



Health and Safety

Health and safety at Twisters continues to remain our top priority during this time. Twisters will be following the local public health guidelines as outlined by the Dufferin-Wellington Health Unit:

- Hand sanitizing is mandatory upon entering and exiting the facility and during training (e.g. between rotations)
- Physical distancing measures will be required at all times, inside and outside our facility
- Anyone entering the club facility will be required to wear facial masks as per the WDG Public Health Unit.

The following exemptions apply to mask requirement protocols:

- Children under the age of two years
- Children under the age of five years (either chronologically or developmentally) who refuse to wear a face covering and cannot be persuaded to do so by their caregiver.
- People whose ability to breathe is in any way is inhibited by the face covering.
- People that have any other medical reason they cannot wear a face covering safely, such as, but not limited to, respiratory disease, cognitive difficulties or difficulties in hearing or processing information.

The order further states that face masks may be removed by athletes while exercising or participating in an activity that requires physical exertion. Parents who are attending a parented class must keep their mask on.

In addition to these protocols, the following are additional requirements:

- The Gymnastics Ontario Facility Declaration and Assumption of Risk Agreement must be signed before any athlete can participate in our classes. These forms must be signed and submitted before entering the facility. Sending your child back to Gymnastics/Trampoline at this time is at your discretion. Athlete self-monitoring is expected as mentioned in this declaration.
- Anyone experiencing any symptoms of illness, no matter how minor, **MUST STAY HOME**
- Athletes that have come into contact with someone who has tested positive for COVID-19 may not enter the facility. Please inform the Club Administrator and follow public health guidelines.
- Staff will be tracking athlete attendance, as usual, to assist with COVID-19 tracing if necessary

Recreational Programming Protocols

- Number of participants in the facility at any time is 50 maximum
- Numbers have been reduced to allow for social distancing
- Hands-free coaching will apply. Athletes will only be learning and training skills that do not require spotting.
- Athletes are to avoid physical contact with one another (no high fives, hugs etc.)
- No partner activities if physical distancing cannot be maintained



Disinfecting Guidelines

- Staff are thoroughly trained with regards to how to handle and apply cleaning supplies, and how to appropriately disinfect each type of surface for best results
- The disinfectants that we are currently using are Percept, Vital Oxide and Lysol Cleaning Solutions. These products are approved by Health Canada for the COVID-19
- Equipment used will be disinfected before and after each training time. Staff will be scheduled to clean/disinfect high touch areas throughout the day, between classes and at the end of the day
- Bathrooms and high touch areas will be disinfected multiple times per day
- If any athletes have allergic reactions to hand sanitizers or cleaning products, please advise the staff. It is recommended that your child brings their own personal hand sanitizer if this is the case

Facility Protocols

- Physical distancing is mandatory at all times (minimum of 2 metres per person) and are indicated by tape and stickers inside the facility
- Individual sections will be outlined for athletes to store their belongings
- Carpooling to and from the facility is discouraged
- Staggered entry
- No spectators inside the facility. If your child is registered for an unparented class and will not participate with you in the gym, we strongly suggest you withdraw your child from the program and try again when the rules are relaxed
- Multiple hand sanitizing stations located throughout the facility
- Designated area for athletes/staff who experience symptoms of illness during training. Their parent/guardian will be called and asked to pick up the athlete/staff. This area will have a bodily fluids clean-up kit readily available that will include: gloves, masks, disinfectants, first-aid etc.
- One person in the bathroom at a time. Athletes must ask their coach. If there is a line up to use the bathroom, your child will be asked to wait in a designated area
- Handwashing is mandatory before and after using the bathroom
- Specific areas of the facility and equipment within the facility will be off limits to reduce the amount of physical contact to surfaces and people.

Staff Management

- Prior to coming to work (daily), staff are required to screen via self-assessment tool (<https://covid-19.ontario.ca/self-assessment/>), report to their designated supervisor 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
- Staff are required to sanitize/wash hands between rotations
- Hands-free coaching (no spotting) for recreational programs, unless required to prevent injury
- Wear masks where instruction is safe to do so
- Maintain confidentiality of any person confirmed to have been COVID-19 infected