

# Taiso Gymnastics Club

## **Return to Train Policy**

Taiso, in accordance with GymSask and Government of Saskatchewan guidelines, has prepared the following plan and protocols for the return of competitive and recreational gymnastics.

### **Current Regulations for Numbers in the Gym**

8 athletes per group permitted in each training zone. This does not include coaching staff.

Athletes must be able maintain a 3 meter distance.

Groups should not intermingle.

### **Protocols**

#### **Screening**

All persons entering the facility must complete a pre-screening form as provided in the GymSask *Return to Play* Protocols or the Government of Saskatchewan Covid-19 self-assessment ***prior to attending the gym***. Currently, GymSask is mandating that Taiso collect and retain this information.

Taiso Gymnastics Club, may, with the prior consent of the athlete (or parent/guardian if athlete is under the age of majority), elect to screen for fever with no-touch infrared thermometers if there are signs of illness.

If, while at the gym, an athlete exhibits symptoms of Covid-19 that are not related to asthma or allergies, they will be isolated and sent home.

Staff and volunteers working on behalf of Taiso will comply with the Taiso Covid-19 Illness Policy.

#### **Traffic Control**

During drop off and pick up parents must remain in vehicles and must not enter the facility unless otherwise required to do so. Athletes are not to enter any earlier than 10 minutes before their scheduled start time. Athletes are to leave immediately at the end of class. For very young athletes, coaches may make alternate, but safe, arrangements to ensure the child makes is safely to and from vehicles.

Only 1 person is permitted in the entrance at any given time. Unless otherwise instructed, boys competitive athletes are to use the North doors (old entrance) while all other programs will use the

South doors (new entrance -double glass doors). Anyone entering the building should preview the area prior to entering.

All persons entering the facility must sign in and out.

Athletes are reminded to proceed to their first event or warm up area (a mat) without touching anything.

Rotations will be done simultaneously or in such a manner that traffic can be controlled, and equipment cleaned between users. All athletes must maintain 6 ft of distancing at all times. Athletes from the same household may share space and equipment.

### **Personal Belongings**

Shoes can remain in the entrance way. Athletes must carry their other belongings with them (ie. In a bag or backpack).

Athletes must bring a water bottle, which is to stay with the athlete.

No cell phones are permitted on the floor. Athletes may use their cell phones once training is complete.

### **Personal Hygiene**

All athletes and coaches/staff/others will wash or sanitize hands upon entering the facility and before leaving.

Hand washing or hand sanitizing stations will be near all equipment.

Athletes will be reminded to maintain 6 feet of distance, to only touch what is necessary and to avoid touching their faces. Signs will be posted.

Clean and appropriate training attire must be worn for each session. Athletes should carry additional clean attire.

Grips should be "sun treated" (disinfected) after each session.

Masks must be worn at all times by staff and athletes.

No spotting permitted

### **Facilities and Cleaning**

The water fountain and water bottle table will be closed.

Bathrooms must be sprayed after use. Sanitizing spritzer will be located in by bathroom. Users are to spray toilet lever, door handles and anything else touched after use. Hand sanitizer must be used after use of bathroom.

In compliance with GymSask Protocols, equipment and apparatus will be cleaned prior to each training session. Athletes are to use hand sanitizer upon entering the facility and between use of each apparatus. Spritzers available where appropriate.

Foam pits cannot be used. Wipeable mats will be placed on top of foam pits. Coaches and pre-screened volunteers will clean equipment and facilities between sessions following GymSask and Government of Saskatchewan guidelines.

### **Visitors**

GymSask requires that non-essential visitors and the public are not permitted to enter the facility. If it is essential that parents or others enter the facility, they must make arrangements with the coach to ensure we are complying protocols, including gathering size restrictions, and avoiding congestion at drop off and pick up. Parents will need to complete the screening prior to entering and will be signed in and out by staff.

When the overhead garage doors are open, parents may observe from outdoors provided 6ft distancing is maintained. We hope to ease restrictions on spectators in the future while continuing to ensure the safety of our athletes.

All athletes, staff and parents must agree and adhere to the return to train policy. Failure to do so will result in disciplinary action.

With respect to athletes, progressive discipline will be implemented with the goal to educate and reform behaviours, except in exceptional circumstances that may warrant more swift action.

1. On the first occasion\* of non-compliance, the coach will warn the athlete verbally.
2. On the second occasion of non-compliance, the coach will warn the athlete verbally and inform the family. If steps 1 and 2 have occurred with an athlete on previous occasions, the athlete's supervising coach may move to step 6 and inform the board. Any athlete who is sent home will have a personal compliance plan developed by the coach and approved by the board.
3. On the third occasion of non-compliance, the Board will issue a written warning.
4. On the fourth occasion of non-compliance, the athlete will be issued a 1-day suspension.
5. On the fifth occasion of non-compliance, the athlete will be issued a 2-day suspension.
6. On the sixth occasion of non-compliance, the athlete will be issued a 3-day suspension.
7. On the seventh occasion of non-compliance, the athlete will be issued a 1-week suspension.

And so on.

If an athlete has a record of compliance following any discipline, the progressive discipline may be reset.

\*an occasion will normally be one training session/day

### **Communication**

These protocols may be updated from time to time and will be communicated by posting at the gym, on the website or communicated by email.

Athletes, staff, and parents are reminded of Taiso's communication policy. If you have questions or concerns about this protocol, please discuss it with your coach. If the issue remains, it should be brought to the attention of the Head Coach. If the Head Coach cannot resolve the issue, it may be brought to the Board.