



# Ottawa Gymnastics Centre

## COVID-19 Return to Gymnastics Plan

### 2021-2022 Recreational Programming

The following document outlines the Ottawa Gymnastics Centre's - Return to Gymnastics Plan as well as our associated protocols and management strategies. 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 will not be allowed to participate in any OGC programs.

### Entering the Facility

- Each participant will be required to self-screen prior to entering the facility for training. The following link from Ottawa Public Health (OPH) is to be used for the self-assessment:  
<https://secureforms.ottawapublichealth.ca/School-Health-Sante-scolaire/COVID-19-Screening-Tool-for-Students>
- Anyone feeling unwell, experiencing signs or symptoms of Covid-19, or who have been in contact with anyone who is unwell or showing signs of COVID-19 **MUST STAY HOME**
- Wearing a mask is not mandatory, however, the OGC recommends and encourages all participants to wear a mask
  - Anyone returning from outside of the country **must** wear a mask for 14 days, as outlined by the federal government:  
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/fully-vaccinated-travellers-without-covid-19-symptoms-returning-canada.html>
- Participants should arrive approximately 10 minutes prior to their scheduled class time
- The facility will be locked until staff are ready to welcome participants in
- No parents/family members or caregivers will be permitted into the facility unless they are accompanying a child who is 3 years old or younger
  - Only 1 parent/guardian per child (3 years and under) will be allowed to accompany program participants
- Parents/guardians must wait until their athlete has entered the building before leaving the premises
- Participants must wait in a designated social distancing line outside the building prior to entering the facility

- All participants are expected to follow all directives and class orders outlined by OPH: <https://www.ottawapublichealth.ca/en/index.aspx>
- No access to changerooms (participants should come dressed and ready for their class)
- Upon entering the facility, each person must:
  - Sanitize their hands
  - Proceed to the next designated area as indicated by staff
  - Remain at the designated area until staff/the coach gives the next instruction

## **Class Management**

- Anyone who begins to feel unwell during the class must notify their coach immediately
- Physical distancing requirements (2 metres) must be adhered to at all times
- MUST follow all directional guidelines, both visual cues and verbal cues, while moving through the facility
  - These requirements will be outlined by coaches at the start of each class
- Hand sanitization and washing must be done regularly and as requested by the coach/staff
- Water fountains will not be in use, participants should 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
- No sharing of personal equipment or items
- Washrooms – Participants must request permission to use the washroom, one athlete per lobby washroom will be permitted at a time. The washroom will be sanitized after every use
  - Washrooms in the changerooms are not accessible at this time
- Participants must follow directions from the coach and remain with the group at all times - if this cannot be maintained, then participation will be denied and the participant will be asked to leave the gym

## **Exiting the Facility**

- Participants will exit the building through the front door under the supervision of a staff member
- Once an athlete has exited the building they are the sole responsibility of the parents/guardians
- For an unscheduled early pick-up of a participant, the parent/guardian must ring the front door bell, from there, a staff member will assist them in getting their athlete
- A social distancing line will be used upon exit
- Hand sanitizing stations will be provided for use prior to exiting the building

- Parents/guardians are expected to arrive 10 minutes before the end of the participants class and should be waiting in the parking lot of in front of the main door for pick-up

### **Management of Participants with Suspected COVID-19**

- Symptomatic participants must immediately be separated from others in a supervised area until they can go home, or leave the facility immediately if they are accompanied by a parent/guardian
- Where possible, anyone who is providing care to a symptomatic participant should maintain a distance of at least 2 meters
- If a 2-meter distance cannot be maintained from the ill participant, advice from the local public health unit will be necessary to prevent/limit virus transmission to those providing care
- Environmental cleaning/disinfection of the space and items used by the participant will be conducted following their removal from the facility.
- You will need to follow the directives of OPH:  
[www.ottawapublichealth.ca/en/index.aspx](http://www.ottawapublichealth.ca/en/index.aspx)
  - OPH will provide any further direction on testing and isolation of the participants and their contacts
- In order to return to the gym, you must be able to successfully complete the screening questions