

# Return to Sport



Please note: this document is subject to change following provincial and federal health and safety requirements.

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## Introduction and Summary of Changes

### Effective August 23, 2021:

The following information provides an overview of the short-term update regarding the recent Order for the Interior Health Region.

As a member club of Gymnastics BC, located in the Interior Health region, Key City Gymnastics Club is required to implement the following processes in our facility (keeping in line with the [Info Bulletin](#)):

- No spectators are allowed in Key City Gymnastics Club.
- The maximum occupancy for each separate area of Key City Gymnastics Club is 50.
- Masks are mandatory for all individuals 12+, this includes coaches, athletes, and any other individuals who must occupy the space.
  - Exceptions apply:
    1. to athletes participating in gymnastics in the field of play;
    2. to a person who is less than 12 years of age;
    3. to a person who is unable to wear a face covering because of:
      - a psychological, behavioral or health condition, or
      - a physical, cognitive or mental impairment;
    4. to a person who is unable to put on or remove a face covering without the assistance of another person;
    5. if the face covering is removed temporarily for the purposes of identifying the person wearing it;
    6. while consuming food or beverage at a location designated for those purposes by the operator of the indoor public space;
    7. while communicating with a person who has a hearing impairment.

***The original version of this Return to Sport document (without revisions effective August 23, 2021) was approved by the KCGC Board of Directors on June 18, 2020.***

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This updated document provides an overview of the most recent changes to the Government of BC's four step Restart Plan (beginning in May 2021).

The most recent update to the Key City Gymnastics Club (KCGC) Return to Sport Plan is effective July 1, 2021 and guided by Step 3 of the [Government of BC's Restart Plan](#).

*\*Please note that these requirements may only be in place through the summer as the Government of BC is looking to progress to Step 4 of the Restart Plan as soon as September 7, 2021.*

As a part of Step 3 of the Government of BC Restart Plan, WorkSafeBC now requires that all businesses have their own Communicable Disease Plan instead of a COVID-19 Safety Plan. KCGC's Communicable Disease Plan has been approved by the Board of Directors and is available on the [KCGC website](#).

A large amount of KCGC's previous requirements have been eliminated in this Restart Plan. KCGC will be transitioning from our COVID-19 Safety Plan to a longer-term Communicable Disease Plan.

Information and graphics describing the [BC Restart Plan are available here.](#)

viaSport's Information and FAQs about the [Sport Sector are available here.](#)

Key requirements and changes for indoor sporting activities as of July 1st, 2021, for Step 3 of the BC Restart Plan include:

- All clubs are required to develop and implement a Communicable Disease Plan instead of a COVID-19 Safety Plan. The KCGC Board of Directors have approved the plan and the date of approval is noted on the front page of the plan.
- Interprovincial travel is allowed. International travel must follow federal restrictions and guidance.
- Physical distancing does not need to be maintained on or off the field of play.
- All spaces within facilities can be used – this includes change rooms, locker rooms, foam pits, and shared chalk stations. Regular facility entries and exits can be used as well.
- There is no maximum group size (occupancy limit) for participants, coaches, volunteers, staff, and officials.
- Spectators are allowed with a capacity of up to 50 or 50% of regular spectator capacity, whichever is greater.
- Socializing before and after sport activities is now acceptable.
- Hand sanitizing and/or hand washing stations will be maintained as per KCGC's Communicable Disease Plan.
- Floor markings to direct traffic flow and physical distancing are no longer required but may be maintained.
- Contact tracing and screening requirements are no longer required. However, KCGC will maintain attendance records.
- Masks are recommended for those 12 and over who have not received both COVID-19 immunizations when off the field of play.
- Consistent cleaning processes are included in KCGC's Communicable Disease Plan.

***The original version of this Return to Sport document (without revisions effective August 24, 2020) was approved by the KCGC Board of Directors on June 18, 2020.***

## Transitioning to Regular Operations

- Gymnastics BC (GBC) supports KCGC to follow the restart philosophy from the BC Provincial Government. More specifically, this means that KCGC is encouraged to carefully adjust our protocols like a dimmer switch, rather than completely changing all our rules for operating overnight.
- KCGC priorities are:
  - Making sure that our members are safe.
  - Making sure that our members feel safe.
  - Being patient with individual differences as we all transition back to our normal lives. We

understand that some people may experience increased stress or anxiety with this transition.

- To follow the new requirements necessitated by WorkSafeBC.
- To assist with the implementation of our Communicable Disease Plan and to support our individual members during this dynamic time, KCGC will undertake the following process:
  - **REVIEW** all information provided by the BC Provincial Government, WorkSafeBC, GBC and viaSport in detail and take into consideration how substantial the changes are to our operations.
  - **PLAN** how and when we will adjust our programming. Carefully consider the best ways to adjust programs, staff management, and engagement with our Board of Directors, individual members, and their parents.
  - **COMMUNICATE** with our staff, Board of Directors, individual members, and their parents to ensure that all groups are aware of the changes made to our programming.
  - **IMPLEMENT** the Communicable Disease Plan and lift COVID-19 requirements at our gym.

## Communicable Disease Plan Requirements

### ***EXPECTATIONS ARE THAT:***

KCGC will create and implement a Communicable Disease plan that address the following six points:

1. Implement policies to support staff who may be sick with a communicable disease (for example, fever and/or chills, recent onset of coughing, diarrhea), so they can avoid being at the workplace.
2. Promote hand hygiene by providing hand hygiene stations with appropriate supplies and reminding employees and participants through policies and signage to wash their hand regularly and to use appropriate hygiene practices.
3. Maintain a clean environment through routine cleaning processes.
4. Ensure our ventilation/fresh air exchange system is properly maintained and functioning as designed.
5. Support employees in receiving vaccinations for vaccine-preventable conditions to the extent that we are able.
  
6. Be prepared to implement additional prevention measures as required by the medical health officer or the provincial health officer to deal with communicable diseases in their workplace or region, should those be necessary.

### ***ADDITIONAL STEP 3 REQUIREMENTS ARE:***

#### **Requirements**

- Spectators are allowed with a capacity of up to 50 people or 50% of regular spectator capacity, whichever is greater.
- Masks are not required in the field of play. Masks are recommended off the field of play for those 12 and over who have not received both COVID-19 immunizations.
- Consistent cleaning processes will be included in our Communicable Disease Plan.

### **Clarifications and Additional Details**

- Loose foam pits are now allowed to be used.
- Shared items such as chalk are now allowed to be used.
- All spaces within facilities can be used – this includes change rooms, locker rooms, regular facility entries and exits.