

**Amendment to the following key document:** Key City Gymnastics Club-COVID-19 Safety Plan.

The following is an amendment to **Section 7a). Quarantine or Self Isolate if**, on page 13 of the Key City Gymnastics Club-COVID-19 Safety Plan. This section should be replaced with the following.

- a) *Any Team Member who has travelled within the Province, across Provincial borders or outside of Canada: needs to follow detailed guidelines/orders/restrictions for travel/gathering as outlined by the Province of British Columbia and/or the Government of Canada.*

The Key City Gymnastics Board and staff recognize that the East Kootenays borders' provincial boundaries and as such essential/non-essential cross boarder travel occurs within the region. The Board is taking direction from the Provincial Government with regards to travel and the requirements to quarantine. We are requiring all Team Members and their families adhere to directions as outlined by the Provincial Government/Federal Government. Staff and board are committed to keeping this information up to date for our membership and are requesting that the membership govern themselves according to these directions, before attending activities and/or classes at KCGC. Below are the current guidelines for travel as outlined by the Province of British Columbia. Further amendments to the Key City Gymnastics Club-COVID-19 Safety Plan with regards to travel will occur regularly and will be attached to this document as Appendices.

As we are currently in the transition time between Stage 2 and Stage 3 reopening the board and staff of Key City Gymnastics will be enforcing the following with regards to interprovincial travel Appendices. This will be included within the safety plan as Key City Gymnastics policies

Appendix 1: Interprovincial travel – Key City Gymnastics Policy July 1, 2020

- 1) *Any Team member or their family who has travelled for non-essential reasons interprovincially is not permitted within the Gym for 14 days following their return. Essential travel is defined as the reason for travel “must be “non-optional” or “non-discretionary.”” Questions regarding if travel is essential should be directed to 811 and is not the responsibility of staff to determine.*

Appendix 2: Travel Restrictions as of July 1, 2020

**Province of British Columbia**

<https://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/traveller-information/travel-affected-by-covid-19>

Travel precautions are in place due to the COVID-19 pandemic. British Columbians who feel comfortable traveling around B.C. must do it in a way that protects the communities they visit.

Last updated: June 26, 2020

### **Canada-U.S. Borders**

The restriction of all non-essential travel at the Canada-U.S. border is now extended to July 21, 2020.

Additional screening measures are in place at key points of entry.

- Unless exempt, travelers returning to Canada are required to complete and submit a Self Isolation Plan

### **Inter-Provincial Travel**

If you are travelling to B.C. from another province or territory within Canada you are expected to follow the same travel guidelines as everyone else in BC and travel safely and respectfully. If you are travelling from B.C. to another province, please check with that province for travel restrictions or guidance in place.

### **BC's Restart Plan**

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/phase-3>

Last updated: June 30, 2020

### **What's Happening in Phase 3**

People can take part in smart, safe and respectful travel within B.C. Remember, international travellers returning to B.C. are required by law to self-isolate for 14 days and complete a self-isolation plan.

The BC Restart Plan takes a phased approach to reopening. This allows sectors and activities within the phases to open when the evidence and data tells us the time is right, and as protocols and guidance are in place for them to do so safely.

The guidelines and extra safety precautions for sectors in Phase 2 are still in place.

### **Guidelines for B.C. Travel**

Travel is different this year. The precautions you take at home should also be taken when you are away.

Some towns, communities and regions who rely on tourism are eager to welcome B.C. visitors with safety measures in place. Others might be hesitant to welcome outside visitors this summer and people need to respect that.

We encourage British Columbians to be respectful of the communities you plan to visit and be safe as you enjoy the many beautiful locations across our province.

Some Indigenous communities in B.C. are not welcoming visitors at this time. It's important to respect this and do your research before travelling. Visit Indigenous Tourism BC for a list of Indigenous experiences in the province that are currently open and welcoming visitors.

If you are travelling to B.C. from another province or territory within Canada you are expected to follow the same travel guidelines as everyone else in B.C. and travel safely and respectfully.

### **Should I Travel?**

When you hit the open roads this summer, you are not leaving COVID-19 behind.

- Consider the health and safety of people in your bubble, and whether you want to take any extra risks

If you decide to travel, take the same health and safety precautions you do at home.

- Wash your hands often
- Practice safe distancing, 2 m
- Spend time in small groups and open spaces
- Clean spaces often

If you are feeling sick, stay home. No exceptions.

If symptoms develop while travelling, self-isolate immediately and contact 8-1-1 for guidance and testing.

### **Do Your Research and Arrive Prepared**

Do your research before you travel and make sure your summer trip is right for you, right for your family and right for the community you are visiting.

- Plan ahead to make sure the community you want to visit is welcoming visitors
- Be respectful of locals
- Contact the local visitor centre, tourism association or Chamber of Commerce to learn what services are available

Arrive prepared to smaller communities if they don't have the resources to support you.

- Bring groceries and essential supplies, if possible

- If you get sick, self-isolate immediately and contact 8-1-1 for guidance and testing
- If communities are welcoming visitors, support their small businesses when you can.

### **Dr. Bonnie Henry's Travel Manners**

- Check before you go
- Fewer faces in bigger spaces
- If sick, stay home
- Wash your hands
- Keep a safe physical distance
- Come prepared, bring supplies
- Respect travel advisories

### **Guidelines for Social Interaction**

There are key guidelines to keep yourself and others safe.

If you are at greater risk (over the age of 60 or with underlying medical conditions), be informed of your risk, think through your risk tolerance and take extra precautions.

### **Inside Your Bubble**

Your bubble includes members of your immediate household and can be carefully expanded to include others.

- Try to limit the number of people in your bubble
- Every time you add someone to your bubble, you are also connecting with everybody in their bubble
- Inside your bubble you can hug and kiss and do not need to wear a mask or stay 2 m apart
- Remember, vigilant hand-washing and space cleaning is still important
- If you are sick, self-isolate from people in your bubble as much as possible

### **Outside Your Bubble**

In personal settings when you're seeing friends and family who aren't in your bubble:

- Only get together in small groups of 2 to 6 people
- Keep 2 m of physical distance from those who are outside your bubble and limit your time together
- Stay home and away from others if you have cold or flu-like symptoms
- Take extra precautions for those at higher risk for serious illness from COVID-19, including older people and those with chronic health conditions

## **Practice Good Hygiene**

Stay at home and keep a safe distance from people in your household when you have cold or flu-like symptoms, including:

- Coughing
- Runny nose
- Sore throat
- Fatigue
- No handshaking or hugs with people outside of your bubble

Practice good hygiene, including:

- Regular hand washing
- Avoiding touching your face
- Covering coughs and sneezes
- Disinfect frequently touched surfaces

Maintain physical distance as much as possible when in the community and where not possible, consider using a non-medical mask or face covering