



RECOMMENDED RETURN TO PLAY PROTOCOLS

AS OF SEPTEMBER 2nd, 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 multistage approach (colors) to a single stage document to improve clarity of current requirements.

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 **Public Health Order:**
<https://www.gov.mb.ca/covid19/prs/orders/index.html>
- In addition to adhering to public health measures, organizations are encouraged to meet the following recommendations:

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	Participants and spectators should maintain physical distancing from others prior to entry
	Spectator capacity limits dictated by Public Health must be followed

	Participants and spectators should go through self-screening assessment prior to arriving
	Staff member to meet participant and spectators at entrance to control flow into facility and check vaccination status where required by the Public Health Order
	Participants and spectators should wash or sanitize hands upon entrance
	Anyone feeling unwell should not enter the facility
Exiting the Facility	Recommended exit in different area than entrance; no exits should be coinciding with entrance (i.e. no overlapping entries)
	Physical distancing should be maintained in the pick up waiting area
	Participant and spectators should wash or sanitize hands prior to exiting
Facility Safeguarding	Viewing area should be marked to meet physical distancing recommendations
	Heightened cleaning of entire facility, ensuring all cleaning products are authorized disinfectants against SARS-CoV-2
	Sanitizing stations should be located at near event rotation as well as key areas in facility
	Equipment should be sanitized/cleaned between classes or rotations
	Self-serve vending machines and food sales should be removed, canteen areas should be closed
	Water fountains and dispensers should be closed for use, each participant should bring their own labeled water bottle to be left in designated area
	Areas such as changerooms, coaches' rooms and office area should only be permitted if physical distancing can be maintained
	Clubs should 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 should rearrange or not use all equipment if physical distancing cannot be maintained
Reusable ice packs should be disinfected prior to being returned to the freezer	
Staffing	Staff education session should be provided prior to entering the facility to ensure proper understanding of the protocols in place
	Staff members should complete self-screening prior to entering the facility as well as vaccination status verification where required by the Public Health Order
	Gloves should be required for staff cleaning equipment between rotations or at the end of the day, hands should be washed before and after gloves are removed
	Personal safety measures should 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 should 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 should be assigned to a specific rotations to ensure adequate spacing
	Create circular rotation in the gym to reduce crossover traffic within the facility
	Spotting is permitted, drills and progressions strongly encouraged as primary teaching mechanism
	Masks usage as required by the Public Health Order
	Use clear indicators (i.e. velcro, tape) to indicate physical distancing within the facility
	Create pathways within facility to ensure optimal flow
	Pits may be used for all programming; clubs should ensure proper cleaning is completed
	Remove all props and training aids that cannot be disinfected easily
	Competitions are permitted; MGA Operational Plan for Competitions must be followed
<i>Class Management</i>	Clubs should 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 recommended in the chalking area
	Coaches and participants should wash or sanitize hands between rotations
	Participants may bring snacks if practice length warrants, no sharing of food recommended
	Participant breaks should 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)	