



TWISTERS
GYMNASTICS & TRAMPOLINE CLUB

**RETURN TO SPORT HANDBOOK FOR
PARENTS, ATHLETES AND COACHES**

UPDATED AUGUST 17, 2020

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Section 1: Overview

To Our Valued Membership,

We know these times have been challenging to say the least, and our staff and executive have been working diligently to put together a return to gym protocol document that will allow our staff, coaches, athletes and parents to feel confident in returning to the gym. Our mission statement has always defined our club, and was the basis for this document.

Twisters Gymnastics and Trampoline Club exists to provide effective gymnastics and trampoline programs for the growth and development of all athletes up to the provincial level.

Our goal is to provide athletes with a safe, yet challenging program where each individual has the opportunity to reach their potential. This is accomplished by employing professional certified staff who instruct, encourage and monitor the progress of each athlete on a regular basis.

Coaching development and training is ongoing and encouraged at Twisters continually. This is to ensure that our staff are confident and competent. The success of the club and its athletes is a result of a combined effort of athletes, parents, coaches and executive members. It is important that we all work together to achieve our common goal.

The health and safety of our students, their families and our staff are of the utmost importance. As we return to play after the disruption of the COVID-19 outbreak, every decision, policy, and procedure are made in the interest of all participant's safety and health, both physical and mental.

Everything about this disease, its spread, government guidelines, social responses, the needs of our families, and the economic impact have been in constant change. Our plans and procedures for how we address these issues must be adaptable. We will constantly evaluate our policies and procedures; and adjust our responses accordingly.

We will do everything we can to meet and exceed, provincial, federal and our sport's governing bodies guidelines, while also minimizing interruption of 'normal life' as much as possible. We understand that certain solutions and policies will not be the most appropriate for each family. While we try our best to create the optimum environment for everyone to safely participate, we of course will respect those families who have had to make the difficult decision to delay their return.

Given the above statements, and in the interest of protecting the health and safety of our students entrusted to our care, their families, and our staff, **we will be enforcing all policies and procedures listed within the RTPH**. If a student, their family, or a staff member is unwilling to abide by these policies and procedures they will not be allowed to participate until their willingness to do so has changed.

Section 2: Member Awareness

Phase 1	Phase 2	Phase 3
<ul style="list-style-type: none"> Inform Participants, families and staff of Phase 1 Protocols by email, website, social media and signage. 	<ul style="list-style-type: none"> Inform Participants, families and staff of Phase 2 Protocols by email, website, social media and signage. 	<ul style="list-style-type: none"> Inform Participants, families and staff of Phase 3 Protocols by email, website, social media and signage.
<ul style="list-style-type: none"> An Assumption of Risk agreement for those under the age of majority with wording on their assumption of the related risks with COVID-19 	<ul style="list-style-type: none"> An Assumption of Risk agreement for those under the age of majority with wording on their assumption of the related risks with COVID-19 	<ul style="list-style-type: none"> An Assumption of Risk agreement for those under the age of majority with wording on their assumption of the related risks with COVID-19
<ul style="list-style-type: none"> A Waiver agreement for those over the age of majority with wording on their assumption of the related risks with COVID-19 	<ul style="list-style-type: none"> A Waiver agreement for those over the age of majority with wording on their assumption of the related risks with COVID-19 	<ul style="list-style-type: none"> A Waiver agreement for those over the age of majority with wording on their assumption of the related risks with COVID-19
<ul style="list-style-type: none"> A Declaration form to be executed by all members and staff attending our facility to declare their understanding of COVID-19 as well as their responsibility to self-monitor 	<ul style="list-style-type: none"> A Declaration form to be executed by all members and staff attending our facility to declare their understanding of COVID-19 as well as their responsibility to self-monitor 	<ul style="list-style-type: none"> A Declaration form to be executed by all members and staff attending our facility to declare their understanding of COVID-19 as well as their responsibility to self-monitor
<ul style="list-style-type: none"> Post Ontario Ministry of Health signage with approved hand washing and physical distancing protocols 	<ul style="list-style-type: none"> Post Ontario Ministry of Health signage with approved hand washing and physical distancing protocols 	<ul style="list-style-type: none"> Post Ontario Ministry of Health signage with approved hand washing and physical distancing protocols
<ul style="list-style-type: none"> Participants, their families and staff will be made aware that they may not enter the facility if either they or a household member has had onset of symptoms compatible with suspected of lab-confirmed COVID-19 in the prior 14 days 	<ul style="list-style-type: none"> Participants, their families and staff will be made aware that they may not enter the facility if either they or a household member has had onset of symptoms compatible with suspected of lab-confirmed COVID-19 in the prior 14 days 	<ul style="list-style-type: none"> Participants, their families and staff will be made aware that they may not enter the facility if either they or a household member has had onset of symptoms compatible with suspected of lab-confirmed COVID-19 in the prior 14 days
<ul style="list-style-type: none"> If anyone in the gymnast's household has travelled out of province or country, the gymnast can not attend for 14 days after their return 	<ul style="list-style-type: none"> If anyone in the gymnast's household has travelled out of province or country, the gymnast can not attend for 14 days after their return 	<ul style="list-style-type: none"> If anyone in the gymnast's household has travelled out of the country, the gymnast can not attend for 14 days after their return
<ul style="list-style-type: none"> Maintain confidentiality of any person confirmed to have been infected with COVID-19, but will cooperate with Public Health to assist with contact tracing 	<ul style="list-style-type: none"> Maintain confidentiality of any person confirmed to have been infected with COVID-19, but will cooperate with Public Health to assist with contact tracing 	<ul style="list-style-type: none"> Maintain confidentiality of any person confirmed to have been infected with COVID-19, but will cooperate with Public Health to assist with contact tracing

Section 3: Entering & Exiting Facility

Phase 1	Phase 2	Phase 3
<ul style="list-style-type: none"> Parents must conduct a daily screening before bringing their child to the gym. An email will be sent 3 hours before the start of class to complete the screening 	<ul style="list-style-type: none"> Do not come to the facility if you are showing symptoms of illness or not feeling well 	<ul style="list-style-type: none"> Do not come to the facility if you are showing symptoms of illness or not feeling well
<ul style="list-style-type: none"> No gymnasts with symptoms allowed to enter the facility 	<ul style="list-style-type: none"> No gymnasts with symptoms allowed to enter the facility 	<ul style="list-style-type: none"> No gymnasts with symptoms allowed to enter the facility
<ul style="list-style-type: none"> If anyone in a gymnast's household is showing symptoms of illness, they cannot attend 	<ul style="list-style-type: none"> If anyone in a gymnast's household is showing symptoms of illness, they cannot attend 	<ul style="list-style-type: none"> If anyone in a gymnast's household is showing symptoms of illness, they cannot attend
<ul style="list-style-type: none"> Only members of the same family should be in a vehicle together – no carpooling 	<ul style="list-style-type: none"> Only members of the same family should be in a vehicle together – no carpooling 	<ul style="list-style-type: none"> Only members of the same family should be in a vehicle together – no carpooling
<ul style="list-style-type: none"> Gymnasts will be dropped off and picked up in parking lot. A staff member will monitor the front door for arrivals and departures. 	<ul style="list-style-type: none"> Gymnasts will be dropped off and picked up in parking lot. A staff member will monitor the front door for arrivals and departures. 	<ul style="list-style-type: none"> Gymnasts will be dropped off and picked up in parking lot. A staff member will monitor the front door for arrivals and departures.
<ul style="list-style-type: none"> Tardiness cannot be accommodated, please take care in being on time 	<ul style="list-style-type: none"> Tardiness cannot be accommodated, please take care in being on time 	<ul style="list-style-type: none"> Tardiness cannot be accommodated, please take care in being on time
<ul style="list-style-type: none"> No spectators allowed in the facility 	<ul style="list-style-type: none"> No spectators allowed in the facility 	<ul style="list-style-type: none"> No spectators allowed in the facility
<ul style="list-style-type: none"> All persons must properly wash with soap and water or sanitize hands immediately upon entering the facility 	<ul style="list-style-type: none"> All persons must properly wash with soap and water or sanitize hands immediately upon entering the facility 	<ul style="list-style-type: none"> All persons must properly wash with soap and water or sanitize hands immediately upon entering the facility
<ul style="list-style-type: none"> Physical distancing guidelines are followed 	<ul style="list-style-type: none"> Physical distancing guidelines are followed 	<ul style="list-style-type: none"> Physical distancing guidelines are followed
<ul style="list-style-type: none"> Once classes are over, athletes and parents need to leave the facility, no lingering around and chatting 	<ul style="list-style-type: none"> Once classes are over, athletes and parents need to leave the facility, no lingering around and chatting 	<ul style="list-style-type: none"> Once classes are over, athletes and parents need to leave the facility, no lingering around and chatting
<ul style="list-style-type: none"> Gymnasts should come dressed wearing their gymsuits and shorts under their clothes 	<ul style="list-style-type: none"> Gymnasts should come dressed wearing their gymsuits and shorts under their clothes with Public Health to assist with contact tracing 	<ul style="list-style-type: none"> Gymnasts should come dressed wearing their gymsuits and shorts under their clothes

Section 4: Facility Safeguarding

Phase 1	Phase 2	Phase 3
<ul style="list-style-type: none"> Heightened cleaning and disinfection of entire facility, especially high traffic areas 	<ul style="list-style-type: none"> Heightened cleaning and disinfection of entire facility, especially high traffic areas 	<ul style="list-style-type: none"> Heightened cleaning and disinfection of entire facility, especially high traffic areas
<ul style="list-style-type: none"> Limit the number of participants and staff in the facility No spectators 	<ul style="list-style-type: none"> Limit the number of participants and staff in the facility No spectators 	<ul style="list-style-type: none"> Limit the number of participants and staff in the facility No spectators
<ul style="list-style-type: none"> Physical distancing guidelines are followed 	<ul style="list-style-type: none"> Physical distancing guidelines are followed 	<ul style="list-style-type: none"> Physical distancing guidelines are followed
<ul style="list-style-type: none"> Limit of one (1) person in the bathroom at any one time 	<ul style="list-style-type: none"> Limit of one (1) person in the bathroom at any one time 	<ul style="list-style-type: none"> Limit of one (1) person in the bathroom at any one time
<ul style="list-style-type: none"> Post a copy of handwashing guidelines at entrance and in bathrooms 	<ul style="list-style-type: none"> Post a copy of handwashing guidelines at entrance and in bathrooms 	<ul style="list-style-type: none"> Post a copy of handwashing guidelines at entrance and in bathrooms
<ul style="list-style-type: none"> Cleaning between each use of washroom when possible 	<ul style="list-style-type: none"> Hourly cleaning of washrooms when possible 	<ul style="list-style-type: none"> Hourly cleaning of washrooms when possible
<ul style="list-style-type: none"> Provide hand sanitizing stations throughout the facility 	<ul style="list-style-type: none"> Provide hand sanitizing stations throughout the facility 	<ul style="list-style-type: none"> Provide hand sanitizing stations throughout the facility
<ul style="list-style-type: none"> Ensure respiratory etiquette is followed by advising individuals to cough, sneeze, or yawn into one's arm or a tissue 	<ul style="list-style-type: none"> Ensure respiratory etiquette is followed by advising individuals to cough, sneeze, or yawn into one's arm or a tissue 	<ul style="list-style-type: none"> Ensure respiratory etiquette is followed by advising individuals to cough, sneeze, or yawn into one's arm or a tissue
<ul style="list-style-type: none"> Avoid touching your eyes, nose, or mouth, especially with unwashed hands 	<ul style="list-style-type: none"> Avoid touching your eyes, nose, or mouth, especially with unwashed hands 	<ul style="list-style-type: none"> Avoid touching your eyes, nose, or mouth, especially with unwashed hands
<ul style="list-style-type: none"> Clean gymnastics equipment between classes and at the end of the day 	<ul style="list-style-type: none"> Clean gymnastics equipment between classes and at the end of the day 	<ul style="list-style-type: none"> Clean gymnastics equipment between classes and at the end of the day
<ul style="list-style-type: none"> Clean and disinfect all high traffic areas at the end of each day 	<ul style="list-style-type: none"> Clean and disinfect all high traffic areas at the end of each day 	<ul style="list-style-type: none"> Clean and disinfect all high traffic areas at the end of each day
<ul style="list-style-type: none"> Gymnasts must bring their own water bottles, preferably filled at home – no sharing. 	<ul style="list-style-type: none"> Gymnasts must bring their own water bottles, preferably filled at home – no sharing. 	<ul style="list-style-type: none"> Gymnasts must bring their own water bottles, preferably filled at home – no sharing.
<ul style="list-style-type: none"> Each competitive gymnast will need to have their own container for chalk and instructed to not share, remember to label it 	<ul style="list-style-type: none"> Each competitive gymnast will need to have their own container for chalk and instructed to not share, remember to label it 	<ul style="list-style-type: none"> Each competitive gymnast will need to have their own container for chalk and instructed to not share, remember to label it

Section 4: Facility Safeguarding - Continued

Phase 1	Phase 2	Phase 3
<ul style="list-style-type: none"> Each competitive athlete will be required to bring and take home their personal training equipment, including grips, wrist bands, chalk container, water spray bottle etc. 	<ul style="list-style-type: none"> Each competitive athlete will be required to bring and take home their personal training equipment, including grips, wrist bands, chalk container, water spray bottle etc. 	<ul style="list-style-type: none"> Each competitive athlete will be required to bring and take home their personal training equipment, including grips, wrist bands, chalk container, water spray bottle etc.
<ul style="list-style-type: none"> Limit use of props and small equipment, set aside for cleaning if equipment is used. 	<ul style="list-style-type: none"> Limit use of props and small equipment, set aside for cleaning if equipment is used. 	<ul style="list-style-type: none"> Limit use of props and small equipment, set aside for cleaning if equipment is used.
<ul style="list-style-type: none"> Thera-bands should not be used 	<ul style="list-style-type: none"> Thera-bands should not be used 	<ul style="list-style-type: none"> Thera-bands should not be used
<ul style="list-style-type: none"> Rope climbing will not be permitted 	<ul style="list-style-type: none"> Rope climbing will not be permitted 	<ul style="list-style-type: none"> Rope climbing will not be permitted
<ul style="list-style-type: none"> Porous props and equipment will be temporarily taken out of use 	<ul style="list-style-type: none"> Porous props and equipment will be temporarily taken out of use 	<ul style="list-style-type: none"> Porous props and equipment will be temporarily taken out of use
<ul style="list-style-type: none"> If a child becomes ill at the facility the following action will be taken: <ul style="list-style-type: none"> Isolate the child in a separate area with supervision Ensure physical distancing from other participants Staff should be mindful of hand washing and avoid contact with the child's respiratory secretions Notify parents to come and pick up their child immediately All equipment used by the child should be removed immediately from use by any other gymnasts and cleaned immediately 	<ul style="list-style-type: none"> If a child becomes ill at the facility the following action will be taken: <ul style="list-style-type: none"> Isolate the child in a separate area with supervision Ensure physical distancing from other participants Staff should be mindful of hand washing and avoid contact with the child's respiratory secretions Notify parents to come and pick up their child immediately All equipment used by the child should be removed immediately from use by any other gymnasts and cleaned immediately 	<ul style="list-style-type: none"> If a child becomes ill at the facility the following action will be taken: <ul style="list-style-type: none"> Isolate the child in a separate area with supervision Ensure physical distancing from other participants Staff should be mindful of hand washing and avoid contact with the child's respiratory secretions Notify parents to come and pick up their child immediately All equipment used by the child should be removed immediately from use by any other gymnasts and cleaned immediately
<ul style="list-style-type: none"> Office closed – contact by email or phone only 	<ul style="list-style-type: none"> Office closed – contact by email or phone only 	<ul style="list-style-type: none"> Office closed – contact by email or phone only
<ul style="list-style-type: none"> Office staff must clean and sanitize high touch areas upon arrival and at departure (e.g. mouse, keyboard, telephone, card terminal and photocopier keypad) 	<ul style="list-style-type: none"> Office staff must clean and sanitize high touch areas upon arrival and at departure (e.g. mouse, keyboard, telephone, card terminal and photocopier keypad) 	<ul style="list-style-type: none"> Regularly scheduled cleaning of high touch areas and regular hand sanitizing required

Section 5: Program Management

Phase 1	Phase 2	Phase 3
<ul style="list-style-type: none"> ▪ Adhere to maximum number of participants in the training areas as mandated by Gymnastics Ontario and Public Health 	<ul style="list-style-type: none"> ▪ Adhere to maximum number of participants in the training areas as mandated by Gymnastics Ontario and Public Health 	<ul style="list-style-type: none"> ▪ Adhere to maximum number of participants in the training areas as mandated by Gymnastics Ontario and Public Health
<ul style="list-style-type: none"> ▪ Physical distancing guidelines are followed 	<ul style="list-style-type: none"> ▪ Physical distancing guidelines are followed 	<ul style="list-style-type: none"> ▪ Physical distancing guidelines are followed
<ul style="list-style-type: none"> ▪ Reduction of the number of classes in the gym at any one time 	<ul style="list-style-type: none"> ▪ Reduction of the number of classes in the gym at any one time 	<ul style="list-style-type: none"> ▪ Reduction of the number of classes in the gym at any one time
<ul style="list-style-type: none"> ▪ A 25% Reduction in the number of training hours for competitive teams in June due to length of time off 	<ul style="list-style-type: none"> ▪ To be monitored 	<ul style="list-style-type: none"> ▪ To be monitored
<ul style="list-style-type: none"> ▪ No physical contact among participants unless a mask is worn by a staff member to attend to an athlete 	<ul style="list-style-type: none"> ▪ No physical contact among participants unless a mask is worn by a staff member to attend to an athlete 	<ul style="list-style-type: none"> ▪ No physical contact among participants unless a mask is worn by a staff member to attend to an athlete
<ul style="list-style-type: none"> ▪ Stagger start and end times to ensure physical distancing can be maintained during arrivals and departures, and to allow for cleaning 	<ul style="list-style-type: none"> ▪ Stagger start and end times to ensure physical distancing can be maintained during arrivals and departures, and to allow for cleaning 	<ul style="list-style-type: none"> ▪ Stagger start and end times to ensure physical distancing can be maintained during arrivals and departures, and to allow for cleaning
<ul style="list-style-type: none"> ▪ Velcro and other markings will be used to create physical distancing lines within the facility 	<ul style="list-style-type: none"> ▪ Velcro and other markings will be used to create physical distancing lines within the facility 	<ul style="list-style-type: none"> ▪ Velcro and other markings will be used to create physical distancing lines within the facility
<ul style="list-style-type: none"> ▪ Apparatus rotation schedule updated to maintain the guidelines for physical distancing 	<ul style="list-style-type: none"> ▪ Apparatus rotation schedule updated to maintain the guidelines for physical distancing 	<ul style="list-style-type: none"> ▪ Apparatus rotation schedule updated to maintain the guidelines for physical distancing

Section 6: Class Management

Phase 1	Phase 2	Phase 3
<ul style="list-style-type: none"> ▪ Physical distancing guidelines are followed 	<ul style="list-style-type: none"> ▪ Physical distancing guidelines are followed 	<ul style="list-style-type: none"> ▪ Physical distancing guidelines are followed
<ul style="list-style-type: none"> ▪ Gymnasts are to avoid physical contact with one another; e.g. no hugs, high fives etc. 	<ul style="list-style-type: none"> ▪ Gymnasts are to avoid physical contact with one another; e.g. no hugs, high fives etc. 	<ul style="list-style-type: none"> ▪ Gymnasts are to avoid physical contact with one another; e.g. no hugs, high fives etc.
<ul style="list-style-type: none"> ▪ No partner activities during warm-up, training and conditioning if physical distancing can not be maintained 	<ul style="list-style-type: none"> ▪ No partner activities during warm-up, training and conditioning if physical distancing can not be maintained 	<ul style="list-style-type: none"> ▪ No partner activities during warm-up, training and conditioning if physical distancing can not be maintained
<ul style="list-style-type: none"> ▪ Reduce the number of gymnasts per coach wherever possible 	<ul style="list-style-type: none"> ▪ Reduce the number of gymnasts per coach wherever possible 	<ul style="list-style-type: none"> ▪ Reduce the number of gymnasts per coach wherever possible
<ul style="list-style-type: none"> ▪ Create physical distancing between stations and circuits 	<ul style="list-style-type: none"> ▪ Create physical distancing between stations and circuits 	<ul style="list-style-type: none"> ▪ Create physical distancing between stations and circuits
<ul style="list-style-type: none"> ▪ Stagger break times for competitive gymnasts and ensure physical distancing guidelines are being followed 	<ul style="list-style-type: none"> ▪ Stagger break times for competitive gymnasts and ensure physical distancing guidelines are being followed 	<ul style="list-style-type: none"> ▪ Stagger break times for competitive gymnasts and ensure physical distancing guidelines are being followed
<ul style="list-style-type: none"> ▪ All gymnasts must properly wash or sanitize their hands between rotations 	<ul style="list-style-type: none"> ▪ All gymnasts must properly wash or sanitize their hands between rotations 	<ul style="list-style-type: none"> ▪ All gymnasts must properly wash or sanitize their hands between rotations
<ul style="list-style-type: none"> ▪ No spotting for competitive programs, modify training needs to ensure athletes are only doing safe skills, not learning new skills which may require spotting, unless required to prevent injury 	<ul style="list-style-type: none"> ▪ No spotting for competitive programs, modify training needs to ensure athletes are only doing safe skills, not learning new skills which may require spotting, unless required to prevent injury 	<ul style="list-style-type: none"> ▪ No spotting for competitive programs, modify training needs to ensure athletes are only doing safe skills, not learning new skills which may require spotting, unless required to prevent injury
<ul style="list-style-type: none"> ▪ No spotting for recreational programs, mainly circuits with varied progressions, unless required to prevent injury 	<ul style="list-style-type: none"> ▪ No spotting for recreational programs, mainly circuits with varied progressions, unless required to prevent injury 	<ul style="list-style-type: none"> ▪ No spotting for recreational programs, mainly circuits with varied progressions, unless required to prevent injury

Section 7: Staff Management

Phase 1	Phase 2	Phase 3
<ul style="list-style-type: none"> ▪ Prior to coming to work daily, each staff member is required to screen via self-assessment to determine if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days. A log record of the self assessment will be kept. 	<ul style="list-style-type: none"> ▪ Prior to coming to work daily, each staff member is required to screen via self-assessment to determine if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days. A log record of the self assessment will be kept. 	<ul style="list-style-type: none"> ▪ Prior to coming to work daily, each staff member is required to screen via self-assessment to determine if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days. A log record of the self assessment will be kept.
<ul style="list-style-type: none"> ▪ Staff may not enter the facility if either they or a household member has had onset of symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days 	<ul style="list-style-type: none"> ▪ Staff may not enter the facility if either they or a household member has had onset of symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days 	<ul style="list-style-type: none"> ▪ Staff may not enter the facility if either they or a household member has had onset of symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days
<ul style="list-style-type: none"> ▪ If anyone in a staff member's household has travelled out of the province or country, the employee may not attend work for 14 days after their return 	<ul style="list-style-type: none"> ▪ If anyone in a staff member's household has travelled out of the province or country, the employee may not attend work for 14 days after their return 	<ul style="list-style-type: none"> ▪ If anyone in a staff member's household has travelled out of the province or country, the employee may not attend work for 14 days after their return
<ul style="list-style-type: none"> ▪ Monitor that physical distancing guidelines are followed by participants and staff 	<ul style="list-style-type: none"> ▪ Monitor that physical distancing guidelines are followed by participants and staff 	<ul style="list-style-type: none"> ▪ Monitor that physical distancing guidelines are followed by participants and staff
<ul style="list-style-type: none"> ▪ Staff will monitor athletes to ensure hands are being washed and/or sanitized 	<ul style="list-style-type: none"> ▪ Staff will monitor athletes to ensure hands are being washed and/or sanitized 	<ul style="list-style-type: none"> ▪ Staff will monitor athletes to ensure hands are being washed and/or sanitized
<ul style="list-style-type: none"> ▪ All staff must properly wash or sanitize their hands between each rotation 	<ul style="list-style-type: none"> ▪ All staff must properly wash or sanitize their hands between each rotation 	<ul style="list-style-type: none"> ▪ All staff must properly wash or sanitize their hands between each rotation
<ul style="list-style-type: none"> ▪ No spotting for competitive programs, modify training needs to ensure athletes are only doing safe skills, not learning new skills which may require spotting, unless required to prevent injury 	<ul style="list-style-type: none"> ▪ No spotting for competitive programs, modify training needs to ensure athletes are only doing safe skills, not learning new skills which may require spotting, unless required to prevent injury 	<ul style="list-style-type: none"> ▪ No spotting for competitive programs, modify training needs to ensure athletes are only doing safe skills, not learning new skills which may require spotting, unless required to prevent injury

Section 7: Staff Management - Continued

Phase 1	Phase 2	Phase 3
<ul style="list-style-type: none"> No spotting for recreational programs, mainly circuits with varied progressions unless required to prevent injury 	<ul style="list-style-type: none"> No spotting for recreational programs, mainly circuits with varied progressions unless required to prevent injury 	<ul style="list-style-type: none"> No spotting for recreational programs, mainly circuits with varied progressions unless required to prevent injury
<ul style="list-style-type: none"> Gymnasts are to avoid physical contact with one another; e.g. no hugs, high fives etc. 	<ul style="list-style-type: none"> Gymnasts are to avoid physical contact with one another; e.g. no hugs, high fives etc. 	<ul style="list-style-type: none"> Gymnasts are to avoid physical contact with one another; e.g. no hugs, high fives etc.
<ul style="list-style-type: none"> Ensure respiratory etiquette is followed by advising individuals to cough, sneeze or yawn into one's arm or a tissue 	<ul style="list-style-type: none"> Ensure respiratory etiquette is followed by advising individuals to cough, sneeze or yawn into one's arm or a tissue 	<ul style="list-style-type: none"> Ensure respiratory etiquette is followed by advising individuals to cough, sneeze or yawn into one's arm or a tissue
<ul style="list-style-type: none"> Avoid touching your eyes, nose, or mouth, especially with unwashed hands 	<ul style="list-style-type: none"> Avoid touching your eyes, nose, or mouth, especially with unwashed hands 	<ul style="list-style-type: none"> Avoid touching your eyes, nose, or mouth, especially with unwashed hands
<ul style="list-style-type: none"> Follow guidelines for wearing a mask when physical distancing cannot be followed 	<ul style="list-style-type: none"> Follow guidelines for wearing a mask when physical distancing cannot be followed 	<ul style="list-style-type: none"> Follow guidelines for wearing a mask when physical distancing cannot be followed
<ul style="list-style-type: none"> Gloves are required to be worn by staff when cleaning equipment, and hands are to be washed after gloves have been removed 	<ul style="list-style-type: none"> Gloves are required to be worn by staff when cleaning equipment, and hands are to be washed after gloves have been removed 	<ul style="list-style-type: none"> Gloves are required to be worn by staff when cleaning equipment, and hands are to be washed after gloves have been removed
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How Will We Be Enforcing Social Distancing?

- Markings 6 Feet apart will be indicated at entry doors where athletes will line up to enter the gym.
- Each athlete will be screened, hands sanitized and brought into the gym by a coach who will assign them a spot on the floor which will be clearly marked.
- 6' Markings have been laid out in the gym at each station for the athletes to follow while listening to their event instruction.
- No large group warmups – gymnasts will proceed directly to their first event where they will complete a small group stretch and warmup
- Each athlete, whenever possible, will be assigned their own apparatus at each station to avoid shared use. Where shared use is required, each apparatus will be sanitized in between athletes.
- Unnecessary equipment has been removed to allow for better flow and to accommodate social distancing requirements
- Each athlete will wash/sanitize hands before moving to the next station
- Increased instruction and supervision for in-gym movement and rotations to ensure social distancing minimums
- Additional training provided to coaches to ensure a full and complete understanding of procedures
- At this time, coaches will not be permitted to spot any athlete. All instruction will be verbal only. At this time, coaches are not permitted to spot the athletes as per guidelines set out by the Province of Ontario and Gymnastics Ontario. In the event that a “rescue spot” is deemed necessary by instinct, we will always elect to prevent catastrophic injury.
- PPE available to all coaches for close contact (ie injured athletes or necessary contact within 6ft)
- No sharing of chalk, grips or water bottles at any time. One block of chalk and a chalk container will be provided to each competitive athlete, after which gymnasts will be required to purchase additional chalk at a cost of \$5.00 per block and will be readily available at the gym. These containers will be spaced 6ft apart on a table during training.
- Staggered exit to ensure social distancing minimums are met.

RETURN TO TRAINING: STRATEGIES AND LIMITATIONS

Why is a return to gymnastics training strategy necessary?

- Gymnastics is a high-risk sport that demands extensive preparation and training to perform safely.
- Gymnastics is a sport that requires a high level of timing and body awareness. Over time, gymnasts can adapt to this high volume, while allowing for adequate recovery and healing.
- It is well recognized that body composition can change in adolescent and adult athletes following prolonged restrictions from training.
- Prolonged time away from gymnastics, as short as 2-4 weeks, can create a state of “detraining”, with fitness and strength losses.
- After this prolonged absence from training, there will be a significant amount of anticipation and excitement to resume gymnastics training – including gymnasts, coaches, and family members. This highly anticipated return to training is prone to a process that is too quick. An accelerated return puts the gymnast at a high risk for injury.
- In the context of normal training cycles, a systematic training plan is required to prepare an athlete for the demands of sport. Management of training loads is necessary to avoid injury.
- In general, a healthy approach to integration of training loads can help tissues adapt through strengthening. An unhealthy approach to integration of training loads will cause weakening of tissue and injury.
- Following a restriction from training, a healthy strategy for training load reintroduction is even more necessary to avoid injury.

Every gymnast is different!

- Every gymnast will return to training having variable levels of preparation.
- Every gymnast will return to training having maintained variable levels of gymnastics-specific activities and general fitness.
- Each gymnast will have begun their time away from the gym with variable levels of health.
- Each gymnast, during their time away, will have had variable opportunities for recovery and access to care for pre-existing injuries.
- In the context of this viral pandemic, it is important to keep in mind each gymnast’s medical history and subsequent relative health risk upon return to social and sport activities.
- The timing and specifics of each gymnast’s physical reintegration and training plan will be partially dependent on local, regional and national public health guidelines.
- The ability to integrate certain gymnastics-specific training approaches (i.e. training belts and pits, spotting, shared equipment) may be limited depending on public health restrictions, and therefore may alter the reintegration of certain skills.
- Skills that were previously routine and recently learned, may need to be relearned, or a return to previously completed drills and progressions may be necessary.



For Gymnasts: The Mental Side of Returning to Training

It is a strange time in our world. We have spent weeks at home, plans have been changed countless times, and competitions at all levels have been postponed or cancelled. Through this chaos no one has been training in gyms. Now we are talking about going back. That brings a range of emotions, including both excitement and fear. Gymnasts most likely feel excited to resume training and regain some patterns of normalcy. At the same time, there will be fears about so many unknowns and potential risks. We WILL get back, but we will face some challenges.

Tips for Returning to Training:

1. Everyone is an individual. You will respond as you do. Your feelings are valid! Likewise, your teammates' feelings are valid...and they may be different than yours. Accept each other where you are. That is exactly where you each need to be.
2. Attend to your anxieties and worries. Talk to your coaches, parents and trusted friends. Make sure you have a voice. If you feel something, say something. Then find solutions together.
3. We will all have to adapt. The most important muscle in adapting is the mental muscle. When we face adversity, we become stronger, and that builds resilience.
4. Communicate with coaches and staff.
5. Physically isolate. But don't socially disconnect. Be creative in staying connected yet safe.
6. Realize that your body won't feel the same after time off. Be kind to yourself and manage expectations to be realistic about what you can achieve when training resumes.
7. Similarly, your confidence might not be where it was. Be patient and be kind to yourself. Your confidence will return with more training time.

Get Your Mental Game up to Speed: During times when you can't train physically, you can train mentally.

1. Use imagery. Imagery is creating a picture in the mind's eye. While you are waiting to return to the gym, close your eyes and imagine what it will be like to come back. Use all your senses and imagine walking into the gym for the first time and what the equipment feels like as you touch it again.
2. Set goals. Remember to be realistic. The goals you had on the day the gym shut down will not be the goals you have now. Be smart and patient with yourself.
3. Stay present. It's easy to go back to what could have been or what you could do before. Be careful about this type of "time travel" and stick with what is.
4. Use mindfulness. Mindfulness involves intentionally focusing on the present moment and doing it nonjudgmentally. Often the focus point is the breath. Develop a mindfulness practice to stay present.

How Often Will Cleaning Happen?

- Bathrooms – Each hour– coaches will sanitize/spray all touch surfaces.
- Complete Session– After each session, coaches will thoroughly spray/sanitize all contact surfaces including mats and apparatus prior to the start of next session
- Carpeted Areas – Modified to use non-carpeted surfaces
- Hands – Before Entering Facility, After Each Rotation, Before & After Snack or Breaks, After Bathroom Use, Before Leaving Facility, and on a as needed basis.

Cleaning Products Used:

- Gym & Equipment– Percept (Approved by Health Canada)
- Bathrooms/Eating Areas – Lysol Products including Spray/Wipes
- Lobby/Office – Lysol Products including Spray/Wipes

All cleaners are registered Hospital Grade and Meet or Exceed Health Canada Standards for Anti-Viral and Disinfecting Properties.



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