

**BALANCE** Integrity **GREATNESS**  
**TEAMWORK** Openness **RESPECT**  
Courage **Honesty**

**40 YEARS**  
1980 - 2020



**RETURN  
TO PLAY  
STRATEGY**

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## RETURN TO PLAY OVERVIEW

Sherwood Park Salto Gymnastics Club celebrated 40 years as a non-profit organization and in the same location this summer! Such a momentous milestone during an extraordinarily challenging time has stimulated much reflection and focus on what makes us special, what we value, and what we stand for. Salto Gymnastics' vision is to be Northern Alberta's premier team in creating opportunities for children and young adults to expand their horizons through the sport of gymnastics. Our vision is at the heart of everything we do and every action we take, no matter the circumstance.

We are unconditionally dedicated to the successful reopening of our facility to ensure our athletes, families, staff, volunteers, and guests can feel safe, comfortable, and confident in their return. Salto's Return to Play strategy will meet or exceed all expectations outlined in the guidelines provided by the Government of Alberta, Alberta Health Services, Alberta Gymnastics Federation and Strathcona County. We will fully utilize our unique skillset and provide the best possible service in our safe, positive, and nurturing environment.

## A DYNAMIC APPROACH

The Salto Gymnastics Return to Play Strategy has been developed based on the guidelines and recommendations provided by the Alberta Government, Alberta Health Service, Alberta Gymnastics Federation and Strathcona County. The policies and procedures outlined in this document are dynamic and may be adjusted as we navigate through the various stages of reopening in Alberta. As new information and guidelines emerge, we will continue to update this live, working document.

We ask that you continue to refer to, fully read, and understand all updated copies of this document. All athletes, staff, families, volunteers, and guests of our facility will be responsible for adhering to the outlined policies and procedures to mitigate the risks to all of our Salto Gymnastics athletes, children, families, and staff.

## TEAMWORK

Under Chief Medical Officer of Health Orders, businesses and entities, such as Salto Gymnastics, are required to implement practices to minimize the risk of transmission of infection among attendees (participants, staff, volunteers and members of the general public); provide procedures for rapid response if an attendee develops symptoms of illness; ensure that attendees maintain high levels of sanitation and personal hygiene; and comply with this guidance, and any other applicable Alberta Health guidance found at: <https://www.alberta.ca/biz-connect.aspx>.

Together, we are also all responsible for ensuring our own personal safety and the safety of those around us. Everyone must ensure that they stay home when sick, wash or sanitize their hands frequently, maintain 6 ft/2m of physical distancing when possible, use proper respiratory etiquette, minimize touching their face, and follow all other specific guidelines as outlined in this document. Following these guidelines are essential to maintain the safety of everyone at Salto Gymnastics. As such, we will be strictly enforcing these policies and procedures throughout the duration of our Return to Play. Anyone that is unable to adhere to these guidelines will be asked to leave the facility immediately.

## SALTO GYMNASTICS RETURN TO PLAY

Salto is committed to upholding the highest of standards in our Return to Play Strategy. We aim to exceed all AHS Guidelines and to provide our children, families, and staff with full confidence in their decision to return to our facility.

Our plan is *intentional* in paying extraordinary attention to twelve essential areas that work together as a holistic, connected, and reinforced system to deliver sustained health and safety results. We consider all the areas because any change will have a ripple effect throughout.



## GENERAL GUIDELINES

Salto will have a designated COVID-19 Safety Coordinator on site at all times when programs are scheduled to ensure that the guidelines set out in our Return to Play Strategy are maintained. As per AHS guidelines, cohorts (athletes, coaches, and staff) will not exceed 50 people. If a child can not follow staff direction or adhere to AHS guidelines, they will be removed from the program and a prorated refund will be provided for any missed days (minus a \$25 admin fee). Because our viewing area is within the gymnasium, and athletes walk through it to access washrooms and water dispenser, there is no parent viewing at this time. Face coverings are required for all people entering the building. More information to come. Coaches will adhere to Gymnastics Canada's SafeSport policies, including the 'Rule of Two', at all times.

## PHYSICAL DISTANCING

The Guidance for Sport, Physical Activity and Recreation from the Government of Alberta states where it is not possible to maintain a physical distance of 2 metres from other participants/players, the individuals in the group should form a cohort. We will do our best to provide gentle physical distancing reminders as required. Close greetings such as high fives, hugs and handshakes will be avoided. 6ft/2m distance markers will be placed throughout the facility to encourage physical distancing where possible. Hallways are equipped with floor decals 6ft/2m apart. Group activities, circuits and games will be designed to encourage 6ft/2m distancing. Face coverings are always being worn by all staff. When in close contact spotting, first aid and all other situations where physical distancing cannot occur, staff are sanitizing their hands frequently. The facility will be equipped with floor markers to show pathways and indicate appropriate physical distancing outside and inside the facility.

## CLEANING, DISINFECTING & SANITIZING

All high-touch surfaces, including washrooms, door handles and shared equipment will have enhanced cleaning at an increased frequency. We have allotted 30 minutes of paid time in between cohorts and at the end of the day for our team to clean and sanitize all high-touch areas in the gym, washrooms, and hallway. All staff will undergo 'cleaning training' prior to the commencement of all programs. All cleaning protocols will adhere to the cleaning and disinfecting guidelines set out by AHS. All cleaning will be assigned, scheduled, and documented. A professional deep clean will occur in the gymnasium once per week. Apparatus zones will be established in the gym and every athlete will wash their hands before and after utilizing each zone. Staff quickly disinfect the gym space as needed with a Health Canada approved disinfecting product. The water fountain and vending machine are closed until further notice. Please bring a water bottle.

## WELLNESS SCREENING & CONTACT TRACING

Everyone entering our facility must answer 'NO' to all questions on the Daily Screening Checklist (Appendix A). This is also posted on our website for reference as is our QR Code with a link to our online version of the Daily Screening Checklist at <https://docs.google.com/forms/d/e/1FAIpQLScErUr0gukxIAAA3FERAUGwiHu7xiFr4FrosDPbhCmUmZBkFQ/viewform> . For minor athletes, this must be completed with the assistance of a parent/guardian. As recommended by AHS, athletes, families, staff, volunteers, and visitors will not be permitted entry into the facility while experiencing any of the symptoms listed on the Daily Screening Checklist, even if they are mild. Anyone feeling unwell should remain at home and complete the online AHS Self Assessment Tool to see if they may need to be tested for COVID-19. If an athlete, staff member or visitor begins to exhibit symptoms of COVID-19 during their training/class time, we will follow the 'Rapid Response to a Symptomatic Individual' Emergency Action Plan (see Emergency Action Plans). With consent, we will collect the names and contact information of anyone who enters our facility on a daily basis to assist with contact tracing efforts. Records will be kept for 14 days and then properly destroyed.

## HAND HYGIENE & RESPIRATORY ETIQUETTE

All staff, participants and guests will be required to wash or sanitize their hands upon entry of our facility (gymnasts' feet as well) and at frequent intervals throughout the day, including entering/exiting the gymnastics space, after using the washroom and before using each of the apparatus zones. Hand sanitizer stations will be located throughout the facility, including the gym entrance. We encourage all students to bring a hand sanitizer of their own. Participants will be reminded to cough and sneeze into their elbow and to refrain from touching their eyes, nose, mouth, and face. Posters will be placed around the facility to remind participants of proper respiratory etiquette and hand hygiene. The doors at the side of our facility will remain open in the summer to allow for natural air flow. Air filters will be inspected and changed on the HVAC system by the building management on a frequent basis. No communal chalk will be available. Anyone requiring chalk must bring their own.

## SHARED EQUIPMENT

All shared equipment surfaces that are high touch will be disinfected frequently throughout the day. This includes shared mats, bars, beams, rings, props, and craft supplies. The foam blocks in the pit are off limits and mats will be placed on top. In the Preschool, shared spaces, structures, and toys that cannot be cleaned and disinfected between cohorts are not being used. Each Preschool cohort has designated equipment and every child has their own dedicated sensory bin.

## STAFF, VOLUNTEERS & VISITORS

Staff will be provided a locker for their belongings. Staff will be assigned equipment and supplies for individual use and protocols are in place to avoid any unnecessary sharing. Staff will undergo a daily symptoms and temperature check. Staff will be strongly encouraged to get tested for Covid-19 if showing any symptoms. If showing symptoms, they may not return to work for 10 days or until all symptoms have resolved. Proper hand hygiene will be enforced for staff. All staff and volunteers will undergo Covid-19 education on how the virus is transmitted. All guests will be required to sign in and wear a face covering. Staff will always wear a face covering.

## ARRIVAL & DEPARTURE

Please help keep the front doors and lobby area of our shared space with Strathcona County clear. When clear, enter the lobby and choose Salto's left-hand door to enter (one-way traffic). Preschool families will continue in to through the Preschool door, where Teacher Leighanne will greet you and conduct the Daily Screening Checklist and sign in procedures. After you have signed in your child, please exit via the Preschool door leading to the gymnasium and exit via the other side of the stanchions in the hallway. Children in a gymnastics class or competitive group who are younger than 4 years and those who need assistance will need to be escorted into the facility by a parent/guardian who must wear a face covering and complete our Daily Screening Checklist prior to exiting the building. Please adhere to the 6ft/2m distance markers in the hallway during check in. Your child's coach will be bringing the class back to the hallway when the class time is completed, for you to pick up. Please have your child come

dressed for gymnastics class. Our change room is temporarily unavailable. Please stand back until the prior guest has fully checked in. Please read the Covid-19 daily screening checklist before entering our facility. If you answer 'yes' to any of the questions, the participant will not be permitted entry to the gym. Parents/Guardians and/or adult participants are required to take their/their child's temperature daily before coming to our facility. Any participant with a 38C temperature or higher must stay home. All participants must arrive 5-10 mins before class start time and depart promptly after classes. No lingering. Please be mindful that we must sanitize our facility in between classes, and we close promptly at the end of the day. Any late pick ups (more than 15 minutes) will result in a \$100 late pick up fee being applied to your account. Thank you for understanding that we must pay 2 staff to stay and wait with your child as per SafeSport Rule of Two. All participants are required to have an up-to-date Release of Liability and PIPA form, completed before being permitted entry to the gym.

## VIEWING

Because our viewing area is small and is within the gymnasium (participant space); children walk through it to access washrooms and the water dispenser, there is no parent viewing at this time.

## PROGRAM PLANNING

Following AHS Guidelines for Sport, Physical Activity and Recreation, we will not exceed 50 people in one cohort. Cohorts are comprised of athletes, coaches, volunteers, and additional staff who may be in the gymnastics space during a specific time frame. Some class durations have been reduced to allow for proper cleaning and sanitation in between cohorts. This is a temporary measure put in place to meet AHS cleaning protocols. Each cohort will have a designated start and end time, with the exception of parented classes and some Gymnastics For All classes which will end earlier in order to facilitate a quick exit of the facility. Please ensure all of your child's belongings are labelled, especially water bottles. Although each cohort of 50 is permitted to intermingle, we will have physical distancing markers and equipment spaced appropriately in the gym to allow for 6ft/2m of physical distancing consistently. We will have organized equipment rotations and a one-way traffic flow throughout the gym to minimize crossover traffic. All warmups, games and group activities will take physical distancing into account where possible.

## FOOD & BEVERAGE

Our water fountain is closed until further notice. All participants must bring their own water bottle to refill. Please ensure all belongings are labelled. The vending machine is unavailable until further notice.

## FACILITY MODIFICATIONS

Our foam blocks in our pit are off limits until further notice. Landing mats that are easy to clean have been placed on top of the pit. Our plexiglass sliding window has been closed at our front office. Water fountain and vending machine are temporarily not available for use. Please arrange for contactless payments until further notice. Our facility will follow a traffic flow plan marked out by stanchions, arrows and distance markers, including inside the gym. More details to come.

## ADDITIONAL INFORMATION

### Use of FACE COVERINGS

Anyone who enters our facility must wear a face covering, except while participating in class. Staff must always wear a face covering.

Additional information from AHS on the correct use of non-medical face masks can be found by clicking here [https://www.youtube.com/watch?v=6MojzHFStNs&feature=emb\\_title](https://www.youtube.com/watch?v=6MojzHFStNs&feature=emb_title) .

The Strathcona County Face Covering Bylaw can be found here <https://www.strathcona.ca/council-county/news/covid19/face-coverings-masks/> .

### Emergency Action Plans

We have developed the following COVID-19 Emergency Action Plans to ensure we are able to react quickly and respond to the following situations:

[Emergency/First Aid Procedure](#) Any staff member that may be required to give first aid will be required to wear a face covering and gloves. These are available in our first aid kits.

[Rapid Response to a Symptomatic Individual](#) If an athlete, staff, volunteer, or guest begins to experience any of the symptoms listed on the Daily Screening Checklist during their time at our facility, the following will occur:

#### ATHLETES:

Any athlete experiencing any of the symptoms will be removed from class immediately and will be required to leave the facility as soon as possible. Once removed from class, the athlete will be separated from contact with others in a designated space until a parent/guardian can be contacted, and safe travel arrangements home can be made. Athletes and staff in the same cohort will be required to wash and/or sanitize their hands and all of the equipment and surfaces that the symptomatic athlete may have been in contact with will immediately undergo appropriate cleaning and sanitation procedures. If an athlete is sent home due to exhibiting symptoms of COVID-19, they must complete the online AHS Self-Assessment and see if they are recommended for testing. Athletes may not return to the facility for 10 days or until symptoms have resolved. Please do not come to our facility if you are sick.

#### STAFF:

Any staff member or volunteer experiencing any of the symptoms listed on the Daily Screening Checklist will be removed from class immediately and will be required to leave the facility as soon as possible. Once removed from class, the staff member will be separated from contact with others in a designated space until safe travel arrangements home can be made (i.e. no public transit). If a staff member or volunteer is sent home due to exhibiting symptoms of COVID-19, they must complete the online AHS Self-Assessment Tool to see if they may need to be tested for COVID-19. We highly recommend testing for staff. Staff may not return to work for 10 days or until symptoms have resolved.

## OTHER:

In an effort to protect the health, safety, and well-being of our participants and staff, anyone who enters our facility and noticeably exhibits any of the symptoms listed on the COVID-19 Screening Checklist will be required to leave the facility immediately.

## SYMPTOMS CAUSED BY ALLERGIES & CHRONIC CONDITIONS:

We request that anyone with allergies or a chronic condition that may cause them to exhibit any of the primary symptoms of COVID-19 as listed on the Daily Screening Checklist informs the appropriate staff members of this condition prior to commencement of classes. We recommend that those with underlying conditions, compromised immune systems, or those who may be more susceptible to the negative impacts of a COVID-19 infection due to a medical condition refrain from participating in gymnastics activities at present.

## NOTIFICATION BY AHS OF A CONFIRMED CASE OF COVID-19

Upon notification by AHS of any confirmed or probable case of COVID-19, or any other infectious disease in the facility, we will follow all AHS recommendations and guidelines. If we need to immediately cancel a program offered at our facility that is currently in progress due to the notification by AHS, we will immediately take the following steps:

Immediately notify the parent/guardian of all participants via email, as well as a phone call made to the parent/guardian listed on the athletes account to pick up their child immediately. Immediately stop all gymnastics activities and communicate with athletes; Have all athletes/coaches wash/sanitize hands; Athletes return to their designated spots with physical distancing in place on the floor, and prepare athletes to be picked up by gathering their personal belongings. Follow up information will be communicated to all participants as further details become available. A non-refundable credit will be given for any missed classes due to facility closures.

Specific to a confirmed or probable case of COVID-19 in the facility, Salto Gymnastics will follow the recommendations of AHS and communicate our plans to all participants.

## ADDITIONAL RESOURCES

We recommend keeping yourself informed and up to date on important information pertaining to COVID-19. Below are some helpful resources:

Read detailed guidelines on reopening, including those for:

Preschools <https://open.alberta.ca/dataset/f48ffa38-d7f6-4b2a-b3e1-d976846df125/resource/3e28609b-0a88-4da3-8fae-d7db6ba501b1/download/covid-19-relaunch-guidance-preschools-2020-0831.pdf>

Sport, Physical Activity and Recreation <https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

Alberta Gymnastics Federation's COVID-19 Return to Play Guidelines  
<https://abgym.ab.ca/content/download/9987/66593/file/COVID-19%20Return%20to%20Play%20Guidelines.pdf>