

# Gymnastics BC Return to Sport Plan: *Declaration of Compliance – Addendum August 28, 2020*

## **August 28, 2020**

Effective August 24, 2020, the Government of BC and viaSport announced measures to progressively loosen restrictions on the sport sector. viaSport's Return to Sport document has been updated accordingly, and is available [here](#). New updates to [GBC's Return to Sport document](#) appear highlighted in yellow.

The focus during this new phase is to carefully increase the number of contacts and contact intensity in sport.

This document has been created as a template for GBC member clubs to use as an addendum to their Return to Sport plans. *All clubs must complete this document and send a signed copy to [nkindrachuk@gymbc.org](mailto:nkindrachuk@gymbc.org) as soon as possible.*

## ***Changes implemented as of August 24, 2020***

### **Contact Tracing**

**Key City Gymnastics Club** will provide our facility operator (or track internally if we manage our facility) with the first and last names and telephone number, or email address of all participants. We are committed to following the [Ministerial Order](#) to ensure that contact tracing can be completed promptly if required.

### **Spotting**

**Key City Gymnastics Club** will remain committed to physical distancing practices while operating.

**Key City Gymnastics Club** will permit its coaches to spot athletes who are learning new skills, or when spotting is required for safety. Coaches **must** wear masks when spotting athletes, and coaches **must** also sanitize their hands between spotting different athletes.

### **Cohorts and Physical Distancing**

**Key City Gymnastics Club** cohort is a group of participants who primarily interact with each other over an extended period of time (i.e., a series of training sessions and events). At **Key City Gymnastics Club**:

- Cohorts must not exceed 100 people. Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for activities, gatherings may still not exceed 50 people.
- We will document members of every cohort. This will help contract tracing, if needed.
- All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.
- Cohorts must be used for activities in which it is not possible to maintain two meters physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised. All individuals who are unable to physically distance must be counted within the total cohort number including coaches, staff, volunteers, etc.).
- At least two meters distancing should be maintained between all participants when outside of the gymnastics area (e.g. hallways, etc.). If physical distancing cannot be maintained masks should be worn.
- Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
- Cohorts should remain together for an extended period of time. If changing cohorts is required, an athlete must either maintain a minimum of 2 meters of physical distance from all sport participants for two weeks before switching into a new cohort or take a two-week break between activities.

- Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with (e.g. gymnastics, soccer, baseball, etc.).
- Communication must be sent to members of cohort groups outlining behavioral expectations.
- Parents, guardians, and spectators should not be included in a cohort. They must continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where programming occurs.

In the context of gymnastics at **Key City Gymnastics Club**, the introduction of cohorts means that:

- Spotting is allowed (see requirements above for the coach).
- Coaches can stand next to athletes for safety (under the bar(s), next to the beam, etc.)
- A small group of athletes can work at the same station.
- Athletes can have stretching/conditioning partners.

However, at **Key City Gymnastics Club**, it is important to note that two meters of physical distance **must** be maintained unless an activity has been deemed fundamental and it is not possible to maintain physical distancing while doing so. For example:

- A group of athletes must not sit within two metres of each other when on their break or resting.
- Athletes at the end of the vault, DMT runway, or starting area for tumbling must not stand close together while they wait for their turn.
- Physical distancing must still be maintained when moving from one apparatus to another.

**Compliance Statement- TO BE SIGNED AND SUBMITTED VIA EMAIL TO GBC ([nkindrachuk@gymbc.org](mailto:nkindrachuk@gymbc.org))**

**Key City Gymnastics Club** has updated its organizational COVID-19 Return to Sport plan, and we will adhere to all requirements set out in the GBC’s Return to Sport Plan, and in our plan. This addendum (*dated August 28, 2020*) will be attached to our club’ Safety Plan.

Signature: *Leona Jim* Date: October 13, 2020  
 Member Club Owner/Board Chair

Signature: *Michelle Ricks* Date: October 13, 2020  
 COVID-19 Club Representative