



Indoor Training Protocols

November 17th 2022

Competitive Programs

Version 6.0

Our Mission

To foster enthusiasm for gymnastics while building foundations for sport and life

Our Vision

To be the go to organization for sports excellence and innovation in Canadian gymnastics

Our Values

Quality, Safety, Integrity

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Overview

The Ottawa Gymnastics Centre (OGC) would like to take this opportunity to thank all our members, staff and community for their continued support as we navigate through the COVID-19 pandemic. The health and safety of our participants has been, and will continue to be, our number one priority in every decision we make.

The OGC will do everything we can to meet and exceed provincial, federal and our sport's governing bodies policies and guidelines to create the optimum environment for everyone to safely participate in our gymnastics programs. We will constantly evaluate our protocols and adjust it to reflect all of the above.

The following document outlines the protocols for indoor training as of **November 17th 2022**. All participants will be required to abide by these procedures should they wish to partake in any program. Anyone not willing to follow the protocols outlined in this document must refrain from participation at this time.

Entering and Exiting the Facility

- Participants are expected to arrive 5 minutes prior to their scheduled training. Parents/caregivers must wait until their athlete has entered the building before leaving the premises. Parents/caregivers are expected to arrive 10 minutes before the end of their athlete's training session and should be waiting in the parking lot for pick up (staff will not be supervising athletes once they have exited the facility).
- Each participant will be required to self screen from home/school prior to entering the facility for training. The following link from Ottawa public health (now redirected to Ontario covid-19 website) is to be used for their self assessment, <https://covid-19.ontario.ca/school-screening/vaccinated>.
- Ottawa Public Health (OPH) recommends that individuals should wear masks in indoor settings, particularly in situations where physical distancing may be difficult or impossible (i.e. during peak training times at the facility). If an athlete comes to training and presents with visible signs of illness, such as a continuous runny nose and/or a persistent cough, or complains of any illness over the course of their training, they will be asked to go home, and/or, to put on a mask. For additional info please refer to the OPH website, <https://www.ottawapublichealth.ca/en/public-health-topics/masks.aspx>
- Parents/family members or caregivers will be permitted to stay for training on a designated day as determined by the program manager (coaches will inform families of their designated day as well as the number or parents/caregivers permitted at a time)
- Chalk and tape - Both will be available during class time (purchases will be billed to your account for payment at a later date).

Protocols for Participants

- Athletes attending training are required to follow the protocols outlined in this document at all times. Protocols will be updated and adjusted as needed and any changes will be communicated to all members.
- Anyone who begins to feel unwell during training must notify their coach immediately.
- Hand sanitization and washing must be done regularly and as requested by the coach/staff.
- Water fountains will not be in use and athletes need to come with a full water bottle (the water bottle filling station will be accessible if a refill is needed, hands must be sanitized before and after using the station).
- Recommended that athletes bring a place mat, or large cloth napkin/dish towel for snack time where applicable.
- Management of participants with expected COVID19 – Appendix A

Appendix A

Management of Participants with Suspected COVID -19

- Symptomatic participants must immediately be separated from others in a supervised area until they can go home.
- Anyone who is providing care to a symptomatic participant should maintain physical distancing when possible and ensure both them and the participant are masked at all times.
- Parents/guardians will be notified that their child is ill and/or exhibiting COVID symptoms and request they be picked up immediately.
- The next steps for the participant will be determined by Ottawa Public Health. Please visit their website for isolation protocols, screening tools and additional guidelines to follow moving forward, <https://www.ottawapublichealth.ca/en/public-health-topics/novel-coronavirus.aspx?mid=32064>

Appendix B

Guidelines on Masks (on and off)



Safely putting on and taking off a mask*

When you wear a mask, be sure to:

PUTTING ON

- Wash your hands before
- Place mask on your face so it securely covers your nose, mouth, and chin (no gaps)
- If applicable, pleats on outer side are facing down
- If applicable, pinch metal strip over nose
- Do not touch the mask or your face while using it
- Do not leave it on your neck, forehead, or hanging from your ear

- Change your mask as soon as it gets damp or dirty
- Wash your hands before removing
- Remove it without touching the side that faces outwards
- Put the mask directly into the washing machine or a plastic bag for cleaning
- Wash your hands and clean any surface the mask touched

TAKING OFF

*A mask can be cloth (non-medical), disposable or medical.

15/07/2020

[OttawaPublicHealth.ca/Masks](https://ottawapublichealth.ca/masks)

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Appendix C

Hand Washing and Sanitizing Guide

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Ottawa's health is in your hands

La santé d'Ottawa est entre vos mains

Proper hand washing helps prevent the spread of germs!
Bien se laver les mains aide à prévenir la propagation des germes!

- 1** Wet hands
Mouillez-vous les mains
- 2** Use liquid soap
Utilisez du savon liquide
- 3** Lather and rub for at least 15 seconds
Savonnez et frottez pendant au moins 15 secondes
- 4** Rinse hands
Rincez-vous les mains
- 5** Towel or air dry hands
Séchez vos mains avec une serviette ou un séchoir
- 6** Turn off taps with towel or your sleeve
Fermez le robinet avec une serviette ou votre manche

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Ottawa's health is in your hands

La santé d'Ottawa est entre vos mains

Proper hand sanitizing helps prevent the spread of germs!
Bien se désinfecter les mains aide à prévenir la propagation des germes!

- 1** Place a quarter-size drop of alcohol-based hand sanitizer in your palm
Versez du gel désinfectant à base d'alcool de la grosseur d'un vingt-cinq sous dans votre paume
- 2** Rub hands together; palm to palm
Frottez vos mains, paume contre paume
- 3** Rub back of each hand with palm and fingers of the other hand
Frottez le dos de chaque main avec la paume et les doigts de l'autre
- 4** Rub around each thumb
Frottez autour de chaque pouce
- 5** Rub fingertips of each hand back and forth in the other hand
Frottez le bout des doigts de chaque main dans la paume de l'autre
- 6** Rub until your hands are dry (at least 15 seconds)
Frottez jusqu'à ce que vos mains soient sèches (au moins 15 secondes)

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Appendix D

Cough Etiquette



Cover Your Cough



1. Cover your mouth and nose when you cough, sneeze or blow your nose.



2. Put used tissue in the garbage.



3. If you don't have a tissue, cough or sneeze into your sleeve, not in your hands.



4. Clean your hands with soap and water or hand sanitizer (minimum 70% alcohol-based).


Stop the Spread of Germs

Always Cover Your Cough

- Covering your cough or sneeze can stop the spread of germs
- If you don't have a tissue, cough or sneeze into your sleeve
- Keep your distance (more than 2 metres/6 feet) from people who are coughing or sneezing

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