



RETURN TO PLAY PROTOCOLS

EFFECTIVE **May 12th, 2021**

OBJECTIVE

To provide opportunities for all members of the MGA in an environment that mitigates the risk of transmission of COVID-19 and keeps all participants safe. This plan has been adapted from a single stage document to a multistage approach to reduce the number of modifications and increase predictability for clubs where possible as Manitoba Health Regions move through various stage of the #RestartMB Pandemic Response System.

PRIORITIES

1. Adapt the environment to meet current public health measures and guidance.
2. Provide a training environment in which all participants feel safeguarded from the risk of COVID-19 infection.

DEFINITIONS

- **Participants:** includes but is not limited to gymnasts, coaches, volunteers, club staff, etc.
- **Physical Distancing:** maintain a minimum distance of two (2) metres between yourself and others
- **Face Masks:** properly fitting disposable medical masks or reusable fabric masks.
 - *Medical exemptions for mask usage may be permitted as per Public Health Orders.*

GUIDING DOCUMENTS AND PRINCIPLES

- Government of Manitoba COVID Guidelines
- In addition to adhering to public health measures, organizations must meet the following requirements the following stages are applicable:

#RestartMB Pandemic Response System Level	Manitoba Gymnastic Return to Play Status
Green (Limited Risk)	Return to Play does not apply, no restrictions outside the Public Health's requirements
Yellow (Caution)	Return to Play – Stage 3
Orange (Restricted)	Return to Play – Stage 2
Critical (Red)	Return to Play – Stage 1

STAGE 1	CRITICAL
Member Awareness	Inform members of protocols through email, club website, membership receipts and in-house phone communications
	Have all participants sign off on Facility Declaration and Waiver or Assumption of Risk forms
	Post protocols and graphic instructions in high traffic areas (i.e. entrances, bathrooms)
Entering the Facility	Guardians may enter the facility for viewing as long as the club is compliant with number of spectators designated by the Public Health Order.
	Participants and guardians (if applicable) must go through self-screening assessment prior to arriving
	Clubs must ensure they can track attendance for the purpose of contact tracing
	Staff member to meet gymnasts at entrance to control flow into facility
	Participants must wash or sanitize hands upon entrance
	Participants temperatures must be taken to ensure no fever
	Anyone feeling unwell must not enter the facility
	Carpooling between families is not permitted
Exiting the Facility	Recommended exit in different area than entrance; no exits should be coinciding with entrance (i.e. no overlapping entries)
	Guardians must maintain physical distancing outside in the pickup waiting area
	Participant must wash or sanitize hands prior to exiting
	No socialization outside the facility permitted following classes
Facility Safeguarding	Heightened cleaning of entire facility, ensuring all cleaning products are authorized disinfectants against SARS-CoV-2
	Sanitizing stations must be located at near event rotation as well as key areas in facility
	Equipment sanitized/cleaned between classes or rotations
	Remove self-serve vending machines and food sales, canteen areas must be closed

	Water fountains and dispensers must be closed for use, each participant must bring their own labeled water bottle to be left in designated area
	Areas such as changerooms, coaches' rooms and office area only to be permitted if physical distancing can be maintained
	Clubs must schedule time for cleaning if there are class changeovers through the day
	Doors should be wedged open (if possible) to ensure minimal handle touching
	Clubs must rearrange or not use all equipment if physical distancing cannot be maintained
	Reusable ice packs must be disinfected prior to being returned to the freezer
Staffing	Staff education session must be provided prior to entering the facility to ensure proper understanding of the protocols in place
	Staff members must complete self-screening prior to entering the facility
	Staff members must have temperature taken upon entering the facility
	Gloves are required for staff cleaning equipment between rotations or at the end of the day, hands must be washed before and after gloves are removed
	Personal safety measures must be used such as sneezing into arm
	Ensure at least two coaches are in the gym at the same time (i.e. rule of 2)
Program Management	Staff members should be assigned to ensure participants are washing hands/sanitizing at designated times and are maintaining physical distance
	Clubs must adhere to the maximum numbers in the facility as dictated by Public Health. Clubs must also consider skill level, participant maturity, listening ability, participant autonomy, and coach availability to ensure physical distancing is maintained. In the event that Code Red restrictions allow more than 1:1 instruction during code red, group size and number of groups in the gym at once must also be taken into consideration.
	Participants with personal belonging should be assigned a place to put them
	No sharing of personal items (i.e. tape, grips)
	For 1:1 training, individual coach and athlete must be assigned to a specific rotation to ensure adequate spacing. In the event that Code Red restrictions allow group training; each group must be assigned to a specific rotation to ensure adequate spacing.

	Create circular rotation in the gym to reduce crossover traffic within the facility
	Spotting when necessary, for safety only. Drills and progressions strongly encouraged as primary teaching mechanism.
	Use clear indicators (i.e. velcro, tape) to indicate physical distancing within the facility
	Masks are required for adults in all areas of the facility
	Masks are required for participants (age 5 or older) in the facility, except where safety on apparatus is compromised (upon coach/staff discretion) unless the current Public Health Order does not permit removal at any point.
	Masks recommended for outdoor training
	Create pathways within facility to ensure optimal flow
	Eliminate pit usage for recreational programming
	Where required by competitive programs; pit may be used for safety purposes with landing mat
	Remove all props and training aids that cannot be disinfected easily
	No competitions are permitted
<i>Class Management</i>	Clubs to have mandatory policy regarding sending sick participants and staff home
	Warm up and conditioning rotations to be completed on assigned spots to avoid congestion (i.e. high knees, jumping jacks)
	Designated rest areas should be outlined for participants
	On uneven bars, only one participant permitted in the chalking area
	Coaches and participants must wash or sanitize hands between rotations
	Participants may bring snacks if practice length warrants, no sharing of food permitted
	Participant breaks must be in designated break area where physical distancing should be maintained
	Ensure physical distancing between stations in circuit construction
	No physical praise (i.e. high fives, hugs)
	Participants to be reminded of proper personal hygiene when applicable (i.e. no face touching, sneezing into elbow)

	Consideration should be given to allow for parental guidance for non-school aged children who have difficulty manage distancing on their own in the event that group classes are allowed under Code Red
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STAGE TWO	ORANGE (RESTRICTED)
Member Awareness	Inform members of protocols through email, club website, membership receipts and in-house phone communications
	Have all participants sign off on Facility Declaration and Waiver or Assumption of Risk forms
	Post protocols and graphic instructions in high traffic areas (i.e. entrances, bathrooms)
Entering the Facility	Guardian and participants must maintain physical distancing from others prior to entry
	If required; only one guardian can remain in facility for non-school aged participants
	Participants and guardians (if applicable) must go through self-screening assessment prior to arriving
	Staff member to meet gymnasts at entrance to control flow into facility
	Participants must wash or sanitize hands upon entrance
	Anyone feeling unwell must not enter the facility
	Carpooling between families highly discouraged
Exiting the Facility	Recommended exit in different area than entrance; no exits should be coinciding with entrance (i.e. no overlapping entries)
	Guardians must maintain physical distancing outside in the pick up waiting area
	Participant must wash or sanitize hands prior to exiting
	No socialization outside the facility permitted following classes
Facility Safeguarding	Viewing area for guardians (if applicable) must be marked to meet physical distancing requirements
	Heightened cleaning of entire facility, ensuring all cleaning products are authorized disinfectants against SARS-CoV-2
	Sanitizing stations must be located at near event rotation as well as key areas in facility
	Equipment sanitized/cleaned between classes or rotations
	Remove self-serve vending machines and food sales, canteen areas must be closed
	Water fountains and dispensers must be closed for use, each participant must bring their own labeled water bottle to be left in designated area
	Areas such as changerooms, coaches' rooms and office area only to be permitted if physical distancing can be maintained
	Clubs must schedule time for cleaning if there are class changeovers through the day
	Doors should be wedged open (if possible) to ensure minimal handle touching
	Clubs must rearrange or not use all equipment if physical distancing cannot be maintained
	Reusable ice packs must be disinfected prior to being returned to the freezer

Staffing	Staff education session must be provided prior to entering the facility to ensure proper understanding of the protocols in place
	Staff members must complete self-screening prior to entering the facility
	Gloves are required for staff cleaning equipment between rotations or at the end of the day, hands must be washed before and after gloves are removed
	Personal safety measures must be used such as sneezing into arm
	Ensure at least two coaches are in the gym at the same time (i.e. rule of 2)
Program Management	Staff members should be assigned to ensure participants are washing hands/sanitizing at designated times and are maintaining physical distance
	Clubs must adhere to the maximum numbers in the facility as dictated by Public Health. Clubs must also consider skill level, participant maturity, listening ability, participant autonomy, group size, number of groups, coach availability to ensure physical distancing is maintained
	Participants with personal belonging should be assigned a place to put them
	No sharing of personal items (i.e. tape, grips)
	Classes must be assigned to a specific rotations to ensure adequate spacing
	Create circular rotation in the gym to reduce crossover traffic within the facility
	Spotting when necessary, for safety only. Drills and progressions strongly encouraged as primary teaching mechanism.
	Masks are required for adults in all areas of the facility
	Masks are required for participants (over age 5) all common areas of the facility
	Masks recommended for outdoor training
	Use clear indicators (i.e. velcro, tape) to indicate physical distancing within the facility
	Create pathways within facility to ensure optimal flow
	Eliminate pit usage for recreational programming
	Where required by competitive programs; pit may be used for safety purposes with landing mat
Remove all props and training aids that cannot be disinfected easily	
No competitions are permitted	
Class Management	Clubs to have mandatory policy regarding sending sick participants and staff home
	Warm up and conditioning rotations to be completed on assigned spots to avoid congestion (i.e. high knees, jumping jacks)
	Designated rest areas should be outlined for participants
	On uneven bars, only one participant permitted in the chalking area
	Coaches and participants must wash or sanitize hands between rotations
	Participants may bring snacks if practice length warrants, no sharing of food permitted
	Participant breaks must be in designated break area where physical distancing should be maintained
	Ensure physical distancing between stations in circuit construction
	No physical praise (i.e. high fives, hugs)
	Participants to be reminded of proper personal hygiene when applicable (i.e. no face touching, sneezing into elbow)

	Consideration should be given to allow for parental guidance for non-school aged children who have difficulty manage distancing on their own
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STAGE THREE	YELLOW (CAUTION)
Member Awareness	Inform members of protocols through email, club website, membership receipts and in-house phone communications
	Have all participants sign off on Facility Declaration and Waiver or Assumption of Risk forms
	Post protocols and graphic instructions in high traffic areas (i.e. entrances, bathrooms)
Entering the Facility	Guardian and participants must maintain physical distancing from others prior to entry
	If required; only one guardian can remain in facility for non-school aged participants
	Participants and guardians (if applicable) must go through self-screening assessment prior to arriving
	Staff member to meet gymnasts at entrance to control flow into facility
	Participants must wash or sanitize hands upon entrance
	Anyone feeling unwell must not enter the facility
	Carpooling between families highly discouraged
Exiting the Facility	Recommended exit in different area than entrance; no exits should be coinciding with entrance (i.e. no overlapping entries)
	Guardians must maintain physical distancing outside in the pick up waiting area
	Participant must wash or sanitize hands prior to exiting
	No socialization outside the facility permitted following classes
Facility Safeguarding	Viewing area for guardians (if applicable) must be marked to meet physical distancing requirements
	Heightened cleaning of entire facility, ensuring all cleaning products are authorized disinfectants against SARS-CoV-2
	Sanitizing stations must be located at near event rotation as well as key areas in facility
	Equipment sanitized/cleaned between classes or rotations
	Remove self-serve vending machines and food sales, canteen areas must be closed
	Water fountains and dispensers must be closed for use, each participant must bring their own labeled water bottle to be left in designated area
	Areas such as changerooms, coaches' rooms and office area only to be permitted if physical distancing can be maintained
	Clubs must schedule time for cleaning if there are class changeovers through the day
	Doors should be wedged open (if possible) to ensure minimal handle touching
	Clubs must rearrange or not use all equipment if physical distancing cannot be maintained

	Reusable ice packs must be disinfected prior to being returned to the freezer
Staffing	Staff education session must be provided prior to entering the facility to ensure proper understanding of the protocols in place
	Staff members must complete self-screening prior to entering the facility
	Gloves are required for staff cleaning equipment between rotations or at the end of the day, hands must be washed before and after gloves are removed
	Personal safety measures must be used such as sneezing into arm
	Ensure at least two coaches are in the gym at the same time (i.e. rule of 2)
Program Management	Staff members should be assigned to ensure participants are washing hands/sanitizing at designated times and are maintaining physical distance
	Clubs must adhere to the maximum numbers in the facility as dictated by Public Health. Clubs must also consider skill level, participant maturity, listening ability, participant autonomy, group size, number of groups, coach availability to ensure physical distancing is maintained
	Participants with personal belonging should be assigned a place to put them
	No sharing of personal items (i.e. tape, grips)
	Classes must be assigned to a specific rotations to ensure adequate spacing
	Create circular rotation in the gym to reduce crossover traffic within the facility
	Spotting when necessary, for safety only. Drills and progressions strongly encouraged as primary teaching mechanism.
	Masks are recommended for adults in all areas of the facility
	Masks are recommended for outdoor training
	Use clear indicators (i.e. velcro, tape) to indicate physical distancing within the facility
	Create pathways within facility to ensure optimal flow
	Where required by recreational programs; pits may be used when covered with landing mats
	Where required by competitive programs; pit may be used for safety purposes. Clubs must ensure proper disinfection after use.
	Remove all props and training aids that cannot be disinfected easily
Competitions are permitted; MGA Operational Plan for Competitions must be followed	
Class Management	Clubs to have mandatory policy regarding sending sick participants and staff home
	Warm up and conditioning rotations to be completed on assigned spots to avoid congestion (i.e. high knees, jumping jacks)
	Designated rest areas should be outlined for participants
	On uneven bars, only one participant permitted in the chalking area
	Coaches and participants must wash or sanitize hands between rotations
	Participants may bring snacks if practice length warrants, no sharing of food permitted
	Participant breaks must be in designated break area where physical distancing should be maintained
	Ensure physical distancing between stations in circuit construction
	No physical praise (i.e. high fives, hugs)

	Participants to be reminded of proper personal hygiene when applicable (i.e. no face touching, sneezing into elbow)
	Consideration should be given to allow for parental guidance for non-school aged children who have difficulty manage distancing on their own