



# RETURN TO PLAY PLAN

*In Response to COVID-19*

**UPDATED: October 17, 2020**

Muskoka Elite Cheer & Tumbling Ltd.

110 Clearbrook Trail

Bracebridge, ON. P1L 0A3

(705) 706-1045

Tony Bentley, Business Owner

[tony@muskokaelite.com](mailto:tony@muskokaelite.com)

[www.MuskokaElite.com](http://www.MuskokaElite.com)

Muskoka Elite is pleased to provide a resource to assist parents, families, and interested parties to understand our approach to reopening after COVID-19. We recognize that each region of the country is opening at different rates and with unique restrictions and guidelines. This plan does not replace or supersede any government or PSO regulations but rather compliments them. Please read the plan thoroughly and to understand all steps being taken prior to becoming involved in our program. In addition, members should be prepared to comply with all requests from the Ontario government and other health authorities. Muskoka Elite will liaise and consult additional resources such as, but not limited to:

- Municipal, Provincial, and Federal Governments
- Health Canada
- Ontario Cheer Federation
- Cheer Canada
- Axel Insurance
- Barriston Law Group

As we reopen, our structure and program delivery will occur in many new formats. We will continue to seek out tools and resources to deliver safe, fun, and effective programming. Members and staff will have the opportunity to develop and grow the foundation on which our sport is built while focusing on athlete and coach safety. Cheerleading has many struggles this year but thanks to the resiliency and creativity our members have shown through this difficult time, we are able to reopen in a safe, responsible, manner.

## PRIOR TO RE-OPENING

<b>Review Restrictions</b>	Muskoka Elite's owner, Tony Bentley, will continue to regularly review municipal, provincial and federal government, and PSO guidelines and restrictions. These include OCF updates, Health Canada updates, Ontario Government decrees, and local bylaws. He alone is solely assigned and responsible for our program's compliance with all protocols and directives disseminated by relevant health authorities.
<b>Insurance</b>	Muskoka Elite confirmed with our insurance company which new protocols are required and confirmed that

	all modified programs are covered under our policy.
<b>Waiver</b>	We have reviewed our program waiver, adding and modifying language to address COVID-19.
<b>Staff Training</b>	Muskoka Elite has created and implemented a staff training program for all new processes. Coaches were trained and evaluated most recently on August 30, 2020. <a href="#">As the pandemic progresses and evolves, staff members will engage in additional and on-going training as we adapt our protocols.</a>
<b>Patron Management</b>	Muskoka Elite has developed a gym specific plan including entry and exit protocols, program modifications, staff training, participant education, and emergency response plan. We plan to rehearse our program-specific response plan with athletes and staff regularly.
<b>PPE &amp; Cleaning</b>	We have anticipated and secured required cleaning supplies and PPE as well as developed and implemented a facility cleaning protocol. Our program-specific screening and facility cleaning has been posted for staff and we have implemented a process for safe storage of documents.
<b>Signage &amp; Traffic Flow</b>	Muskoka Elite plans to post required signage for processes: proper hygiene, parent education, social distancing, traffic flow, etc. Block off or remove shared contact items including water fountains and props. We will ensure a safe training environment is provided for all participants, including during online or outdoor programming.

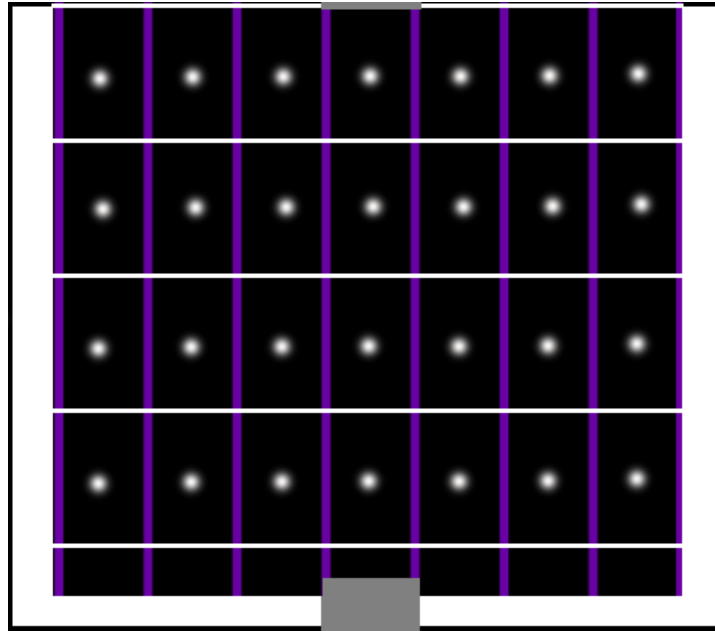
**PROTOCOLS & GUIDELINES**

Our program has added the following protocols at all indoor practices and classes beginning September 2020.

<b>Face Coverings</b>	<p>All participants, including coaches, staff, athletes, and parents dropping off or picking up, must wear a face covering.</p> <ol style="list-style-type: none"> <li>1. Athletes will wear face coverings during entry and exit of the premises.</li> <li>2. Athletes are not required to wear face coverings while standing 6 feet apart in formation at practices &amp; classes. Face coverings are required to be readily accessible to wear should they need to move around the building, ie; water breaks, bathroom breaks, activity changeover, etc.</li> <li>3. <a href="#">Athletes will wear face coverings that fully cover the nose, mouth, and chin while engaged in building skills or any other activity that brings them within six feet of proximity to their peers.</a></li> <li>4. Coaches will wear face coverings while instructing on the cheer floor. Spotting and hands-on instruction is to be avoided or severely limited. If hands-on spotting is required, both athlete and instructor will sanitize their hands and wear face coverings. Coaches are not required to wear face coverings when they are standing off the cheer floor at a distance 6 feet or greater from participants.</li> </ol>
<b>Maximum Participants Numbers</b>	Muskoka Elite will limit participation to 28 athletes per team or class, 1 per 75sqft per the Ontario Cheer Federation guidelines.

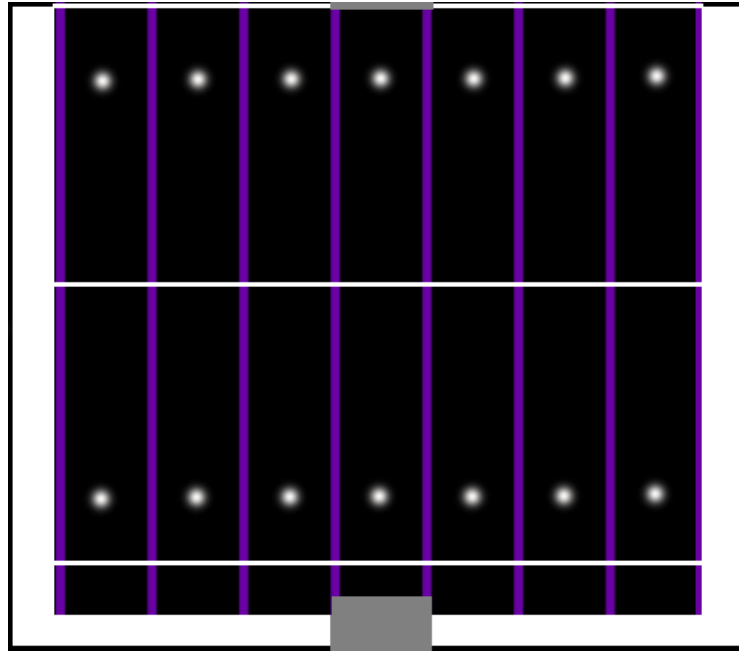
Rotary Hall is 46'x46' ft = 2,116sqft  
 $2,116\text{sqft} / 75 = 28$  athletes

This spacing will allow for each athlete to have their own 6'x9' space to train in separated from their peers.  
See FIG 2.1. This configuration allows for room around the perimeter of the floor to move about the room.



**FIG 2.1. PRACTICE CONFIGURATION**

Maximum participation for tumbling workshops and classes will be 14 participants and each student will have their own dedicated 6'x18' space to train their tumbling. See FIG 2.2.



**FIG 2.2. TUMBLE CLASS CONFIGURATION**

**Entry & Exit**

**Entering the Rotary Centre**

Prior to each class, participants should enter the Rotary Centre and line up with their masks on, six feet apart in the hallway, extending the line up out into the foyer. While they wait, participants may take off their outdoor shoes and put on their training shoes. All other personal belongings should be in a bag or backpack. Belongings that cannot fit into a backpack should not be brought into the building. When a coach invites the team or class onto the cheer floor, they will do so 5 participants at a time. Each should find a chair on the perimeter of the room, placing their outdoor shoes under it and their bag or backpack on top of it. Once they have stored their belongings, they can proceed to their square on the floor and wait for the rest of their team. Water bottles may be brought on the floor and placed inside their square. After the whole team has arrived on the floor and attendance has been taken, masks may be removed and coaches will begin the practice.

**Exiting the Rotary Centre**

At the conclusion of a class or practice, coaches will dismiss 5 participants at a time. Wearing a mask, each will collect their belongings from the chairs and put on their outdoor clothing. Participants will exit out the side door of the Rotary Centre to meet their parents in the parking lots.

**Parent Viewing**

Muskoka Elite remains committed to facilitating parent viewing at all practices and classes. However, given the configuration of the Rotary Centre and the limited space available in the hallway, we do ask and require that parents refrain from congregating at the double doors to watch practices. Parents will be provided with a Zoom link so they can watch practices live online from their computer or smartphone. To access the practice link, visit [www.muskokaelite.com](http://www.muskokaelite.com) and click "Parent Viewing" under the resources menu. The password-protected meeting will stream live for the duration of our programs every Tuesday & Sunday. For security, the password will be changed periodically and at random. Password changes will be

	communicated internally via BAND, the Bonfire Facebook Group, and The Trail Map email.
<b>Personal Belongings</b>	This season, families are asked and required to minimize personal belongings brought into the Rotary Centre. Practice clothes should be worn to practices to avoid changing at the centre. Participants may bring a backpack to store all other personal belongings during practices or classes. This includes outdoor clothing. With the exception of outdoor shoes, all loose articles must fit into a backpack for easy storage. If it does not fit in your backpack, it should not be brought into the building or come to practice. Participants are required to bring their own water bottle to practice and they may bring it onto the practice floor with them.
<b>Participant Screening</b>	<p>A digital reading of each student's temperature will be taken as they enter the cheer floor. Participants identified to have a body temperature 37.5 degrees celsius or higher will be denied entry for the day and advised to seek medical assessment prior to returning to practices. At the beginning of each class, all athletes are required to verbally confirm they are symptom-free. Upon confirmation, each athlete's attendance will be recorded in Muskoka Elite's class management system. Records will be preserved for contact tracing.</p> <p>Symptoms of COVID may include:</p> <ul style="list-style-type: none"> <li>● Fever (i.e. chills, sweats)</li> <li>● Cough or worsening of a previous cough</li> <li>● Sore throat</li> <li>● Headache</li> <li>● Shortness of breath</li> <li>● Muscle aches</li> <li>● Sneezing</li> <li>● Nasal congestion/runny nose</li> <li>● Hoarse voice</li> <li>● Diarrhea</li> <li>● Unusual fatigue</li> <li>● Loss of sense of smell or taste</li> <li>● Red, purple or bluish lesions on the feet, toes or fingers without clear cause</li> <li>● Traveled outside of Canada (in the last 14 days)</li> </ul>
<b>Facility Cleaning and Sanitizing</b>	Muskoka Elite is working with the Rotary Centre to ensure the facility is cleaned and sanitized between use. Training aids, door handles, washrooms, foyer, tables, chairs, and all other high-touch surfaces will be cleaned and sanitized prior to Muskoka Elite's use of the building each day. Tumbling equipment will be sanitized between use with a solution of 1 part sodium hypochlorite (bleach) and 10 parts water. Carpet bonded foam mats will be disinfected at the end of each day per manufacturer specifications.
<b>Hand Sanitizing &amp; Personal Cleanliness</b>	The following cleaning and hygiene protocols will be implemented in any indoor training space. Muskoka Elite will increase ventilation by opening windows and doors when possible. Hand sanitizer will be available for general use in multiple locations around the building, however, athletes are encouraged to bring and use their own sanitizer when possible to limit contact with peers. Bathrooms are available to wash hands with soap and water, however, bathroom traffic will be limited to 2 persons at any one time.

<b>Personal Protective Equipment</b>	See "Face Coverings". No other personal protective equipment will be provided other than gloves and masks for staff members to use while cleaning.
<b>First Aid Protocols</b>	<p>* This information was retrieved from the Red Cross. Muskoka Elite will refer to their guidelines.</p> <ul style="list-style-type: none"> <li>• Limit the number of individuals in contact with the person in need of aid when possible.</li> <li>• Mask the mouth and nose of the person requiring aid when possible.</li> <li>• First aid providers should perform hand hygiene before and after interacting with a person requiring aid.</li> <li>• Clean and dispose of any PPE used as soon as safely possible.</li> <li>• Use protective gloves, if available.</li> <li>• Individuals who have not been trained to perform traditional CPR should assign someone to call 9-1-1 and start Hands-Only CPR (continuous chest compression without any mouth to mouth contact) until someone trained takes over or emergency help arrives.</li> <li>• Ensure mouth-guard rescue products are available if mouth-to-mouth CPR is required.</li> </ul>

**VIRTUAL TRAINING**

<b>Protocols</b>	<ul style="list-style-type: none"> <li>• Implement dress code and remove anyone violating the dress code from training session.</li> <li>• Obtain parental consent when training a minor.</li> <li>• Obtain consent from all participants/guardians for screen captures, electronic recordings.</li> <li>• Ensure observance of Rule of Two. For video private lessons, another adult coach, parent or volunteer must be present.</li> <li>• Avoid one-on-one sessions.</li> <li>• Ensure coaches and staff are in an appropriate location while conducting classes and they are aware of what is in their background.</li> <li>• Record the instruction when possible.</li> <li>• Focus on maintenance and technique, not new skill acquisition.</li> <li>• Establish parameters for electronic coach/parent/athlete communication (Ex: No one-on-one texting, appropriate times of day, use group chats rather than private messaging).</li> </ul>
------------------	--

**MODIFIED BUILDING PLAN**

**Updated October 17, 2020**

After extensive discussion with the Ministry of Heritage, Sport, Tourism and Culture Industries, the Ontario Cheer Federation has released updated guidance allowing modified building skills in Ontario. This guidance is consistent with recommendations made by Cheer Canada as well as government guidance seen in other jurisdictions across Canada and around the world.

Based on OCF guidance, Muskoka Elite has developed a modified building plan to reintroduce stunting to our program in a safe and controlled manner.

<b>Definitions</b>	<b>Contact.</b> Prolonged or extended physical touching skin-to-skin between athletes.
--------------------	--

	<b>Building skill.</b> Elements of cheerleading which involve lifting one or more athletes off the performance surface for the purpose of executing aerial acrobatics. These can include stunts, partner stunts, pyramids, or basket tosses.
<b>Safety</b>	As always, safety while stunting remains one of Muskoka Elite's top priorities. Our modified building plan is designed to buttress our commitment to safe stunting while mitigating skin-to-skin contact between athletes. A flyer's safety is always the responsibility of her stunt group and bases are expected to return their flyers to the floor without injury.
<b>Exclusions</b>	The following skills are excluded from Muskoka Elite's modified building plan: Pyramids, basket tosses, cradle dismounts, coed-style partner stunting, quick-toss drills, hand-to-hand skills and other select skills in which skin-to-skin contact cannot be reasonably avoided.
<b>Time Limits</b>	Stunting is limited to timed guidelines in accordance with Cheer Canada recommendations (fifteen minutes threshold per training hour). Between repetitions, athletes will return to a physically distant formation to allow for discussion and coaching corrections. Cumulative stunting time will not exceed fifteen minutes per training hour.
<b>Flyers</b>	Flyers will wear leggings while stunting. All flyers should come to practice ready to stunt and have the appropriate attire to avoid skin-to-skin contact on their legs.
<b>Bases / Backspots</b>	As far as possible, bases will only touch the sole of the flyer's shoe. Backspots will hold their flyers' ankles and backs of their legs. In the event of a fall, bases and backspots are required to catch their flyer by any means necessary.
<b>Dismounts</b>	All dismounts will involve a spike down approach to avoid unnecessary contact. Sponge dismounts are to be used on a limited basis and only when necessary.
<b>PPE &amp; Face Coverings</b>	Athletes will wear face coverings that fully cover the nose, mouth, and chin while engaged in building skills. Face coverings are also required for any other activity that brings them within six feet of proximity to their peers. (See Face Coverings on page 2)
<b>Hand Sanitizing</b>	Athletes will bring their own personal sized hand sanitizer bottle to practices. Athletes are asked and required to sanitize before and after a building session as well as after touching their faces or masks.
<b>Cohorted Approach</b>	Each athlete will be assigned to a stunt group. Once the athletes are assigned a "stunt group", modifications will not be made unless absolutely necessary. Changes to stunt groups will only occur with a seven-day buffer between stunt sessions.
<b>Contact Tracing</b>	Muskoka Elite will keep record of stunt cohorts for the purposes of contact tracing, should the need arise.
<b>Staggered Start</b>	To ensure a seamless and controlled reintroduction of building skills at Muskoka Elite, teams will begin stunting with staggered start dates, beginning with oldest athletes first. Teams will begin modified stunting on the following dates: <p style="margin-left: 40px;">Junior Hawks - Sunday Oct 18</p> <p style="margin-left: 40px;">Shooting Stars - Sunday Oct 25</p> <p style="margin-left: 40px;">Mini Minnows - Tuesday Oct 27</p> <p style="margin-left: 40px;">Tiny Twinkles - Tuesday Oct 27</p> <p style="margin-left: 40px;">Recreational Classes - November 2020</p>
<b>Crossovers</b>	At this time, athletes will not be permitted to train on more than one team.

<b>Multiple Sports</b>	Athletes who participate in more than one sport are asked and required to communicate this in writing to <a href="mailto:info@muskoakelite.com">info@muskoakelite.com</a> . Please include details about the various sports you are involved in as well as the protocols in place with the other sport organizations.
------------------------	---

## OTHER CONSIDERATIONS

As the restrictions necessitated by the Covid-19 pandemic are lifted, our return to a group training environment will be vastly different. In addition to the practical changes in the ways teams are able to train, we must not forget the psychological component. Many of our athletes and coaches will be suffering from the accumulated effects of the previous isolation period. Muskoka Elite will anticipate a range of reactions, embrace flexibility and adaptability, and take individual experiences into account throughout the planning and reintegration process.

The following is a framework adapted from psychology expert Dr. Bill Howatt assumes 3 individual types of reactions:

1. Come back to training with no issues. These individuals have not been significantly impacted and/or are just ready to start training. We need to manage these individuals' expectations regarding the "new normal" and be clear on the risk mitigation procedures to which they must adhere.
2. Fearful and anxious of contamination or a second wave. These individuals have high levels of fear and anxiety over exposure to the virus and may not be comfortable but feel pressured to return to group training. We need to explore their individual comfort levels and respond without judgement. We must provide them choices to enable them to train in a psychologically safe environment.
3. Personally impacted by COVID-19 or experienced secondary trauma. These individuals are significantly impacted financially, psychologically, and/or emotionally as a result of COVID-19 (e.g., loss of loved ones, job loss). We need to be sensitive to their personal circumstances and to provide options for necessary supports and opportunities for gradual reintegration.

Recommendations:

- Prepare. Prepare. Prepare.
- Understand different kids have had different experiences during quarantine.
- Be honest with the athletes and staff about the new protocols and make them the 'new' normal.
- Redirect athletes' attention to focus on what is within their control and the opportunities that may exist. This can involve identifying the gains that can be made under the current training circumstances and the opportunities for developing areas (like mental fitness, injury recovery) that may otherwise have been neglected.
- Manage expectations by clearly outlining the procedures and efforts required by individuals entering the training environment. This will help athletes to conceptualize and understand modifications and make adaptations to transition to the 'new normal'.
- Make new team bonding rituals that do not require contact.
- Return gradually to full athleticism.