



September 16, 2021

Welcome back to all our past athletes and a big welcome to anyone who is new to gymnastics, trampoline or parkour and is starting their journey for the first time. We hope you enjoy your classes with us and learn lots of exciting moves along the way, while making friends and having FUN!

We have had several questions regarding our COVID-19 Plan and Vaccine Passport requirements. Key City Gymnastics Club is required to follow the guidelines set out by the PHO, viaSport and Gymnastics BC. There are some details that are still being addressed within the sport sector, we will continue to provide you with updates as more information becomes available.

### **VACCINE PASSPORTS**

Current class participation information is as follows:

Proof of vaccination checks **ARE NOT REQUIRED** for:

- Youth under the age of 22 who are participating in drop-in or scheduled programming at Key City Gymnastics Club
- Parents and support individuals/aids that are **essential** for Key City programs (e.g., Parent and Tot Classes) and programs for individuals experiencing disability.  
*\*As recommended by Gymnastics BC*

Proof of vaccination checks **ARE REQUIRED** for:

- Any participants over age 21 who are participating in drop-in or scheduled programming at Key City Gymnastics Club.
- Any coaches/aids/companions who are facilitating adult sport for participants over age 21.

The process of checking proof of vaccination is [available on the Government of BC website](#).

Key City Gymnastics Club is allowed to keep a record after an individual has provided their proof of vaccination at repeat events (e.g., training); therefore, once it has been verified that an individual is sufficiently vaccinated, this information will not be required a second time.

### **COVID-19 SAFETY RULES**

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+ years of age; 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.
- While not mandatory we recommend masks for those under 12 years of age (exceptions 1 and 3 – 7 listed above still apply).

***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.***

#### **KEY CITY GYMNASTICS CLUB SAFETY PLAN**

Key City Gymnastics Club will promote hand hygiene by providing the required supplies for handwashing and/or sanitizing stations at our front and back entrances, in our offices, our upstairs gym, the kitchen, the main gym and in all washrooms.

Key City Gymnastics Club will maintain a clean environment through routine cleaning processes:

- Our schedule is set up to provide cleaning between classes.
- All surfaces will be cleaned and disinfected at least once a day; entrances, the gym lobby, gymnastics equipment and other areas with high touchpoints will be cleaned and disinfected frequently, at least twice day – as per WorkSafeBC cleaning requirements.
- The gym will be cleaned and disinfected at the end of each day using Vital Oxide and a Vital Clean Cobalt Fogger.
- A professional cleaning service will come in twice a week to carry out a gym clean.
- Cleaning and disinfecting products are approved by Health Canada and the BC Centre for Disease Control.
- Key City Gymnastics Club will ensure our building ventilation and fresh air exchange is properly maintained and functioning as designed.

It is very important to us that our athletes, staff, and members stay safe. Please do a self-check before coming in for your gymnastics class.

If you have any of the symptoms below and/or answer yes to any of the following questions, please do not come into the gym and/or attend your class.

- Fever (greater than 38.0) and/or chills
- Coughing
- Sneezing
- Sore throat and/or painful swallowing
- Stuffy and/or runny nose
- Fatigue related to illness
- Loss of appetite
- Shortness of breath
- Loss of sense of smell
- Headache
- Nausea or diarrhea
- Muscle aches related to illness
- Are you currently being investigated as a suspect case of COVID-19?
- Have you or has anyone in your household been in contact in the last 14 days with someone who is being investigated or has a confirmed case of COVID-19?
- Have you tested positive for COVID-19 within the last 10 days?

\*If anyone is feeling sick or showing symptoms of being sick, they will be required to go home.

Thank you!

Key City Gymnastics Club  
Administrative and Coaching Staff  
Board of Directors