Gymnastics.



07

4. INCREASED VIGOROUS CLEANING AND DISINFECTING PROTOCOLS

Significant Increase in Cleaning and Disinfecting:

All equipment used, and all high-touch surfaces are disinfected by staff between classes and at the end of the day.

Time has been set aside to ensure staff have enough time to adequately disinfect equipment.

This means that when a participant comes into the gym for class, anything they touch has been completely disinfected prior to their arrival.

Disinfectants used in our facility:

Diluted Industrial Lysol
(10 minute contact time)

Diluted Bleach Solution (30 second contact time)

Rubbing Alcohol for the balance beams
(30 second contact time, 5 minute dry time)

Professional Regular Cleans and Disinfecting by Total Disinfectant

PLEASE NOTE: any equipment that cannot be effectively disinfected is not in use. This includes both our Resi pit and our Foam pit.



5. SCREENING AND TEMPERATURE CHECKS, LIMITING WHO CAN ENTER THE FACILITY

All Participants must complete the KFL&A Public Health School Screening Tool no more than one hour prior to the scheduled class start time. The screening tool can be located on our website under "Update: COVID-19"

When Participants arrive they will:

1. Report the results to the coach.
2. Consent to a temperature check using a non-contact thermometer
3. Immediately sanitize their hands

Limited Allowance into the Facility:

Due to limits on the number of bodies allowed in an indoor public space, only registered participants, and one parent/guardian (if 5 and under thus required to attend class) will be allowed in the facility.

KGC does not currently allow spectators in the facility.



6. SUSPECTED OR CONFIRMED CASES OF COVID-19 PROTOCOL

Kingston Gymnastics Club has extensive internal protocols in place for in the event that a staff member, participant, or family member is suspected or confirmed of having COVID-19.

If you wish to learn more about KGC's internal protocols surrounding a confirmed or suspected case of COVID-19 within our facility please contact us.



10

7. CHANGES TO PROGRAMMING

Class Structure

In order to accommodate physical distancing requirements, the class structure will be different. Rather than participants rotating through a circuit, we will follow a "stations" structure to minimize contact.

Each class will still get to use all events (floor, bars, beams, Tumbl Trak, trampoline)

Class Expectations

Our Expectations for participants:

- 1) To listen to their coach
- 2) To follow physical distancing instructions
- 3) To have fun!

Please note, if a participant is unable to follow physical distancing instructions, parents will be contacted to pick them up for the safety of our coaches and other participants.

Our Expectations for coaches:

- 1) To adequately enforce physical distancing, hand hygiene, and respiratory etiquette in a positive and inclusive way
- 2) To provide quality programming despite restrictions

11

7. FAQ'S ABOUT RECREATIONAL PROGRAMMING

Does the same parent/guardian need to attend the participants class for ages 5 and under?

If possible, yes.

Can both parents attend class?

Unfortunately, no. We cannot accommodate that many people in the facility with adequate space for physical distancing.

I do not have childcare for my other child, can they come with me if I must attend my participant's class?

Yes, if you need to bring a sibling who is not registered we can accommodate that. Please let us know in advance if that is the case so we can go over additional procedures.

What should my participant bring with them?

Participants should arrive in athletic clothing (no zippers, hoods, jeans, etc) with their hair pulled out of their face. Participants **must** bring a water bottle with them. Drinking from the water fountain is not permitted.

Can my participant use their own hand sanitizer?

Yes! If you'd like to bring your own that is great!

What if we are running late?

To control entry to the facility our front door remains locked at all times. If you are running late for your scheduled class please contact the main office so we know to expect you.

Please contact us at kingstongymnasticclub@gmail.com for any questions or concerns.

We look forward to welcoming our recreational families back soon!