



RICHMOND GYMNASTICS ASSOCIATION COVID-19 Safety Plan

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

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This COVID-19 Safety Plan for Richmond Gymnastics Association has been approved by the Association's Board of Directors on June 12, 2020. This COVID-19 Safety Plan has been updated multiple times since the original publication date and the changes have been integrated in the document and are listed below.

Jan 7, 2022 updates - Vaccine card mandates in place; masks required aged 5+; enhanced cleaning/sanitization protocols

December 2, 2020 updates – Phase 2 viaSport - New requirements in effect indefinitely. Elimination of social interaction - physical distancing - suspension of group adult programming – no spectators

November 7, 2020 updates Screening Requirements - Cohorts and Physical Distancing - Scheduling of Activities

October 28, 2020 updates daily screening, illness policy

September 3, 2020 updates Spotting, cohorts and physical distancing

July 27, 2020 updates exceptions to essential health care workers and their immediate family members

For the purposes of this document, the association's name 'Richmond Gymnastics Association' and its acronym 'RGA' has been used interchangeably.



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

Overall, RGA’s reopening and continuity plan is aimed towards:

- Protecting the health and safety of all members including athletes, coaches and staff
- Following the guidelines set out by GymnasticsBC, relevant governing authorities, be it sport, provincial or local bodies including but not limited to Provincial Health Authorities, WorkSafeBC, City of Richmond
- Providing a safe return to participation in the sport of gymnastics while setting a new playing field and keeping in mind the physical levels, and the emotional and training needs of all participants



Steps that RGA will take to Return to the Play (training)

Step 1: Starting Activities

Low-risk activities will 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.
- ✓ Training groups scheduled with experienced athletes with smaller class size and reduced training hours.

START DATE: June 18, 2020

Step 2: Expanding Activities (July onwards) when safely able to 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 developing of physical abilities further and improving basics. Spotting is prohibited.
- ✓ Slight, progressive increase in number of classes, sizes and training times.

Step 3: Progressively Loosen – Effective August 24, 2020

- ✓ Ability to maintain physical distancing.
- ✓ 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 (see Section 3.4 of GBC's Coaching Education Operations Manual) 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



A. FACILITY ACCESS

- **Drop off** will be available at the main entrance which is facing River Road.
- Participants are to use 'automatic door button' to enter the foyer using the main front door of the facility by maintaining a physical distance of 2metres between themselves and others by using the tape markings on the floor as reference. **Physical distance of 3metres to be maintained at all times.**
- All participants will exit the building using the main entrance and must not congregate in groups when they get picked up. To facilitate this, we have placed notices and marking on walls to facilitate easy movement through the hallway. **All socializing by participants, parents, and guardians before, during, and after programming will be eliminated.**
- Parents/guardians will be instructed to drop off their child at the facility no more than 5 minutes before start of class. **No spectators are allowed for indoor activities at this time.**
- Parents/guardians will be instructed to tell their children to follow instructions of all RGA staff when entering and exiting the facility.
- Change lockers have been closed until further notice.

SCREENING

- Vaccine Cards are required by spectators (12+) to observe sport activities. Two doses are required.
- Vaccine Cards are required by adult participants (22+) to participate in sport activities. Two doses are required.
- **Prior to entering the facility of training (through the internal doors, next to Richmond Rod and Gun Club(RRGC) entrance) all individuals, be it staff, visitors, parents or participants, need to review the Mandatory Daily Screening Checklist (Appendix I) to ensure they are healthy. It is the responsibility of parents/guardians to review the checklist with their minor children. If anybody's answer is YES to any of the questions, they are asked NOT to come to the facility/training. If participants are healthy, they will line up physically distanced in the foyer, sanitize their hands upon entry to the facility (through the internal doors) and allow the coach to take attendance and ask Health Wellness questions. Exceptions may apply towards Members and/family of Members who are categorized as 'Essential Workers'. Proof may be required, upon request.**
- Individuals must stay home if they are unwell or if someone in their household is sick, even if the symptoms are mild. They must also stay home if they have knowingly been exposed to someone who is sick (Refer to *Illness Policy - Appendix II*).
- Immuno-compromised (high-risk) individuals should consult a medical practitioner before returning to the gym. Medical approvals must be submitted to the office upon request should such a case come to view and assessment is made.
- If a participant experiences seasonal allergy, please declare/advise and you may be required to get a doctor's note explaining symptoms before entering the facility. (Refer to *Appendix III Part A*)
- Richmond Gymnastics Association has a zero tolerance policy for 'playing while sick'.
- **Continued strict adherence to daily screening procedures. As participants enter the facility, everyone must respect the process to ensure that it is completed smoothly and efficiently.**
- When classes are completed, all participants and their parents (if within facility) must leave promptly. Parents will be reminded to pick up their children **on time** from the foyer so that participants do not congregate.
- Members will be asked to register and pay for all programming through our website, which will be posted [here](#). If the website is not accessible for members, members can call Puneet Bains at 604-278-3614 or email admin@richmondgymnastics.com
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B. FACILITY OPERATIONS

- There are no limits for gathering sizes or spectators at gatherings and events as of February 17, 2022. However, the Association reserves the right to limit the number of spectators in the parent viewing area at any given time.
- RGA maximum occupancy (during Steps 1 and 2) at any given time is: **93(different spaces)**
 - Maximum Occupancy for the foyer is: 12
 - Maximum Occupancy for the bathroom is: 14 (2 bathrooms)
 - Maximum Occupancy for the office is: 3
 - Maximum Occupancy for the main gym is: **50**
 - Maximum Occupancy for viewing area: 8
 - Maximum Occupancy for the kitchen/meeting room is: 5
 - Maximum Occupancy in hallway: 1
 - [Signs indicating these occupancy limits](#) are posted clearly in each space.
- We have marked pathways inside the gym using arrows, cones, and large signage.
- Shared items (e.g., iPads) that can be disinfected between users will be permitted. Participants will be advised to avoid bringing unnecessary shared items to the gym.
- Unusable areas of the gym have been closed until further notice.
- We have indicated with signage what seats are unusable in the spectator area until further notice.
- The foam pit usage will be reduced until further notice. The foam pit has been reconfigured with mats so the space can be used as a landing zone for the high bar.
- The training floor has been marked with directions/spots where athletes can warm up/conduct activities in a physically distant manner.

C. CLEANING (facility, training space/equipment)

Richmond Gymnastics Association's 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 enhanced cleaning protocols that will be recorded in cleaning log. The cleaning log will be available for viewing at 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 - atleast once before, during, and after training. Washrooms will be disinfected twice a day on the day classes are scheduled. This is in addition to the regularly scheduled cleaning.
- 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 sliders, weights 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.

D. COMMUNICATION

- Richmond Gymnastics Association will inform members of the new protocols and the Safety Plan before their first visit to the gym to foster confidence in the RGA's commitment to keep everyone safe.
- Any parent concerns, questions, and communication will be addressed via email or telephone.
- Richmond Gymnastics Association has posted various resources and posters provided by the BC Centre for Disease Control (CDC), WorkSafeBC and GBC in its facility, at the entrance, and in prominent places throughout the gym.
 - [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](#)

- Puneet Bains, tel no. 604-278-3614 is 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 GymnasticsBC's insurance policies. Prior to participating in any programming, **all participants, parents/guardians, and Association personnel** must complete GymnasticsBC Risk Management forms (*Appendix III*)

E. STAFF TRAINING

- Formal and ongoing staff training at Richmond Gymnastics Association has been provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff has been educated on the safety measures that will need to be taken and the use of PPE should they need to approach or attend to a participant in the event of an injury or any other important task.
- Staff should contact their supervisor if they have questions or concerns as they return to their roles.

F. PERSONAL HYGIENE (of all participants, members, staff and visitors)

- All participants, staff and visitors will need to review the Mandatory Daily Screening Checklist (*Appendix I*) to ensure they are healthy. Everybody will be reminded of these Health Wellness Checks upon entry to the gym and between training.
- Richmond Gymnastics Association has provided sanitizing stations at entry to the training facility and at entry to the gym floor.
- 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 (*Refer to Section I-participant expectations*).
- Use of masks: Individuals can use masks/gloves while entering the facility or may choose to wear masks at any time, at their discretion. **Revised to: All athletes while entering, waiting for class to commence, and while leaving must wear a mask.** However, for safety reasons, athletes cannot/ will not be required to wear a mask during activities. Masks must be worn in any situation where physical distancing of two meters is not possible.
- **All individuals(exception of athletes) within the facility must wear a mask at all times.** All individuals over the age of 5 years must wear a mask at all times when within the facility, except when in the field of play.

G. COHORTS AND PHYSICAL DISTANCING

- **Everyone who enters Richmond Gymnastics Association must maintain a distance of minimum two metres three metres apart at all times.**
- **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.**
- **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 all programming incl. seasonal programming periods (including cohorts, where applicable).**
- **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.**
- **Coaches are permitted to spot athletes who are within their cohort. Coaches must wear masks and must sanitise hands between spotting different athletes.**
- **Richmond Gymnastics Association may use the outdoor space, the park/open space opposite RGA's main entrance, across River Road(towards the West)for conditioning and any other safe activities assuming physical distancing requirements and cleaning requirements can be maintained.**
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 oeriod of time (eg: 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:
 - 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.
 - 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.
 - Acro athletes can train hand-to-hand with their consistent 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.

H. SCHEDULING OF ACTIVITIES

- Richmond Gymnastics Association 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 to comply with regulations at different stages of reopening.
- We are working with smaller groups and the classes are scheduled in such a way that the occupancy limit is adhered to at any given time.
- Drop-in classes are cancelled until further notice.
- Detailed attendance and membership tracking will be taken and kept on file.
- Any programming that is not supervised or is unstructured should be cancelled. For clarity, no casual, drop in, or birthday party programming is allowed.
- 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 will continue as long as parents/guardians/aids wear masks and maintain three meters of separation from all participants other than their child.

I. PARTICIPANT/PARENT/GUARDIAN EXPECTATIONS

- Do not come to the facility if you or a member of your household have symptoms (fever, cough, sore throat, difficulties breathing) OR recent onset of fever and cough.
- Please do not visit the facility or attend training if you or anyone in your household has travelled outside of Canada in the last 14 days or have been in contact with someone who has COVID-19.
- Arrive no more than five minutes before your class starts.
- Always maintain physical distancing of 2m while entering facility and while training so that you are mindful of your team mates.
- Viewing of classes by parent/guardian is not permitted to ensure that we always maintain an occupancy limit of 50 or less at the facility. One parent/guardian of an athlete may be allowed to enter the facility on a per-case basis to assist their child if absolutely necessary. Please contact the office in order to get this facilitated.
- All participants will need to review the Mandatory Daily Screening Checklist (*Appendix I*) to ensure they are healthy. Coaches will also be conducting Health Wellness Checks with all participants upon entry.
- If a participant experiences seasonal allergy, please declare/advise and you may be required to get a doctor's note explaining symptoms before entering the facility. (*Please refer to Appendix III Section A*)
- Richmond Gymnastics Association has provided sanitizing stations at entry to the training facility and at entry to the gym floor.
- Hand-washing or sanitizing will be required upon entering the facility, after using the washroom, and between apparatus changes.
- Participants will be required to bring all their items that they need for training in a bag **and** take it back home and cleaned after every training. RGA will not be cleaning, safeguarding or be responsible for any items left behind.
 - The bag can be a sling bag or a small box, whatever is convenient for the athlete to carry on their own.
 - Areas have been marked in the facility where participants will be allowed to park their items.
 - Please make sure that the bag/box is clearly marked with your name.
 - Personal items that each participant will be responsible to bring to training for their own use: socks (non-slip preferable since some activities may require the participant to wear socks), gloves (thin, cotton/knit gloves), grips, water bottle, sport tape, band-aids, packet of tissues, sanitizer.
 - Big plastic freezer bag or small box for chalk. Participants who will be required to use chalk on bars will be given their own block of chalk to use with instruction for use and safekeeping.
 - Participants will be advised of any other tools required for training as needed such as yoga mats etc once training progresses.
- All participants should have their long hair neatly tied back. Long hair in a braid and shorter hair in a braid or ponytail. Please have extra hair ties in the bag since RGA will not be providing any.
- Sharing of personal items, including but not limited to, food and beverages (e.g. water bottles) is forbidden.
- Participants are not allowed to wear any jewelry while training or carry any valuables since no responsibility will be taken at the facility of items.
- Individuals can use masks/gloves while entering the facility or may choose to wear masks at any time, at their discretion. However, for safety reasons, athletes cannot/ will not be required to wear a mask during activities. Masks must be worn in any situation where physical distancing of two meters is not possible.
- Used masks/gloves should be placed in a separate bag by the user and left with personal items. The user is responsible for proper safekeeping and disposal of their own masks.

It is expected that all participants in all programs are always attentive and follow directions from their coaches. Please note that participants are subject to removal from activities/facility use should they fail to comply with outlined protocols.



PLEASE NOTE: Insurance claims related to the transmission of COVID-19 will not be covered by GymnasticsBC's insurance policies. Prior to participating in any programming, all participants, parents/guardians, and Association personnel must complete GymnasticsBC Risk Management forms (Appendix III)

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

K. ILLNESS POLICY

- Richmond Gymnastics Association Illness Policy is provided in Appendix II.

L. OUTBREAK RESPONSE

Richmond Gymnastics Association 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, Puneet Bains, tel no. 604-278-3614 will be the main point of contact for all parties. Puneet Bains has the authority to modify, restrict, postpone or cancel any or all association 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, Puneet Bains, will implement enhanced cleaning measures to reduce risk of transmission.
3. Puneet Bains will implement the illness policy (see Appendix II) 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. 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, Puneet Bains will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at the local health authority.

If Puneet Bains is contacted by a medical health officer in the course of contact tracing, all individuals associated with the Association will be advised and expected to cooperate with the local health authorities.



Appendix I: Mandatory Daily Screening Checklist (Health Wellness Check)

This checklist may be updated as the situation progresses over the next weeks and months.

Before entering the facility, please ask yourself the following:

1. Do you have any of the following symptoms:
 - a. Fever(greater than 38.0 deg C) and /or chills
 - b. Coughing
 - c. Sneezing
 - d. Sore throat and /or painful swallowing
 - e. Stuffy and /or runny nose
 - f. Fatigue related to illness*
 - g. Loss of appetite
 - h. Loss of sense of smell
 - i. Headache
 - j. Muscle aches related to illness*
 - k. Nausea or diarrhea
2. Does anyone in your household have any of the above symptoms?
3. Have you or anyone in your household travelled outside of Canada within the last 14 days?
4. Have you, or has anyone in your household, in the last 14 days, been in contact with someone who is being investigated or who has a confirmed case of COVID-19?
5. Are you or anyone in your household currently being investigated as a suspect case of COVID-19?
6. Have you or anyone in your household tested positive for COVID-19 within the last 10 days?

Answering YES to any of the above questions will prevent you from entering the facility with immediate effect. Please contact your local health authority for more directions.

If you suffer from any allergies that may display any of the above symptoms, please provide details of the allergy in "Participation Declaration of Compliance' Appendix III Part A.

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



Appendix II: 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, nausea or diarrhea.

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. RGA will report and follow directions of health officials.
- b. 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. RGA will follow directions of public health officials.

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. RGA will follow directions of public health officials.

7. Quarantine or Self-Isolate if:

- a. You have travelled outside of Canada within the last 14 days.
- b. You have come into close contact with someone who has tested positive for COVID-19.
- c. You have been advised to do so by health officials



Appendix III: GymnasticsBC Risk Management forms

Richmond Gymnastics Association and GymnasticsBC

A. Participant Declaration of Compliance - COVID-19 (one form per child)

Name of participant:	
Name of 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 Richmond Gymnastics Association's 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,
 - ii. Chills,
 - iii. Cough,
 - iv. Shortness of breath,
 - v. Sore throat and painful swallowing,
 - vi. Stuffy or runny nose,
 - vii. Loss of sense of smell,
 - viii. Headache,
 - ix. Muscle aches,
 - x. Fatigue,
 - xi. Loss of appetite,
 - xii. Nausea or diarrhea
- 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 Richmond Gymnastics Association.
- 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 gymnastics 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 Richmond Gymnastics Association, including but not limited to: frequent hand-washing and sanitizing, coughing and sneezing into my sleeve, etc.

3. Allergies:

I/or my child (participant) suffers from the following allergy/ies: (please provide details)

The symptoms are:

I agree that I will provide a doctor's note if requested by RGA regarding the allergies/symptoms. I understand that it is for the safety and wellbeing of everybody at the facility.

4. Physical distancing

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

5. Environmental hygiene

I agree to adhere to all Richmond Gymnastics Association's cleaning requirements.

6. Physical modifications

- b) 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 Richmond Gymnastics Association, 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 or guardian if participant is under age 19)

B. Release of liability, waiver of claims, assumption of risks and indemnity agreement



<https://gymbc.org/public/uploads/release.pdf>