

Polarettes and Polar Tumblers Gymnastics Club

COVID 19 RETURN TO PLAY STRATEGY

PREPARED BY: KIMBERLY JONES, EXECUTIVE DIRECTOR



Polarettes and Polar Tumblers Gymnastics Club staff and board of directors are working diligently to ensure that we can keep our members safe through the COVID-19 pandemic. The health and safety of our members and staff are of utmost importance.

Gymnastics provides a foundation for physical literacy, health, wellness, and child care to Yukoners.

The Polarettes and Polar Tumblers Gymnastics Club created the following list of public health measures to help maintain a safe and healthy environment and to minimize the risk of COVID-19 in Yukon. Enclosed is our phased strategy to return to play.

Polarettes Gymnastics Club will continue to work under the guidance of the Chief Medical Officer and Yukon Health on the additional phases of our return-to-play strategy.

This document is a working document and will be adjusted based on the recommendations of the Chief Medical Officer. Return to play may advance, or revert according to Yukon Medical Health advice.

The information in this document has been heavily influenced by the Yukon Health resource for Childcare and Daycare Operational Guidelines and modified by Polarettes Gymnastics Club staff to suit the needs of our club. This document has been formally approved by Yukon Health as of May 15th, 2020.

As of December 1st, 2020 use of face masks or face coverings has been mandated in all indoor spaces by Yukon Health.

For the original Childcare and Daycare Operational Guidelines: <https://yukon.ca/en/child-care-centre-guidelines>

Polarettes and Polar Tumblers Gymnastics Club
4061 4th Avenue, Whitehorse, YT
polarettesgymnastics@gmail.com
867-668-4794

**Polarettes Gymnastics Club
Return-to-Play Strategy**

Phases One to Three (more to come)

Phase One: Reintroduction of experienced, competitive athletes

- Tentative date: May 19th, 2020
- 6 athletes' at a group
- Experienced, competitive athletes over the age of 10 only
- Training basic gymnastics only and fitness, so coaches do not need to spot

Phase Two: Reintroduction of younger competitive athletes

- Tentative date: June 1st, 2020
- 6 athletes' at a group
- Competitive athletes over the age of 8
- Training basic gymnastics only and fitness, so coaches do not need to spot

Phase Three: Reintroduction of recreational athletes

- Tentative date: June 15th, 2020
- 6 athletes' in a group
- Recreational gymnasts over the age of 8 only & all competitive gymnasts
- Training basic gymnastics only and fitness, so coaches do not need to spot

Phase Three: Temporary Facility - Kids Camps

- Tentative Date: June 15th, 2020 in the temporary facility
- 2 coaches/6 camper' ratio
- Multiple groups of 8 (including staff) during the week at the same time, operating as camper crews
- Recreational gymnasts over the age of 6 only

- Training basic gymnastics only and fitness, so coaches do not need to spot

Phase 4: Expand Camper Ages & Group Size

- Tentative Date: July 1st, 2020 in the temporary facility
- 2 coaches/8 camper' ratio
- Multiple groups of 10 people during the week at the same time, operating as camper crews
- Recreational gymnasts over the age of 6 only
- Training basic gymnastics only and fitness, so coaches do not need to spot

Phase 5: August 15th, 2020 New Normal

- Fall programming resumes for recreational and competitive, all ages
- Multiple groups of 10 in the club with physical distancing; operating at individual units
- Birthday parties & large group rentals remain closed until we can open the foam pit
- **Updated November 28th, 2020:** Coaches may only spot if there is a safety risk
 - If spotting is absolutely necessary for safety, and the element cannot be avoided, coaches will wear masks and wash their hands before and after spotting each child
- Safe six guidelines will be in place
- Viewing is limited – Viewing area is open to a maximum of 6 people. Classes that overlap with other classes, may have closed viewing
- **Updated November 19th, 2020:** Spectators are required to wear masks in our facility when in all common areas and/or when physical distancing is difficult or impossible.
- **Updated November 19th, 2020:** Coaches are required to wear masks in our facility when in all common areas and/or when physical distancing is difficult or impossible.
- **Updated November 28th, 2020:** Participants must wear masks, if able to do so, in all common areas (bathroom, upstairs, entry, exit, office space, water fountains/bottle area, and on the equipment if not actively doing gymnastics or parkour). Members may choose to wear masks, if you choose to do so please ensure the mask is tight fitting so it doesn't slip when they play upside down.

Polarettes reserves the right to make changes as necessary for the safety and wellness of our members.

Polarettes Gymnastics Club is committed to the following strategies to help ensure the health and safety of our community:

Occupancy

Polarettes will limit athletes attending our program to groups of six to eight athletes. They may operate with multiple groups of 10, including staff, children, and parents/guardians as long as the Safe Six are being adhered to.

- Children enrolled should be in small groups of no more than six to nine children
- Teach safe spacing (physical distancing, keeping two meters of separation) and encouraging activities that encourage more distancing than usual.
- The communal water fountain will be closed; athletes will need to bring their water bottles.
- Gymnastics club can operate with multiple groups of 10, including staff, children, and parents/guardians with safe spacing and no intermingling of groups.
- Athletes are not allowed to congregate in groups larger than their grouping size.

* Limit may increase or decrease following Yukon Health guidelines.

Physical Distancing

Polarettes facility is utilizing facility safe-guard techniques, and coaching techniques to ensure physical distancing.

All Polarettes members and staff must adhere to two-meter social distancing, and all physical distancing measures suggested by the Chief Medical Officer and Yukon Health.

Yukon Health guidelines for physical distancing in the workplace: <https://yukon.ca/en/health-and-wellness/covid-19/physical-distancing-guidelines-home-and-work>

Yukon Health signage will be put in place as reminders and staff will work to ensure the recommended spacing.

Illness

Any child, staff, or parent/guardian who is sick is not permitted to enter the facility, even if the symptoms are mild. Illness symptoms to look for include but are not limited to fever, cough, shortness of breath, sore throat, or feeling unwell.

If a child develops symptoms while at the facility, please take the following actions:

Isolate the child in a separate room. If a separate room is not available at that time, keep the child at least two meters away from other children. Coaches should be mindful of hand washing and avoid contact with the child's respiratory secretions.

1. Notify the parents/guardians to come and pick up the child immediately.
2. All equipment used by the child should be immediately removed from the reach of any other athletes and sanitized right away.

The Polarettes and Polar Tumblers Gymnastics Club have identified a self-isolation room. The self-isolation room will be the main club office. The main office has been adapted as a self-isolation room with a closed door and designated space to hold a sick child or employee.

Contact YCDC at (867) 667-8323, if absenteeism is higher than the expected level (i.e.>5-10 percent), and thought to be caused by communicable disease (such as influenza or gastrointestinal illness.)

Screening

Parents/guardians need to conduct screening at home daily before bringing their child to the gymnastics facility. Please refer to the screening tool in Appendix A as guidelines.

Updated November 28th, 2020: Parents/guardians must also sign the “Participant Declaration of Compliance – COVID-19” before the start of the Winter session classes and they must sign the new “Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement”. These forms are required for participation. They can be found as Appendix B, and C.

Parents/guardians should check their children’s temperatures daily before coming to the facility.

It is Polarettes and Polar Tumblers Gymnastics Clubs' responsibility to communicate this practice to parents/guardians at the time of program enrollment or registration. The club will place visible signage (posters) at the facility as a reminder.

For reference, normal temperatures are:

- Mouth: 35.5-37.5°C (95.9-99.5°F)
- Underarm: 36.5-37.5°C (97.7-99.5°F)
- Ear (not recommended in infants): 35.8-38.0°C (96.4-100.4°F)

Staff needs to conduct daily screening; staff must screen via the self-assessment tool and report to their designated supervisor to present and discuss their assessment.

The Yukon Government Self-Assessment tool: <https://service.yukon.ca/en/covid-19-self-assessment/>

If feeling unwell, even just a little, they must stay home.

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Hand hygiene

All Polarettes and Polar Tumblers Gymnastics Club members and staff must adhere to the following hand hygiene guidelines.

Programs must engage in frequent hand washing with soap and water for at least 20 seconds. Teaching children proper handwashing should be part of the daily curriculum.

Hand washing should be frequent throughout the day and should occur at, but not limited to, the following times:

- When arriving at the facility, and before leaving.
- Before the children enter the gymnastics equipment, and after they leave
- After using the washroom.
- Before handing food of any kind (not typical, but sometimes kids snack)
- Before eating
- After getting hands dirty
- After sneezing, coughing or handling dirty tissues.
- After cleaning tasks (staff)
- After all outdoor activities

Coaches should help all children to ensure correct hand hygiene.

Hand sanitizers (alcohol-based products) may be used at the public entry space when first entering the gym during child drop off. Still, hand washing will be considered the best practice for all children.

The club will post Yukon Government posters about practicing hand hygiene and physical distancing.

Meals and food handling

While meals and food handling are not common at gymnastics, sometimes children must snack while at training or in camp environments. The Polarettes Gymnastics Club does not prepare or handle any food.

- Children and staff are required to hand wash before, and after any snack action takes place.

Infection control measures

Polarettes Gymnastics Club must follow the territorial regulations regarding cleaning, sanitizing and disinfecting: http://www.hss.gov.yk.ca/pdf/ccc_regulatory_guidelines.pdf

Polarettes will commit to cleaning, sanitizing, and disinfecting high contact common areas after each training session. Each staff is encouraged to clean and disinfect shared staff items, such as phones, etc., at least twice a day. If a child becomes sick while at the facility, all items used by the child must be cleaned, sanitized, and disinfected.

Visitors and Safe Sport

Only parents/guardians/staff are permitted to enter the facility and must keep their entry essential. All non-essential visitors and volunteers are not permitted to enter. Following Safe Sport, coaches/staff must adhere to the rule of two when coaching.

Parents/guardians may watch training as long as they are meeting the above physical distancing, screening, handwashing requirements, and adhere to the rules of the clubs and signage.

We can only accommodate six spectators at a time with standing room only upstairs; please limit spectators to necessity (For example, try to just bring one person per family)

Viewing priority will be given to classes with children under the age of 6. Some classes may have closed viewing, if they overlap with an under 6 class.

You can always call us at 867-668-4794 to book a special viewing date, and we will try our best to accommodate you. Space is extremely limited.

Signage

The club will post Yukon Government posters and other visual cues to remind staff, children, and parents/guardians to perform hand hygiene and good respiratory hygiene.

The club will post Yukon Government posters to remind individuals not to enter if they are sick, even if their symptoms are mild.

COVID-19 posters can be found here:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awarenessresources.html#wb-auto-5>

Posters with additional social distancing measures are available

here: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/social-distancing.html>

Wearing a Mask

Updated November 28th, 2020: Polarettes is following Yukon Health guidelines. A mask mandate was implemented on December 1st, 2020 and Polarettes got a head start on it November 24th, 2020.

Masks are required for all members entering the facility, in all common areas. Masks are required at all times for spectators and non-participants, as well as all parents/guardians or support workers who are assisting in class in any capacity.

Examples include:

- Parents participating in Parent and Tot programs
- Anyone assisting someone with a class, or needing to go onto the equipment to assist a child for any reason
- Parents/guardians attending open gym with their child

Participants are **exempt from wearing a mask** when:

- Actively participating in gymnastics or parkour skills
- If 2 years old or younger
- If medically exempt

Participants **may be asked** to wear their mask when:

- Rotating between the events, in line ups if physical distancing is challenging, when stretching or waiting for their class to start, when listening to instructions or skill learning, whenever in the gym but not actively participating in the sport

Participants are **required** to wear their mask when:

- In all common areas
- When not actively participating in the sport

Mask use does not substitute physical distancing. Please check frequently for club updates to our Return to Play guidelines.

Polarettes is installing a system in the gym for kids to store their masks safely when they're not in use in the gym.

Government of Canada guidelines for mask use: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>

Should our mask policy change, Yukon Health signage will be put in place as reminders and staff will work to ensure the policy is monitored and adhered to.

Appendix A: Daily Screening Questionnaire

Dear parent or guardian, so we can assess our ability to care for your child today, please fill out this questionnaire to determine if your child can attend today.

1.	Do you, or your child attending today, have any of the following symptoms?	CIRCLE ONE	
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of breath or difficulty breathing	YES	NO
	• Sore throat	YES	NO
	• Runny nose or congestion	YES	NO
	• Feeling unwell	YES	NO
	• Nausea, vomiting or diarrhea	YES	NO
	• Muscle aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis	YES	NO
2.	Have you, or anyone in your household, travelled outside of Yukon in the past 14 days?	YES	NO
3.	Have you, or your child(ren) attending today, had close contact (within 2 metres) with someone who has a cough or fever?	YES	NO
4.	Have you, or anyone in your household, been in contact in the last 14 days with someone that is being investigated for or confirmed to have COVID-19?	YES	NO
5.	Have you, or anyone in your household, been instructed to self-isolate?	YES	NO

If you answered "yes" to any of the above questions, DO NOT enter at this time.

If you have recently developed any of these symptoms, please call 811 or visit:

<https://service.yukon.ca/en/covid-19-self-assessment/> to do a self-assessment to see if you require testing.

If you have answered "no" to all the above questions, please sign in.

Be sure to practise good hand hygiene (use hand sanitizer or wash hands with soap and water for at least 20 seconds) before entering and leaving the facility.

Our goal is to minimize the risk of illness to you, your children and family and our staff. We thank you for your cooperation and understanding.

Name: _____ Signature: _____

Date: _____

Updated November 28th, 2020: Appendix B– You will be provided a copy of this to sign before your class next session

Polaretttes and Polar Tumblers Gymnastics Club 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 Polaretttes COVID-19 Return to Play 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.

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- 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

Updated November 28th, 2020: Appendix C – You will be provided a copy of this to sign before your class next session

YUKON GYMNASTICS
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 OR BREACH OF CONTRACT OR CLAIM
COMPENSATION FOLLOWING AN ACCIDENT
PLEASE READ CAREFULLY!

INITIAL

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

TO: YUKON GYMNASTICS 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 – Participation in gymnastics activities, whether as an athlete, coach, official, participant's assistant/companion (in early childhood and adaptive programming), advisor, media personnel, medical care provider, vendor, volunteer, spectator, or in any other capacity involves 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://gymbc.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:

1. **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 OR BREACH OF CONTRACT 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;**
2. 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;
3. 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;
4. 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 Yukon and no other jurisdiction; and
5. Any litigation involving the parties to this Release Agreement shall be brought solely within Nunavut and shall be within the exclusive jurisdiction of the Courts of Yukon.

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
Please Print Name

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