

# Polarettes and Polar Tumblers Gymnastics Club

COVID 19 RETURN TO PLAY STRATEGY

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Polarettes and Polar Tumblers Gymnastics Club staff and board of directors are working diligently to ensure that we can keep our members safe through the COVID-19 pandemic. The health and safety of our members and staff are of utmost importance.

Gymnastics provides a foundation for physical literacy, health, wellness, and child care to Yukoners.

The Polarettes and Polar Tumblers Gymnastics Club created the following list of public health measures to help maintain a safe and healthy environment and to minimize the risk of COVID-19 in Yukon.

As of March 17th, 2020, the Polarettes' facility is closed to the public to protect the health and safety of our community during COVID-19. Enclosed is our phased strategy to return to play.

Polarettes Gymnastics Club will continue to work under the guidance of the Chief Medical Officer and Yukon Health on the additional phases of our return-to-play strategy.

This document is a working document and will be adjusted based on the recommendations of the Chief Medical Officer. Return to play may advance, or revert according to Yukon Medical Health advice.

*The information in this document has been heavily influenced by the Yukon Health resource for Childcare and Daycare Operational Guidelines and modified by Polarettes Gymnastics Club staff to suit the needs of our club. This document revisions have been formally approved by Yukon Health as of May 26th, 2020.*

*For the original Childcare and Daycare Operational Guidelines: <https://yukon.ca/en/child-care-centre-guidelines>*

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**Polarettes Gymnastics Club  
Return-to-Play Strategy**

**Phases One to Three (more to come)**

**Phase One: Reintroduction of experienced, competitive athletes**

- Tentative date: May 19<sup>th</sup>, 2020
- 6 athletes' at a group
- Experienced, competitive athletes over the age of 10 only
- Training basic gymnastics only and fitness, so coaches do not need to spot

**Phase Two: Reintroduction of younger competitive athletes**

- Tentative date: June 1<sup>st</sup>, 2020
- 6 athletes' at a group
- Competitive athletes over the age of 8
- Training basic gymnastics only and fitness, so coaches do not need to spot

**Phase Three: Reintroduction of recreational athletes**

- Tentative date: June 15<sup>th</sup>, 2020
- 6 athletes' in a group
- Recreational gymnasts over the age of 8 only & all competitive gymnasts
- Training basic gymnastics only and fitness, so coaches do not need to spot

**Phase Three: Temporary Facility - Kids Camps**

- Tentative Date: June 15<sup>th</sup>, 2020 in the temporary facility
- 2 coaches/6 camper' ratio
- Multiple groups of 8 (including staff) during the week at the same time, operating as camper crews
- Recreational gymnasts over the age of 6 only
- Training basic gymnastics only and fitness, so coaches do not need to spot

#### Phase 4: Expand Camper Ages & Group Size

- Tentative Date: July 1st, 2020 in the temporary facility
- 2 coaches/8 camper' ratio
- Multiple groups of 10 people during the week at the same time, operating as camper crews
- Recreational gymnasts over the age of 6 only
- Training basic gymnastics only and fitness, so coaches do not need to spot

**Additional phases will be assessed at a later date. We may move back a phase, or forward depending on how it's going and the direction of Yukon Health.**

Polarettes Gymnastics Club is committed to the following strategies to help ensure the health and safety of our community:

### **Occupancy**

Polarettes will limit athletes attending our program to groups of six to eight athletes. They may operate with multiple groups of 10, including staff, children, and parents/guardians as long as the Safe Six are being adhered to.

- Children enrolled should be in small groups of no more than six to eight children
- Teach safe spacing (physical distancing, keeping two meters of separation) and encouraging activities that encourage more distancing than usual.
- The communal water fountain will be closed; athletes will need to bring their water bottles.
- Gymnastics club can operate with multiple groups of 10, including staff, children, and parents/guardians with safe spacing and no intermingling of groups.
- Athletes are not allowed to congregate in groups larger than their grouping size.

\* Limit may increase or decrease following Yukon Health guidelines.

## Physical Distancing

Polarettes facility is utilizing facility safe-guard techniques, and coaching techniques to ensure physical distancing.

All Polarettes members and staff must adhere to two-meter social distancing, and all physical distancing measures suggested by the Chief Medical Officer and Yukon Health.

Yukon Health guidelines for physical distancing in the workplace: <https://yukon.ca/en/health-and-wellness/covid-19/physical-distancing-guidelines-home-and-work>

Yukon Health signage will be put in place as reminders and staff will work to ensure the recommended spacing.

## Illness

Any child, staff, or parent/guardian who is sick is not permitted to enter the facility, even if the symptoms are mild. Illness symptoms to look for include but are not limited to fever, cough, shortness of breath, sore throat, or feeling unwell.

If a child develops symptoms while at the facility, please take the following actions:

Isolate the child in a separate room. If a separate room is not available at that time, keep the child at least two meters away from other children. Coaches should be mindful of hand washing and avoid contact with the child's respiratory secretions.

1. Notify the parents/guardians to come and pick up the child immediately.
2. All equipment used by the child should be immediately removed from the reach of any other athletes and sanitized right away.

The Polarettes and Polar Tumblers Gymnastics Club have identified a self-isolation room. The self-isolation room will be the main club office. The main office has been adapted as a self-isolation room with a closed door and designated space to hold a sick child or employee.

Contact YCDC at (867) 667-8323, if absenteeism is higher than the expected level (i.e. >5-10 percent), and thought to be caused by communicable disease (such as influenza or gastrointestinal illness.)

## Screening

Parents/guardians need to conduct screening at home daily before bringing their child to the gymnastics facility. Please refer to the screening tool in Appendix A as guidelines.

Parents/guardians should check their children's temperatures daily before coming to the facility.

It is Polarettes and Polar Tumblers Gymnastics Clubs' responsibility to communicate this practice to parents/guardians at the time of program enrollment or registration. The club will place visible signage (posters) at the facility as a reminder.

For reference, normal temperatures are:

- Mouth: 35.5-37.5°C (95.9-99.5°F)
- Underarm: 36.5-37.5°C (97.7-99.5°F)
- Ear (not recommended in infants): 35.8-38.0°C (96.4-100.4°F)

Staff needs to conduct daily screening; staff must screen via the self-assessment tool and report to their designated supervisor to present and discuss their assessment.

The Yukon Government Self-Assessment tool: <https://service.yukon.ca/en/covid-19-self-assessment/>

If feeling unwell, even just a little, they must stay home.



## Hand hygiene

All Polarettes and Polar Tumblers Gymnastics Club members and staff must adhere to the following hand hygiene guidelines.

Programs must engage in frequent hand washing with soap and water for at least 20 seconds. Teaching children proper handwashing should be part of the daily curriculum.

Hand washing should be frequent throughout the day and should occur at, but not limited to, the following times:

- When arriving at the facility, and before leaving.
- Before the children enter the gymnastics equipment, and after they leave
- After using the washroom.
- Before handing food of any kind (not typical, but sometimes kids snack)
- Before eating
- After getting hands dirty
- After sneezing, coughing or handling dirty tissues.
- After cleaning tasks (staff)
- After all outdoor activities

Coaches should help all children to ensure correct hand hygiene.

Hand sanitizers (alcohol-based products) may be used at the public entry space when first entering the gym during child drop off. Still, hand washing will be considered the best practice for all children.

The club will post Yukon Government posters about practicing hand hygiene and physical distancing.

## Meals and food handling

While meals and food handling are not common at gymnastics, sometimes children must snack while at training or in camp environments. The Polarettes Gymnastics Club does not prepare or handle any food.

- Children and staff are required to hand wash before, and after any snack action takes place.

## Infection control measures

Polarettes Gymnastics Club must follow the territorial regulations regarding cleaning, sanitizing and disinfecting: [http://www.hss.gov.yk.ca/pdf/ccc\\_regulatory\\_guidelines.pdf](http://www.hss.gov.yk.ca/pdf/ccc_regulatory_guidelines.pdf)

Polarettes will commit to cleaning, sanitizing, and disinfecting high contact common areas after each training session. Each staff is encouraged to clean and disinfect shared staff items, such as phones, etc., at least twice a day. If a child becomes sick while at the facility, all items used by the child must be cleaned, sanitized, and disinfected.

## Visitors and Safe Sport

Only parents/guardians/polarettes staff are permitted to enter the facility. All non-essential visitors and volunteers are not permitted to enter. Following Safe Sport, coaches/staff must adhere to the rule of two at all times when coaching.

Parents/guardians may watch training as long as they are meeting the above physical distancing, screening, handwashing requirements, and adhere to the rules of the clubs and signage. The viewing area will be modified to ensure adequate distancing for anyone who may wish to watch training. Camp parents will not be permitted in the temporary facility.

## Signage

The club will post Yukon Government posters and other visual cues to remind staff, children, and parents/guardians to perform hand hygiene and good respiratory hygiene.

The club will post Yukon Government posters to remind individuals not to enter if they are sick, even if their symptoms are mild.

COVID-19 posters can be found here:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awarenessresources.html#wb-auto-5>

Posters with additional social distancing measures are available

here: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/social-distancing.html>

## Appendix A: Daily Screening Questionnaire

Dear parent or guardian, so we can assess our ability to care for your child today, please fill out this questionnaire to determine if your child can attend today.

1.	Do you, or your child attending today, have any of the following symptoms?	CIRCLE ONE	
		YES	NO
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of breath or difficulty breathing	YES	NO
	• Sore throat	YES	NO
	• Runny nose or congestion	YES	NO
	• Feeling unwell	YES	NO
	• Nausea, vomiting or diarrhea	YES	NO
	• Muscle aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis	YES	NO
2.	Have you, or anyone in your household, travelled outside of Yukon in the past 14 days?	YES	NO
3.	Have you, or your child(ren) attending today, had close contact (within 2 metres) with someone who has a cough or fever?	YES	NO
4.	Have you, or anyone in your household, been in contact in the last 14 days with someone that is being investigated for or confirmed to have COVID-19?	YES	NO
5.	Have you, or anyone in your household, been instructed to self-isolate?	YES	NO

**If you answered "yes" to any of the above questions, DO NOT enter at this time.**

If you have recently developed any of these symptoms, please call 811 or visit:

<https://service.yukon.ca/en/covid-19-self-assessment/> to do a self-assessment to see if you require testing.

If you have answered "no" to all the above questions, please sign in.

Be sure to practise good hand hygiene (use hand sanitizer or wash hands with soap and water for at least 20 seconds) before entering and leaving the facility.

Our goal is to minimize the risk of illness to you, your children and family and our staff. We thank you for your cooperation and understanding.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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