



**Kids Super Gym**

*Mississauga*

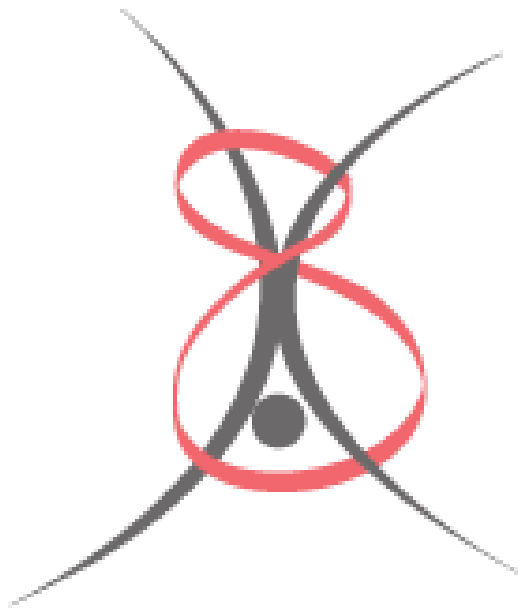


Return to Sport

Safety Handbook

for Athletes,

Parents and Staff



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## Section 1: Overview

Mission Statement -

*To promote a healthy physical lifestyle through the sport of gymnastics, while encouraging participants to be active in a safe, clean, fun, and nurturing environment.*

*Our goal is to ensure that all participants are instructed based on their unique abilities and instill confidence that the sport of gymnastics can be practiced / trained for as long as the participant has the desire and physical ability to do so. Our structured programs are designed to instill strong basic skills that are required for both recreational and competitive athletes.*

*Our friendly staff performs as a family-oriented team. Whether it is the owner, office manager, coach, or volunteer, the KSG Team is knowledgeable, enthusiastic, and trained. Our management team's open-door policy allows parents to discuss any matter, question or concern knowing that it will be addressed promptly and appropriately. The health and safety of our students, their families and our staff are of the utmost importance.*

As we return to play after the disruption of the COVID-19 outbreak, every decision, policy, and procedure is made in the interest of all participant's safety and health, both physical and mental.

Everything about this disease, its spread, government guidelines, social responses, the needs of our families, and the economic impact have been in constant change. Our plans and procedures for how we address these issues must be adaptable. We will constantly evaluate our policies and procedures; and adjust our responses accordingly.

We will do everything we can to meet and exceed, provincial, federal and our sport's governing body guidelines, while also minimizing interruption of 'normal life' as much as possible. We understand that certain solutions and policies will not be the most appropriate for each family. While we try our best to create the optimum environment for everyone to safely participate, we of course will respect those families who have had to make the difficult decision to delay their return.

Given the above statements, and in the interest of protecting the health and safety of our students entrusted to our care, their families, and our staff, we will be enforcing all policies and procedures listed within the RTPH. If a student, their family, or a staff member is unwilling to abide by these policies and procedures they will not be allowed to participate until their willingness to do so has changed.

## Section 2: Member Awareness

Phase 1	Phase 2	Phase 3
Inform participants, families, and staff of Phase 1 protocols by email, website, social media, and signage	Inform participants, families, and staff of Phase 2 protocols by email, website, social media, and signage	Inform participants, families, and staff of Phase 3 protocols by email, website, social media, and signage
An <i>Assumption of Risk</i> agreement for those under the age of majority with wording on their assumption of the related risks with COVID-19	An <i>Assumption of Risk</i> agreement for those under the age of majority with wording on their assumption of the related risks with COVID-19	An <i>Assumption of Risk</i> agreement for those under the age of majority with wording on their assumption of the related risks with COVID-19
A <i>Waiver</i> agreement for those over the age of majority with wording on their assumption of the related risks with COVID-19	A <i>Waiver</i> agreement for those over the age of majority with wording on their assumption of the related risks with COVID-19	A <i>Waiver</i> agreement for those over the age of majority with wording on their assumption of the related risks with COVID-19
A Declaration form to be executed by all members and staff attending our facility to declare their understanding of COVID-19, as well as their responsibility to self-monitor	A Declaration form to be executed by all members and staff attending our facility to declare their understanding of COVID-19, as well as their responsibility to self-monitor	To be monitored
Post Ontario Ministry of Health signage with approved hand washing and physical distancing protocols	Post Ontario Ministry of Health signage with approved hand washing and physical distancing protocols	To be monitored
Participants, their families, and staff will be made aware they may not enter the facility if either they or a household member has had onset of symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days	Participants, their families, and staff will be made aware they may not enter the facility if either they or a household member has had onset of symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days	Do not come to the facility if a participant or staff member is showing symptoms of illness or not feeling well
If anyone in a student's household has travelled out of province, student cannot attend for 14 days after their return	If anyone in a student's household has travelled out of country, student cannot attend for 14 days after their return	Do not come to the facility if a participant or staff member is showing symptoms of illness or not feeling well
Maintain confidentiality of any person confirmed to have been infected with COVID-19, but will cooperate with Public Health to assist with contact tracing	Maintain confidentiality of any person confirmed to have been infected with COVID-19, but will cooperate with Public Health to assist with contact tracing	To be monitored

## Section 3: Entering & Exiting the Facility

Phase 1	Phase 2	Phase 3
Parents must conduct a daily screening before bringing their child to the gym. KSG-M staff will screen each participant prior to entering the facility on each visit	Parents must conduct a daily screening before bringing their child to the gym. KSG-M staff will screen each participant prior to entering the facility on each visit	Do not come to the facility if you are showing symptoms of illness or not feeling well
No students with symptoms allowed to enter facility	No students or parents with symptoms allowed to enter facility	Do not come to the facility if you are showing symptoms of illness or not feeling well
If anyone in a student's household is showing symptoms of illness, they cannot attend	If anyone in a student's household is showing symptoms of illness, they cannot attend	Do not come to the facility if you are showing symptoms of illness or not feeling well
Only members of the household should be in a vehicle together, no carpooling	Only members of the same household should be in a vehicle together, no carpooling	Carpooling is permitted
Students will be dropped off and picked up outside of front entrance, a staff member will monitor the front door for arrivals and departures. Tardiness cannot be accommodated, please take care in being on time. No spectators allowed inside facility.	Students will be dropped off and picked up outside of front entrance, a staff member will monitor the front door for arrivals and departures • Tardiness cannot be accommodated, please take care in being on time • No spectators allowed inside facility	To be monitored
All persons must properly wash with soap and water or sanitize hands immediately upon entering facility	All persons must properly wash with soap and water or sanitize hands immediately upon entering facility	Good hygiene habits encouraged at home and at the gym
Physical distancing guidelines are followed	Physical distancing guidelines are followed	To be monitored
Once classes are over, athletes and parents need to leave the facility, no lingering around and chatting	Athletes and parents may briefly socialize while maintaining physical distancing	To be monitored
Gymnasts should come dressed wearing their gym attire or have it under their clothes	Gymnasts should come dressed wearing their gym attire or have it under their clothes	To be monitored
When possible, the garage doors or man doors will be opened to allow for fresh air during training	When possible, the garage doors or man doors will be opened to allow for fresh air during training	When possible, the garage doors or man doors will be opened to allow for fresh air during training

## Section 4: Facility Safeguarding

Phase 1	Phase 2	Phase 3
Heightened cleaning and disinfection of entire facility, especially high traffic areas	Heightened cleaning and disinfection of entire facility, especially high traffic areas	Complete cleaning of high traffic areas
Physical distancing guidelines are followed	Physical distancing guidelines are followed	To be monitored
Limit the number of participants and staff in the facility. No spectators.	Limit the number of participants and staff in the facility. No spectators.	To be monitored
Limit of 2 athletes in the change room at one time, staff will monitor upon arrival and dismissal	Limit of 2 athletes in the change room at one time, staff will monitor upon arrival and dismissal	To be monitored
Limit 1 person in the bathroom at one time	Limit 1 person in the bathroom at one time	To be monitored
Post a copy of handwashing guidelines at entrance and in bathrooms	Post a copy of handwashing guidelines at entrance and in bathrooms	Good hygiene habits encouraged at home and at the gym
Cleaning between each use of the washrooms, when possible	Cleaning between each use of the washrooms, when possible	Daily cleaning of the washrooms
Provide hand sanitizing stations throughout the facility	Provide hand sanitizing stations throughout the facility	Good hygiene habits encouraged at home and at the gym
Ensure respiratory etiquette is followed by advising individuals to cough, sneeze or yawn into one's arm or a tissue	Ensure respiratory etiquette is followed by advising individuals to cough, sneeze or yawn into one's arm or a tissue	Ensure respiratory etiquette is followed by advising individuals to cough, sneeze or yawn into one's arm or a tissue
Avoid touching your eyes, nose, or mouth, especially with unwashed hands	Avoid touching your eyes, nose, or mouth, especially with unwashed hands	Avoid touching your eyes, nose, or mouth, especially with unwashed hands
Clean gymnastics equipment between classes, where possible and at the end of the day	Clean gymnastics equipment at the end of the day	Regularly scheduled cleaning of gymnastics equipment
At the end of the day all high traffic areas will be cleaned and disinfected	At the end of the day all high traffic areas will be cleaned and disinfected	At the end of the day all high traffic areas will be cleaned and disinfected
Students must bring their own water bottles preferably filled at home, and no sharing	Students must bring their own water bottles preferably filled at home, and no sharing	Students must bring their own water bottles, and no sharing

<p>Each competitive gymnast will need to have their own container for chalk and instructed to not share, remember to label it</p>	<p>Each competitive gymnast will need to have their own container for chalk and instructed to not share, remember to label it</p>	<p>Chalk bowl can be used</p>
<p>Each competitive gymnast will need to have their own small water spray bottle and instructed to not share, remember to label it</p>	<p>Each competitive gymnast will need to have their own small water spray bottle and instructed to not share, remember to label it</p>	<p>One water bottle can be used</p>
<p>Each competitive athlete will be required to bring and take home their personal training equipment, including grips, wrist bands, chalk container, water spray bottle, etc.</p>	<p>Each competitive athlete will be required to bring and take home their personal training equipment, including grips, wrist bands, chalk container, water spray bottle, etc.</p>	<p>Athlete bins can be used</p>
<p>Limit use of props and small equipment, set aside for cleaning if small equipment is used. Thera-bands should not be used. Rope climbing not permitted. Porous props and equipment will be temporarily taken out of use.</p>	<p>Limit use of props and small equipment, set aside for cleaning if small equipment is used. Thera-bands should not be used. Limited use of rope. Porous props and equipment will be permitted, with limited use.</p>	<p>To be monitored. Porous props and equipment can be used.</p>
<p>If a child becomes ill at the facility the following actions will be taken. Isolate the child in a separate area, with supervision. Ensure physical distancing from other participants. Staff should be mindful of hand washing and avoid contact with the child's respiratory secretions. Notify parents to come pick up their child immediately. All equipment used by the child should be immediately removed from use by any other gymnasts and cleaned immediately.</p>	<p>If a child becomes ill at the facility the following actions will be taken. Isolate the child in a separate area, with supervision. Ensure physical distancing from other participants. Staff should be mindful of hand washing and avoid contact with the child's respiratory secretions. Notify parents to come pick up their child immediately. All equipment used by the child should be immediately removed from use by any other gymnasts and cleaned immediately.</p>	<p>If a child becomes ill at the facility the following actions will be taken. Isolate the child in a separate area, with supervision. Ensure physical distancing from other participants. Staff should be mindful of hand washing and avoid contact with the child's respiratory secretions. Notify parents to come pick up their child immediately. All equipment used by the child should be immediately removed from use by any other gymnasts and cleaned immediately.</p>
<p>Office closed, contact by email or phone only</p>	<p>Office closed, contact by email or phone only</p>	<p>To be monitored</p>
<p>Office staff must clean and sanitize high touch areas upon arrival and at departure (e.g. mouse, keyboard, telephone, card terminal, etc.)</p>	<p>Office staff must clean and sanitize high touch areas upon arrival and at departure (e.g. mouse, keyboard, telephone, card terminal, etc.)</p>	<p>Regularly scheduled cleaning of equipment</p>

## Section 5: Program Management

Phase 1	Phase 2	Phase 3
Adhere to maximum number of participants in the training area as mandated by Gymnastics Ontario	Adhere to maximum number of participants in the training area as mandated by Gymnastics Ontario	To be monitored
Physical distancing guidelines are followed	Physical distancing guidelines are followed	To be monitored
Reduce the number of classes in the gym at any one time	Reduce the number of classes in the gym at any one time	To be monitored
A 25% reduction in the number of training hours for competitive teams in June due to length of time off	To be monitored	To be monitored
No physical contact among participants, unless a mask is worn by a staff member to attend to an athlete	No physical contact among participants, unless a mask is worn by a staff member to attend to an athlete	Normal physical contact allowed
Stagger start and end times to ensure physical distancing can be maintained during arrivals and departures, and to allow cleaning, where possible	Stagger start and end times to ensure physical distancing can be maintained during arrivals and departures, and to allow cleaning, where possible	To be monitored
Velcro and other markings will be used to create physical distancing lines within the facility	Velcro and other markings will be used to create physical distancing lines within the facility	To be monitored
Apparatus rotation schedule updated to maintain the guidelines for physical distancing	Apparatus rotation schedule updated to maintain the guidelines for physical distancing	To be monitored



## Section 6: Class Management

Phase 1	Phase 2	Phase 3
Physical distancing guidelines are followed	Physical distancing guidelines are followed	To be monitored
Gymnasts are to avoid physical contact with one another; e.g. no hugs, high fives, etc.	Gymnasts are to avoid physical contact with one another; e.g. no hugs, high fives, etc.	Physical contact for encouragement allowed
No partner activities during warm-up, training, and conditioning if physical distancing cannot be maintained	No partner activities during warm-up, training, and conditioning if physical distancing cannot be maintained	Partner activities during warm-up, training, and conditioning is permitted
Reduce the number of gymnasts per coach, where possible	Reduce the number of gymnasts per coach, where possible	To be monitored
Create physical distancing between stations and circuits	Create physical distancing between stations and circuits	To be monitored
Separate and/or stagger break times and ensure physical guidelines are being followed	Separate and/or stagger break times and ensure physical guidelines are being followed	To be monitored
All gymnasts must properly wash or sanitize their hands between each rotation	All gymnasts must properly wash or sanitize their hands between each rotation	Good hygiene habits encouraged at home and at the gym
No spotting for competitive programs, modify training needs to ensure athletes are only doing safe skills, not learning new skills which might require spotting, unless required to prevent injury	No spotting for competitive programs, modify training needs to ensure athletes are only doing safe skills, not learning new skills which might require spotting, unless required to prevent injury	TBD
No spotting for camp and recreational programs, mainly circuits with varied progressions, unless required to prevent injury	No spotting for camp and recreational programs, mainly circuits with varied progressions, unless required to prevent injury	Spotting allowed for recreational programs

## Section 7: Staff Management

Phase 1	Phase 2	Phase 3
Prior to coming to work (daily) each staff member is required to screen via self-assessment, to determine if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days, a log record of the self-assessment will be kept	Prior to coming to work (daily) each staff member is required to screen via self-assessment, to determine if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days, a log record of the self-assessment will be kept	
Staff may not enter the facility if either they or a household member has had onset of symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days	Staff may not enter the facility if either they or a household member has had onset of symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days	Do not come to the facility if you are showing symptoms of illness or not feeling well
Monitor physical distancing ensure guidelines are followed by participants and staff	Monitor physical distancing ensure guidelines are followed by participants and staff	To be monitored
Staff will monitor athletes to ensure hands are being washed	Staff will monitor athletes to ensure hands are being washed	Good hygiene habits encouraged at home and at the gym
All staff must properly wash or sanitize their hands between each rotation	All staff must properly wash or sanitize their hands between each class	Good hygiene habits encouraged at home and at the gym
No spotting for competitive programs, modify training needs to ensure athletes are only doing safe skills, not learning new skills which might require spotting, unless required to prevent injury	Limited hands on spotting for competitive programs	Spotting allowed for competitive programs
No spotting for recreational programs, mainly circuits with varied progressions, unless required to prevent injury	Limited hands on spotting for recreational programs	Spotting allowed for recreational programs
Gymnasts are to avoid physical contact with one another; e.g. no hugs, high fives, etc. • Limited physical contact for encouragement • Physical contact for encouragement allowed	Limited physical contact for encouragement	Physical contact for encouragement allowed
Ensure respiratory etiquette is followed by advising individuals to cough, sneeze or yawn into one's arm or a tissue	Ensure respiratory etiquette is followed by advising individuals to cough, sneeze or yawn into one's arm or a tissue	Ensure respiratory etiquette is followed by advising individuals to cough, sneeze or yawn into one's arm or a tissue
Avoid touching your eyes, nose, or mouth, especially with unwashed hands	Avoid touching your eyes, nose, or mouth, especially with unwashed hands	Avoid touching your eyes, nose, or mouth, especially with unwashed hands

Follow guidelines for wearing a mask when physical distancing cannot be followed	Follow guidelines for wearing a mask when physical distancing cannot be followed	
Gloves are required for staff cleaning equipment, and hands are to be washed after gloves have been removed	Gloves are required for staff cleaning equipment, and hands are to be washed after gloves have been removed	Gloves are required for staff cleaning equipment, and hands are to be washed after gloves have been removed
Maintain confidentiality of any person confirmed to have been infected with COVID-19, but will cooperate with Public Health to assist with contact tracing	Maintain confidentiality of any person confirmed to have been infected with COVID-19, but will cooperate with Public Health to assist with contact tracing	To be monitored

## Section 8: Social Distancing

### How Will We Be Enforcing Social Distancing

Markings 6 Feet apart will be indicated at entry doors where athletes will line up to enter the gym.

Each athlete will be screened, hands sanitized and lead into the gym by a coach who will assign them a spot on the floor which will be clearly marked.

For camp, each group will be assigned a designated eating area and washroom for the day

6' Markings have been laid out in the gym at each station for the athletes to follow while listening to their event instruction.

No large group warm-ups - gymnasts will proceed directly to their first event where they will complete a small group stretch and warm-up

Each athlete, whenever possible, will be assigned their own apparatus at each station to avoid shared use. Where shared use is required, each apparatus will be sanitized in between athletes.

Unnecessary equipment has been removed to allow for better flow and to accommodate social distancing requirements

Each athlete will wash/sanitize hands before moving to the next station

**Increased instruction and supervision for in-gym movement and rotations to ensure social distancing minimums**

**Additional training provided to coaches to ensure a full and complete understanding of procedures**

**At this time, coaches will not be permitted to spot any athlete. All instruction will be verbal only. At this time, coaches are not permitted to spot the athletes as per guidelines set out by the Province of Ontario and Gymnastics Ontario. In the event that a “rescue spot” is deemed necessary by instinct, we will always elect to prevent catastrophic injury.**

**PPE available to all coaches for close contact (ie injured athletes or necessary contact within 6ft)**

**No sharing of personal items (eg. water bottles, clothing, hair elastics, etc.)**

**Staggered exit to ensure social distancing minimums are met.**

## Section 9: Cleaning

### How Often Will Cleaning Happen?

**Bathrooms - After each use - coaches will accompany the athlete**

**and sanitize/spray all touch surfaces after use.**

**Eating Areas - After each use coaches will sanitize/spray/wipe all**

**contact surfaces including railings, chairs, tables etc.**

**Complete Event - After each event, coaches will thoroughly spray/sanitize all contact surfaces including mats and apparatus prior to rotating to the next station**

**Hands - Before Entering Facility, After Each Rotation,**

**Before & After Snack or Breaks, After Bathroom Use, Before Leaving Facility, and on a as needed basis.**

### Cleaning Products Used

**Gym & Equipment**

**Vital Oxide  
(Approved by  
Health Canada)**

**Bathrooms/Eating Areas**

**Vital Oxide and  
Lysol Products  
including  
Spray/Wipes**

**Lobby/Office**

**Vital Oxide and  
Lysol Products  
including  
Spray/Wipes**

*All cleaners are registered Hospital Grade and Meet or Exceed Health Canada Standards for Anti-Viral and Disinfecting Properties.*