



Peaks Gymnastics Society  
COVID-19 Safety Plan

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

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The original version of this Return to Sport document was approved by the Peaks Gymnastics Board of Directors on June 15, 2020

Amendment to the Safety Plan was approved by the Peaks Gymnastics Board of Directors on September 3, 2020.

Addendum October 1st, 2020

Updates Include: Contact Tracing, Daily Screening, Occupancy Management - The Full October 1st Addendum is included in pages 2- 4 of this document. - These changes are highlighted in light blue throughout this document on pages: 2, 3, 4, 9, 10, 12, and 21.

November 19, 2020 Updates Include: Screening Requirements, Cohorts and Physical Distancing, Scheduling of Activities, Spectator Restrictions, Travel Restrictions. These changes are highlighted in green throughout this document.

December 3, 2020 Updates Include: - Elimination of social interactions before, during, and after programming - Physical distancing requirements - Mask use requirements - Travel restrictions related to training activities and travel restrictions exemption for high performance athletes - Suspension of group adult programming - Special consideration for adults helping active start and adaptive programs

## Addendum – December 3, 2020

Overview of New Requirements for ALL Health Regions (Dec. 3, 2020)

These new requirements are in effect indefinitely, as indicated in the BC Provincial Order dated December 2, 2020.

- Every member club must update their Safety Plan and must post their plan publicly in their facility. Each club's Safety Plan needs to be approved by the club owner or board. Safety Plans do not need to be sent to regional health offices or GBC for approval.
- Coaching for all programs must be performed hands-free (no spotting). However, if a participant's safety is at risk, the coach should not hesitate to spot. All coaches must be wearing masks at all times..
- Any programming that is not supervised or is unstructured must be suspended. For clarity, no casual drop-in, or birthday party programming is allowed.
- If the occupancy during scheduled activities is such that participants are unable to physically distance, classes may need to be cancelled, rescheduled, or groups may need to be divided differently
- Training groups should remain consistent when possible.
- No spectators are allowed at this time. • No in-person competitions are allowed at this time. New Requirements
- All socializing by participants, parents, and guardians before, during, and after programming should be eliminated. Social activities have been proven to increase the transmission of COVID-19.
- Everyone inside the facility must maintain a minimum of three meters separation at all times.
- All individuals must wear masks in all indoor public spaces (gymnastics clubs are included). It is recommended, but not required, that children under the age of 12 wear masks indoors. Participants are not required to wear masks during physical activity. Please review the Government of BC website for more information about mask use.
- No travel is allowed at this time outside of your local communities for sport participation. This means that individual members are able to attend training at their home club even if their residence is in a neighbouring municipality or health region.
- No adult group programming is allowed at this time. Individual adult programming (maintaining three meters physical distancing) is allowed to continue.
- Active start and adaptive programs that include parent/guardian/aid support are allowed to continue as long as parents/guardians/aids wear masks and maintain three meters of physical distance from all participants other than their child.

## Addendum – November 19, 2020

Overview of New Requirements, in effect until December 7, 2020, as indicated in the BC Provincial Order, dated November 19, 2020

- Every member club must update their Safety Plans and must post their plan publicly in their facilities. A copy of the updated plan must be sent to GBC (nkindrachuk@gymbc.org). Safety Plans do not need to be sent to regional health offices for approval.
- Everyone inside the facility must maintain a minimum of two metres apart at all times. If physically distancing cannot be maintained, masks must be worn (e.g., at entrance/exit of building).

- Coaching for all programs must be performed hands-free (no spotting). However, if a participant's safety is at risk, the coach should not hesitate to spot. Additionally, coaches must wear masks when spotting an athlete for safety.
- Any programming that is not supervised or is unstructured should be cancelled for the next 14 days. For clarity, no casual drop-in, or birthday party programming is allowed.
- If the occupancy during scheduled activities is such that participants are unable to physically distance, classes may need to be cancelled, rescheduled, or groups may need to be split differently.
- Training groups should remain consistent for seasonal programming periods (including cohorts, where applicable).
- No spectators are allowed for indoor activities at this time.
- No travel is allowed at this time outside of your local communities.
- No competitions are allowed at this time.

### **Screening Requirements**

- Prior to entering the facility, all individuals must complete a Daily Screening Checklist (see Appendix 2) in hard-copy. The club must retain documentation of the screening process. As participants and parents enter the facility, everyone must respect the process to ensure that it is completed smoothly and efficiently.
- Individuals must stay home if they are unwell or if someone in their household is sick. They must also stay home if they have knowingly been exposed to someone who has tested positive for COVID-19 recently (Refer to Illness Policy, Appendix 1).
- Do not allow individuals to 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.

### **Tips**

- If an individual experiences seasonal allergies (or other flu like symptoms), they should get a doctor's note explaining their symptoms before entering the gym.
- Immuno-compromised (high-risk) individuals should consult a medical practitioner before returning to the gym.
- A club may choose to add temperature checks as part of their COVID-19 Safety Plan.

As a result of Gym BC's ongoing advocacy with ViaSport and the Government of BC, new requirements recently came into effect relating to contact tracing, screening, and occupancy.

### Updated Information:

#### Contact Tracing

GBC member clubs continue to be responsible for collecting contact tracing information, but are not required to share this information with facility owners or operators. All GBC member clubs must have access to contact tracing information for their programming including the first and last names and telephone numbers or email addresses of all participants (and other individuals in the member club facility) for a duration of 30 days after each individual attends the facility.

#### Daily Screening Requirements

- Daily screening processes must take place for all individuals entering each GBC member club facility.
  - o Daily screening processes must be used to stop any individuals at risk of spreading COVID-19 from entering the facility (e.g., they recently returned from another country or they are potentially symptomatic of COVID-19).
- Records of daily screening processes are not required to be kept.
- GBC is aware of the discrepancy between the education sector's screening checklist and the screening requirements from viaSport. viaSport provided direction on Thursday October 1, 2020 stating that the following symptoms must be included in daily screening processes until further notice:
  - o fever,
  - o chills,
  - o cough,
  - o shortness of breath,
  - o sore throat and painful swallowing,
  - o stuffy or runny nose,
  - o loss of sense of smell,
  - o headache,
  - o muscle aches,
  - o fatigue,
  - o loss of appetite,
  - o nausea or diarrhea.

Effective August 24, 2020, the Government of BC and ViaSport announced measures to progressively loosen restrictions on the sport sector. The focus of the new phase is to carefully increase the number of contacts and contact intensity in sport.

New updates in this document appear highlighted in yellow. All changes that appear on this page have also been included in the document.

### Spotting

Effective August 24, 2020, spotting is now permitted in GBC member clubs.

Although physical distancing is still strongly advised, coaches are permitted to spot athletes who are learning new skills, or when spotting is required for safety.

Coaches must wear masks when spotting athletes, and coaches must also sanitize their hands between spotting different athletes.

### Cohorts and Physical Distancing

Effective August 24, 2020, the concept of sport cohorts was introduced.

In sport, a cohort is a group of participants who primarily interact with each other over an extended period of time (i.e., a series of events).

- Cohorts must not exceed 100 people.
- Clubs must document who are members of every cohort. This will help contact tracing, if needed.
- All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.
- Cohorts must be used for activities in which it is not possible to maintain two metres physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised. All individuals who are unable to physically distance must be counted within the total cohort number including coaches, staff, volunteers, etc.).
- At least two metres distancing should be maintained between all participants when outside of the field of play (e.g. dressing rooms, hallways, etc.). If physical distancing cannot be maintained masks should be worn.
- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for activities, gatherings may not exceed 50 people (see PHO Order).
- Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
- Cohorts should remain together for an extended period of time. If changing cohorts is required, an athlete must either: 2 - maintain a minimum of 2 metres of physical distance from all sport participants for two weeks before switching into a new cohort, or; - take a two-week break between activities.
- Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with (e.g. gymnastics, soccer, baseball, etc.).
- Communication must be sent to members of cohort groups outlining behavioral expectations.
- Parents, guardians, and spectators should not be included in a cohort. They must continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where programming occurs.

In the context of gymnastics, the introduction of cohorts means that:

- Spotting is allowed (see requirements above for the coach).
- Coaches can stand next to athletes for safety (under the bar(s), next to the beam, etc.)
- A small group of athletes can work at the same station.
- Athletes can have stretching/conditioning partners.

However, it is important to note that two metres of physical distance must be maintained unless an activity has been deemed fundamental and it is not possible to maintain physical distancing while doing so. For example:

- A group of athletes must not sit within two metres of each other when on their break or resting.
- Athletes at the end of the vault, DMT runway, or starting area for tumbling must not stand close together while they wait for their turn.
- Physical distancing must still be maintained when moving from one apparatus to another. Please note: Although viaSport guidelines currently permit regional competitions, GBC's competition season is not currently underway. GBC will provide additional information later this fall, as the competition season approaches.

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

### 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 prohibited.
- ✓ Small class size ratios of 6:1 and reduced training time of 3 hours will be scheduled.

### 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.
- ✓ Larger class size ratios and increased training times will be scheduled.
- ✓ A program summary for Step 2 will be approved and posted at a later date.

### Step 3: Progressively Loosen – Effective August 24, 2020

- Ability to maintain physical distancing (see Physical Distancing section that addresses cohorts and spotting requirements).
- Adherence to occupancy limit.
- Minimal sharing of equipment.
- Heightened cleaning protocols.

- Focus on expanding programming to include regular training and competition preparation.
- Expand classes to younger, less experienced participants.
- Increase ratio and training time for each group.
- In-club and regional competitions can occur, if viaSport/GBC requirements are followed (more information will be provided to GBC member clubs as our competition season approaches).

#### Step 4: The New Normal

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

## Peaks Gymnastics Safety Plan Requirements

### Facility Access

**To access Peaks Gymnastics, please complete the following steps:**

- Prior to entering the facility, ***all individuals*** (participants, parents/guardians, coaches, etc.) must fill out the Daily Screening Checklist. Any individual that does not meet the health requirements will be denied entrance to the facility. Daily checklists will be kept on file in a secured cabinet. Peaks Gymnastics staff will be collecting hard copies in the lobby, and electronic copies can be completed and submitted at [info@peaksgymnastics.com](mailto:info@peaksgymnastics.com)
- In addition, prior to participating in any programming, each individual member (parent/guardian if participant is under age 19) must complete a [Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement](#) and a [Participant Declaration of Compliance](#) form. This document acts as each participant's commitment to comply with club requirements.
- Parents must ensure that their children arrive dressed appropriately for class.
- Please line up outside the front door of the facility, maintaining a physical distance of 2m between yourself and others by standing at marked areas (i.e., pylons).
- Parents/guardians will be instructed to drop off and pick up their children ***on time*** without coming into the gym, if possible.
- Parents/guardians will be instructed to tell their children to follow instructions of all Peaks Gymnastics staff when entering and exiting the facility.
- When classes are completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time.
- At the end of class, participants must leave immediately and must not congregate in groups when they get picked up.
- Members will be asked to register and pay for all programming through our website: [www.peaksgymnastics.com](http://www.peaksgymnastics.com) by email: [info@peaksgymnastics.com](mailto:info@peaksgymnastics.com) or by calling 250-270-0273

### Facility Operations



- Peaks Gymnastics maximum occupancy (during Step 2) is: 20  
Maximum Occupancy for the Office is: 2
  - Maximum Occupancy for the main gym is: 20
    - Signs indicating these occupancy limits are posted clearly in each space.
- We have marked pathways inside the gym using tape
- Shared items (e.g., iPads) that can be disinfected between users are permitted. Avoid bringing unnecessary shared items to the gym.
- Unusable areas of the gym have closed areas of the gym until further notice.
- Participants will be required to bring their own supplies (e.g., yoga mat, spray bottle, straps) in a bag that will stay with them during the class.
- GBC member clubs are responsible for collecting contact tracing information, but are not required to share this information with facility owners or operators. All GBC member clubs must have access to contact tracing information for their programming including the first and last names and telephone numbers or email addresses of all participants (and other individuals in the member club facility) for a duration of 30 days after each individual attends the facility.
- All socializing by participants, parents, and guardians before, during, and after programming should be eliminated. Social activities have been proven to increase the transmission of COVID-19.
- No travel is allowed at this time outside of your local communities for sport participation. This means that individual members are able to attend training at their home club even if their residence is in a neighbouring municipality or health region.
- Access facility traffic flow to ensure that three meters physical distancing is maintained at all times.
- Everyone inside the facility must maintain a minimum of three meters separation at all times.
- Place three meter physical distancing markers outside and where needed inside the facility.

## Cleaning

### Peaks Gymnastics 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 the office.
- 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.
- 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 (cloth-like surfaces, foam pits, etc.) will not be used until an appropriate cleaning process has been identified.
- Communal gym tools (e.g., gym phone) 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

Peaks Gymnastic will inform members of the new protocols via email and a mandatory virtual parents meeting 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 1)
  - 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 or telephone
  - Peaks Gymnastic 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 Alyssa Chaykowski 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 Peaks Gymnastics will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff should contact their supervisor if have questions or concerns as they return to their roles.

## Screening

- Prior to entering the facility, all individuals must complete a Daily Screening Checklist (see Appendix 2) in hard-copy. The club must retain documentation of the screening process. As participants and parents enter the facility, everyone must respect the process to ensure that it is completed smoothly and efficiently.
- Individuals must stay home if they are unwell or if someone in their household is sick. They must also stay home if they have knowingly been exposed to someone who has tested positive for COVID-19 recently (Refer to Illness Policy, Appendix 1).
- Do not allow individuals to 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.

### Tips

- If an individual experiences seasonal allergies (or other flu like symptoms), they should get a doctor's note explaining their symptoms before entering the gym.
- Immuno-compromised (high-risk) individuals should consult a medical practitioner before returning to the gym.
- A club may choose to add temperature checks as part of their COVID-19 Safety Plan

## Personal Hygiene

- Peaks Gymnastics will provide hand-washing and/or sanitizing stations at the main entrance and throughout the gym.
- Peaks Gymnastics has determined that a coach will be implemented to ensure the athlete's hands are sanitized before they enter the gym.
- Hand-washing or sanitizing will be required upon entering the facility, after using the washroom, and between apparatus changes.
- All participants should arrive dressed for their class and only bring what they need in a marked bag (e.g. chalk, grips, full water bottle, hand sanitizer, yoga mat, socks, gloves, tape, etc.).
- Sharing of personal items including (but not limited to) food and beverages (e.g. water bottles) is forbidden.
- Use of masks is not required while training but will be used if physical distance must be broken for emergency reasons.
- All individuals must wear masks in all indoor public spaces (gymnastics clubs are included). It is recommended, but not required, that children under the age of 12 wear masks indoors. Participants are not required to wear masks during physical activity. Please review the Government of BC website for more information about mask use.

## Cohorts and Physical Distancing

- Everyone inside the facility must maintain a minimum of two metres apart at all times. If physically distancing cannot be maintained, masks must be worn (e.g., at entrance/exit of building).
- Coaching for all programs must be performed hands-free (no spotting). However, if a participant's safety is at risk, the coach should not hesitate to spot. Additionally, coaches must wear masks when spotting an athlete for safety.
- Any programming that is not supervised or is unstructured should be cancelled for the next 14 days. For clarity, no casual, drop in, or birthday party programming is allowed.
- If the occupancy during scheduled activities is such that participants are unable to physically distance, classes may need to be cancelled, rescheduled, or groups may need to be split differently.
- Training groups should remain consistent for seasonal programming periods (including cohorts, where applicable).
- No spectators are allowed for indoor activities at this time.
- No travel is allowed at this time outside of your local communities.
- No competitions are allowed at this time.

## Scheduling of Activities

- Peaks Gymnastics 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.

## Injury Protocol

### Requirements

- 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.
- Peaks Gymnastics will have personal protective equipment (PPE) on hand (gloves, masks), stored separately from first-aid kits in case of emergency.
- Peaks Gymnastics will maintain a well-stocked first aid kit in case of emergency.

## Illness Policy

- Peaks Gymnastics Illness Policy is provided in Appendix 1.

## Outbreak Response

Peaks Gymnastics 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, Alyssa Chaykowski will be the main point of contact for all parties. Alyssa Chaykowski 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, Alyssa Chaykowski (250-270-0273) will implement enhanced cleaning measures to reduce risk of transmission.
3. Alyssa Chaykowski will implement the illness policy (see Appendix 1) 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, Alyssa Chaykowski 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 Alyssa Chaykowski 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.

Peaks Gymnastics will post the following posters in visible spaces at our facility:

- [Hand-washing poster \(more detailed\)](#)
- [Physical distancing \(At entrance and in other spaces\)](#)
- [Entry check for visitors \(at Entrance\)](#)
- [Occupancy limit poster \(in each applicable space\)](#)
- [Cover coughs and sneezes](#)
- [Got Symptoms?](#)
- [Germy-Handed!](#)
- [Welcome Home!](#)

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: Peaks Gymnastics 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.



## Appendix 2: Daily Screening Checklist

### Peaks Gymnastics Daily Screening Checklist

Must be completed daily by anyone entering the facility.

<b>Today's Date:</b>	
<b>Participant Name:</b>	

1.	Do you have any of the symptoms below? Please circle your answer.		
	• Fever (greater than 38°C) and/or chills	Yes	No
	• Coughing	Yes	No
	• Sneezing (not related to allergies)	Yes	No
	• Stuffy and/or runny nose (not related to allergies)	Yes	No
	• Fatigue related to illness	Yes	No
	• Loss of appetite	Yes	No
	• Shortness of breath	Yes	No
	• Loss of sense of smell	Yes	No
	• Headache	Yes	No
	• Muscle aches related to illness*	Yes	No
	• Nausea or diarrhea	Yes	No
2.	Have you, or has anyone in your household travelled outside of Canada in the last 14 days?	Yes	No
3.	Have you, or has anyone in your household been in contact in the last 14 days with someone who is being investigated or show has a confirmed case of COVID-19?	Yes	No
4.	Are you currently being investigated as a suspect case of COVID-19?	Yes	No
5.	Have you tested positive for COVID-19 in the last 10 days?	Yes	No

<b>Participant or Parent/Guardian name (if under 19):</b>	
<b>Signature:</b>	

\*Note: fatigue and muscle aches may be expected as athletes return to sport. All participants, parents/guardians or minors, and club personnel must determine the difference between this and symptoms of illness.

**GYMNASTICS B.C.**

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,  
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT  
(hereinafter the "Release Agreement")**

**BY SIGNING THIS RELEASE AGREEMENT, YOU WILL WAIVE OR GIVE UP CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE FOR NEGLIGENCE, BREACH OF CONTRACT OR BREACH OF THE OCCUPIERS LIABILITY ACT OR CLAIM COMPENSATION FOLLOWING AN ACCIDENT**

**PLEASE READ CAREFULLY!**

INITIAL

<b>Name of Participant</b>	Last		First	
<b>Parent or Guardian if participant under age 19</b>	Last		First	
<b>Address</b>	Street		City	Prov./State
	Country	Postal/Zip Code	Email	Date of Birth: Day / Month / Year
				Age

**TO: GYMNASTICS B.C. AND ALL MEMBER CLUBS** and their respective directors, officers, employees, members, participants, coaches, volunteers, agents, independent contractors, subcontractors, representatives, successors, and all owners, operators or occupiers of the facilities in which the gymnastics activities, as defined below, take place (all of whom are hereinafter collectively referred to as the "Releasees").

**DEFINITIONS**

In this Release Agreement, the term "gymnastics activities" shall include all orientation, training, instruction, supervision, competitions, programs, services, and use of facilities and equipment which are organized, provided, controlled or conducted by the Releasees.

**ASSUMPTION OF RISKS** – Gymnastics activities involve various risks, dangers and hazards, which can result in serious injuries or death. These risks, dangers and hazards are reviewed in detail in the Gymnastics B.C. website at: <https://qymbc.org/safety-and-risk-management/>. Please take the time to learn about the risks, dangers and hazards of participating in gymnastics activities by carefully reviewing the Health and Safety, Assumption of Risks, and Risk Management sections of the Gymnastics B.C. website. Exposure to infectious disease including COVID-19 is one of the risks of participating in gymnastics activities. Specific information regarding the response of Gymnastics B.C. and member clubs to the COVID-19 pandemic is found in the Public Health section of the website. If you are a parent or guardian of a participant under the age of 19, please educate your child on these risks, dangers and hazards before completing this form. All participants in gymnastics activities are required to assume all such risks, dangers and hazards and all injuries resulting therefrom.

I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH GYMNASTIC ACTIVITIES AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.

**RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT (applies to person 19 years of age and older)**

In consideration of **THE RELEASEES** allowing me to participate in gymnastics activities, I hereby agree as follows:

- TO WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against **THE RELEASEES** and **TO RELEASE THE RELEASEES** from any and all liability for any loss, damage, expense or injury including death that I may suffer or that my next of kin may suffer as a result of my participation in gymnastics activities, DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE *OCCUPIERS LIABILITY ACT*, R.S.B.C. 1996, c. 337, ON THE PART OF THE RELEASEES. I UNDERSTAND THAT NEGLIGENCE INCLUDES FAILURE ON THE PART OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM OR WARN ME OF THE RISKS, DANGERS AND HAZARDS OF PARTICIPATING IN GYMNASTICS ACTIVITIES;
- TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any property damage or personal injury to any third party resulting from my participation in gymnastics activities;
- This Release Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;
- This Release Agreement and any rights, duties and obligations as between the parties to this Release Agreement shall be governed by and interpreted solely in accordance with the laws of British Columbia and no other jurisdiction; and
- Any litigation involving the parties to this Release Agreement shall be brought solely within British Columbia and shall be within the exclusive jurisdiction of the Courts of British Columbia.

In entering into this Release Agreement I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of gymnastics activities, other than what is set forth in this Release Agreement.

**I CONFIRM THAT I HAVE READ AND UNDERSTAND THIS RELEASE AGREEMENT AND I AM AWARE THAT BY SIGNING THIS RELEASE AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.**

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_

Signature of Witness	Signature of Participant
Please Print Name	Please Print Name
	Signature of parent or guardian if participant is under age 19

## Peaks Gymnastics and Gymnastics BC

### Participant Declaration of Compliance - COVID-19

Name of participant:	
Parent or Guardian if the participant is under age 19:	
Email:	
Telephone:	

**Attention:** All participants entering the facility must comply with this declaration.

By signing this document, I agree to follow club staff directives, and engage with all club requirements in Peaks Gymnastics' COVID-19 Safety Plan. Additionally, I hereby acknowledge and agree to respect the following information outlined in this document:

#### 1) Sickness

- a) I will stay home if I am unwell, or if someone in my household is unwell, or is displaying the following symptoms:
  - i) Fever and chills
  - ii) Cough
  - iii) Shortness of breath
  - iv) Sore throat and painful swallowing
  - v) Stuffy or runny nose
  - vi) Loss of sense of smell
  - vii) Headache
  - viii) Fatigue, etc.
- b) I confirm that I have not knowingly been in contact with a person that has a confirmed or suspected case of COVID-19.
- c) I agree to complete a routine daily screening process prior to entering my club.
- d) I confirm that I have not travelled outside of Canada in the last 14 days. Additionally, I confirm that I have not been knowingly exposed to someone who has travelled outside of Canada in the last 14 days.
- e) I acknowledge there are inherent risks associated with participating in activities. By attending club activities, I understand and assume all risks

associated with potential exposure of COVID-19.

**2) Personal hygiene:**

- a) I agree to follow all personal hygiene requirements set out by my club, including but not limited to: frequent hand-washing and sanitizing, coughing and sneezing into my sleeve, etc.

**3) Physical distancing**

- a) I agree to practice safe social interactions, by maintaining a minimum distance of two meters between myself and others.

**4) Environmental hygiene**

- a) I agree to adhere to all club cleaning requirements.

**5) Physical modifications**

- a) I understand that equipment may be moved in order to facilitate safe social interactions and physical distancing.

Additionally, I understand and agree that if I do not adhere to the requirements set out by my club, I may be asked to leave the club activity in order to protect the health and safety of all involved.

This Participant Declaration of Compliance will remain in effect until GBC determines it is no longer required, based on viaSport, PHO, and WorkSafeBC requirements.

I also confirm that I have signed (Parent or Guardian if participant is under age 19) the Release of liability, waiver of claims, assumption of risks and indemnity agreement.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Participant

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent/Guardian if participant under age 19