

Titans Gymnastics & Trampoline Club - COVID-19 Re-Opening Plan

Titans Gymnastics & Trampoline Club will be re-opening following the Gymnastics Nova Scotia Re-Opening Protocols (V.6 July 31, 2020). The below plan for re-opening is in addition to those protocols.

COVID-19 Symptoms and Exposure	<ul style="list-style-type: none">• Anyone who has tested positive for the COVID-19 may not enter the facility until they have been deemed non-contagious by a medical professional.• Anyone who has been exposed, or believes they may have been exposed to the Coronavirus cannot enter the facility for 14 days, until they have a negative test result for the virus, or unless NS 811 has told them otherwise.• Anyone who has come in direct contact with someone who has tested positive for the virus may not enter the facility for 14 days, until they have a negative test result for the virus, or unless NS 811 has told them otherwise.• Anyone who exhibits symptoms of COVID-19 may not enter the facility for 14 days, until they have a negative test result for the virus, or unless NS 811 has told them otherwise.• Anyone who has had direct contact with someone who has exhibited symptoms of COVID-19 may not enter the facility, until they have a negative test result for the virus, or unless NS 811 has told them otherwise.• Appendix B of the Gymnastics Nova Scotia Document is the appropriate self-assessment tool for everyone before entering the facility, although only required for staff.• Athletes, Staff and/or Parents/Guardians who are exhibiting symptoms of COVID-19 will be required to leave the facility for the 14 day period, or until they have a negative test result for the virus.
Personal Hygiene	<ul style="list-style-type: none">• Everyone who enters the building will be required to sanitize their hands in the entryway prior to proceeding further into the facility.• All athletes must arrive to gym already changed into their training attire, and then not change out of it until they have left the facility. Change rooms will be for bathroom use only, and not for changing.• There will be additional hand sanitizing stations throughout the facility, including on the gym floor.• Athletes and coaches will be required to sanitize or wash their hands between events.• Signage for proper hand washing technique will be clearly displayed at all hand washing stations.• Water fountains will be out of service. All members are required to bring their own water bottles and to not share with others.• Athletes will not be permitted to share personal equipment such as tape, grips, wrist bands, hair elastics, trampoline slippers etc.• The use of masks will not be required for coaches or athletes, while they are participating in their class.• Masks must be worn in the public areas of the facility. This includes, the entry way and the viewing area.• The use of protective gloves is not required for staff, as the minimum physical distancing requirements must be maintained at all times.• Any staff who insist on wearing gloves, must change their gloves before and after each event.

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Physical Distancing/ Capacity	<ul style="list-style-type: none"> • The physical distancing requirements of 2 metres must be maintained between groups at all times. • There will be taped off areas within the gym, along with directional arrows to help maintain a safe flow of traffic, and distance between those training. • There will be physical distancing markers from the outside of the building, leading up to the front door. • There will be limited spotting of the athletes by coaches while the physical distancing measures are in place. • Only those with a scheduled class time may enter the facility. • Following the NS Health Authority Guidelines - <ul style="list-style-type: none"> • Groups can be no larger than 10 (including the coaches) • Groups will be separated from one another during their class/camp time (by at least 2 metres) • Anyone who does not, or cannot follow the physical distancing requirements will be asked to leave the facility.
Competitive	<ul style="list-style-type: none"> • Parents, siblings and other members of the public are not permitted to enter the facility without appointment to ensure capacity requirements are not exceeded. • Athletes may not enter the building any earlier than 5 minutes prior to their class time beginning, and must exit the facility within 5 minutes of their class time ending. • Training times and schedules will likely be adjusted to help accommodate the capacity requirements. • Each athlete must have a tupperware container or freezer bag labelled with their name on it for their personal chalk. • Each athlete must bring their own cloth gloves for use on the strap bar. • Each athlete must bring their own spray bottle if they require the use of one. • Each athlete is encouraged to bring their own personal roller if they require the use of one. • Athletes are encouraged to wear sneakers to gym every training, as we will take advantage of outdoor spaces when possible.
Recreational Classes & Summer Camps	<ul style="list-style-type: none"> • One (1) Parent/Guardian is permitted to enter the facility with the member for their the class time. • Additional family members are only permitted to enter the facility in the cases of; <ul style="list-style-type: none"> • A sibling who is waiting for their class to start while another is participating or, • A sibling who has finished their class while another is participating. • Upon entering the building on the first class/camp day, a staff member will assign each participant a specific area to drop off their belongings and wait for their coach to come get them. • Sections will be marked off in the viewing area to allow for the appropriate physical distancing requirements to be observed. • Families will be permitted to enter the facility no earlier than 5 minutes prior to their class time starting, and must exit within 5 minutes of their class time ending. • Parents/Guardians will NOT be permitted into the training area (such as physically bringing their child to their class), other than in extenuating circumstances. • Anyone who is late for class MUST walk up the stairs to the viewing area and enter the training area through the back stair case. This is to ensure all of our distancing measures can be maintained.

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Return to Training	<ul style="list-style-type: none"> • Experienced athletes and coaches will return to training first to ensure a cautious and deliberate return to gymnastics. Expanding outwards when those managing the gym deem it possible and safe to do so. • Training itself will start off slow and take into account the physical, emotional and psychological toll the pandemic has had on everyone. • Athletes may be training fewer hours and at a more basic skill level than they are used to, progressing in both as it becomes clear they, the coaches, and the facility can manage it.
Cleaning	<ul style="list-style-type: none"> • Cleaning of high touch surfaces (e.g. entrance, hand rails, bathrooms, door handles, etc) will be done regularly throughout the day. • There will be 30 minute blocks of time before and after each training session where equipment will be cleaned, sanitized and documented, using approved anti-coronavirus cleaning products. • Equipment will be cleaned after each class (if possible), with all equipment being cleaned at the end of the day. • The use of equipment with porous surfaces will be limited. <ul style="list-style-type: none"> • For example the foam pits will be covered with mats and not used at this time.
Updated Policies	<ul style="list-style-type: none"> • Some policies for Titans Gymnastics & Trampoline Club have been updated. These include: <ul style="list-style-type: none"> • Assumption of Risk, • COVID-19 Facility Declaration, • Rules Terms and Conditions. • These have been updated through the online registration system and must be accepted prior to participating in any activities.
Office and Administration	<ul style="list-style-type: none"> • The office will be CLOSED for in-person use until further notice. Any in-person payments, questions or conversations will need to be made by appointment only. This is to ensure capacity limitations are not exceeded. • The office will be open electronically regularly throughout operating hours, with staff available by phone or email. • Summer Hours will be Monday - Friday 9:30 - 4:00pm.
Moving Forward	<ul style="list-style-type: none"> • When capacity and physical distancing allowances from the NS Health Authority increase we will adjust the plan accordingly. • Updates and changes to the plan will be published and distributed as they occur.