GRANDE PRAIRIE GYMNASTICS
&
CHEERLEADING

RETURN TO PLAY
POLICIES & PROCEDURES

#GPGCSTRONG

RTP - JUNE 29th, 2020

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GRANDE PRAIRIE Gymnastics

THANK YOU!

Thank you for your Patience and your Support!

We started our journey 47 years ago, we closed down 3 months ago, it seems like forever but we are working diligently to be ready to re open and welcome you back or welcome you in for the first time!

The Grande Prairie Gymnastics and Cheerleading Society (Not for Profit) was founded in 1973 by a group of parents including Dr. Bob Waldenberger and Diana (Kuhlman) Tissington, who shared the same passion for gymnastics. Bethe Goldie, a retired Physical Education instructor at the Grande Prairie Regional College, pioneered a tradition of coaching excellence that the Grande Prairie Gymnastics and Cheerleading Society can be proud of. In 1980 the club became a registered society.

The Gymnastics Club initially trained in 'set up, take down' multipurpose facilities. The GPRC gymnasium served as the Society's first training center. Many years later, the Club moved to a Richmond Industrial Park 3000 sq. foot multipurpose center located next to Tartan Auto Body. The first 'dedicated space' facility was acquired though the purchase of a 10,000 sq. foot warehouse located behind the Quality Hotel in the industrial park. In September of 2005, the Grande Prairie Gymnastics Society moved to its new world-class 50,000 sq. foot gymnastic training center, it is considered one of the biggest, state-of-the-art gymnastic training centres in the world.

Now after a long-awaited reopening we are very excited to be getting back to the gym and promise to do it in a manner that is safe for the community and our team. The last few months have been a difficult time for all of us and planning to get back has been challenging (uncertain at times) but one we are finally ready for. We look forward to welcoming the community and our team, back into the gym.

As the doors open, we will follow the direction of the Government of Alberta, Alberta Health Services, Alberta Gymnastics Federation and Cheer Canada as we follow their guidance in reopening. We are committed to the safety of everyone and want to ensure our athletes, families, staff and volunteers are safe and confident in their return to their second home.

Return to Play for us is a "Safety First" approach that will follow all guidelines, exceed requirements and be supported by the entire team here at Grand Prairie Gymnastics and Cheerleading.

The following pages outline changes in policy, procedure and facility in order to open our doors once again!

On behalf of everyone here at Grand Prairie Gymnastics and Cheerleading, we missed you, we appreciate you, we know the communication may not have been perfect but we are working on it, working on the gym and can't wait to see you all again!

Sincerely,
Grand Prairie Gymnastics and Cheerleading
#GPGCSTRONG

FLOW

Throughout the facility, there will be change in how we enter, exit and move around, from the main lobby, bathrooms, lunch room, overall distancing and flow measures, these changes will stay in affect until further notice. This also includes the temporary closing of our viewing area which means we will not be allowing the public in to watch, all athletes in a program will need to be dropped off at the front door, ready for their program and on time.

DROP OFF & ENTERING

- Curbside drop off/Front Door and Rear Door (Competitive uses Rear Door)
    - Note: If parent/guardian or student arrive not well/has symptoms, entry will be denied
- Daily Health Check List (Google Form) will need to be signed, staff will confirm on schedule that they have read and confirmed. If any answers are NO, entry will be denied
- One staff will greet parent/student and after approving entry, staff will guide them into the gym
- As students enter, they need to sanitize their hands (sanitize station inside entry)
- 2 Entry Points - Front lobby is sectioned into areas to facilitate group arrival. South entry will also be used for group entry
- Arrival times are separated for some groups to limit congestion for arrival times
    - Separated by either 15- or 30-minute intervals

NOTE: during arrival, doors will be propped open **ARRIVAL TIMES**

PICK UP & DEPARTING

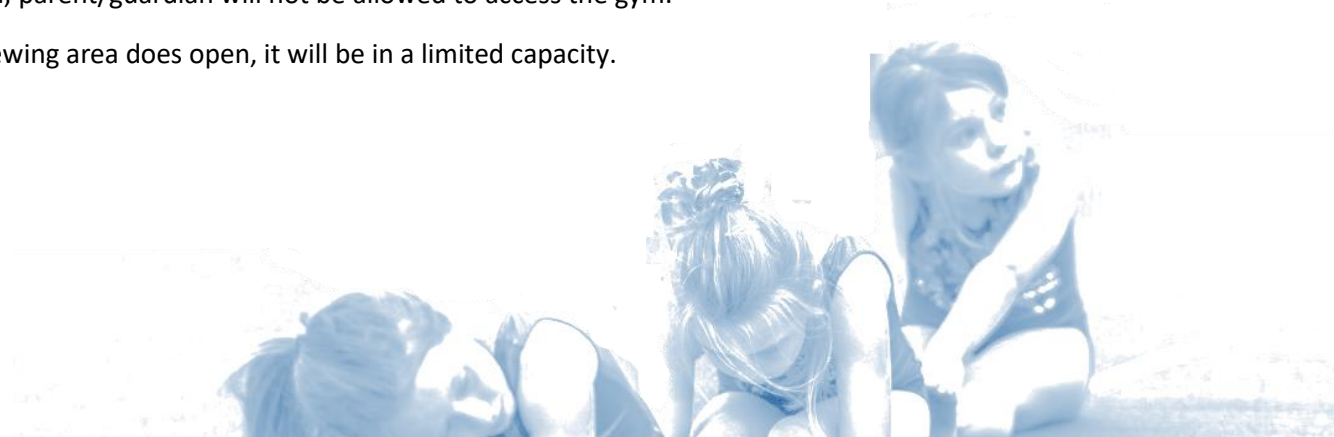
- Students will be brought from assigned camp to the front lobby waiting area
- Older students will escort themselves following protocol
- All students will sanitize their hands prior to leaving
- Parent/guardian will need to come to the front door and wait for their child to be escorted out
- Cohort staff will take turns escorting students to front door for pickup when parent/guardian arrive

NOTE: during departure, doors will be propped open **DEPARTURE TIMES**

PARENT/GUARDIAN VIEWING

As we work through our re-opening phase and for the first 2-4 weeks (minimum), there will be no available viewing area, parent/guardian will not be allowed to access the gym.

Once the viewing area does open, it will be in a limited capacity.



FACILITY

LOBBY AREA ADJUSMENTS

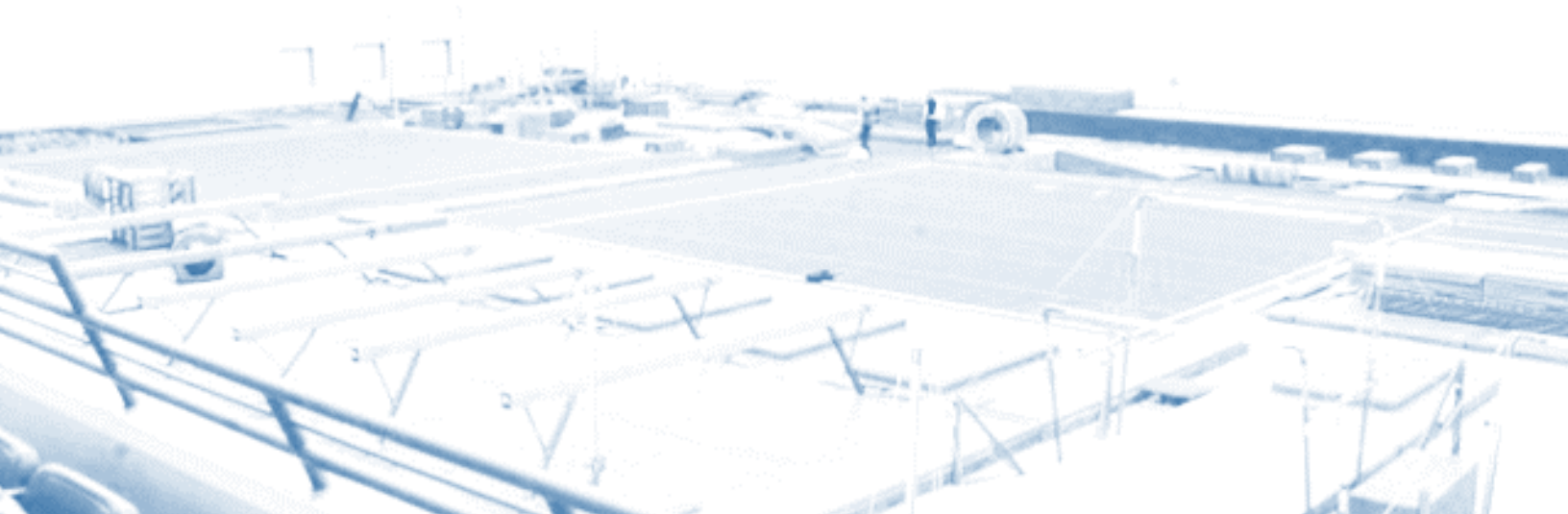
- Front Lobby sectioned off into 2 arrival areas and straight through access for LaValley
    - Waiting areas can handle current maximum allowed per summer camp Cohort
- Back Lobby for competitive athlete arrivals only
- Floor Decals for distancing and direction will direct entry and exit in the lobby
- Sneeze Guards will be in place at our front desk
- Signage throughout lobby and doors for key topics (Hand hygiene, distancing, if not well – do not enter, signs, checklist) will be posted through the facility and washrooms
- Stand alone motion activated Hand Sanitization Station placed at entry
- Lower: Video Monitors (X 2) with looping details on policies and procedures
- Upper: Video Monitor with looping details on policies and procedures

OFFICE /LUNCH ROOM AREA ADJUSMENTS

- While in office (business hours) all office doors to be left open, including door from office hall to reception – reduce risk of touching and transferring from high touch areas
- Staff Lunch room will be limited to 4 people at one time
- Staff will be permitted to used the staff locker rooms for securing their items

MAIN GYM AREA ADJUSMENTS

- Partitioning of main floors in gym with natural equipment partitions or marking with corner partitions
- Stand alone motion activated Hand Sanitization Stations, 3 will be located in the main gym
- Identify and Mark all NON-ACCESSIBLE AREAS - equipment (as required), lockers, pits, etc.
    - At this point no pits or personal lockers allowed
- CHANGE ROOMS – They will be closed until further notice; all students need to arrive ready to go
- No Water Fountains – Both fountains will be replaced by WATER BOTTLE refill stations



CLEANING

GENERAL FACILITY

- Updated cleaning schedule developed with Eastlink for overall high touch and traffic common areas
- Two thorough facility run throughs done daily with attention to door handles, railings, countertops, floors, bathrooms
- Cleaning tracking sheets will be updated after cleaning performed

EQUIPEMENT

- Equipment cleaning specific to different types of equipment/areas as per suggested AGF outline
    - Spray/Fogging on floors and bars
    - Wipe down of mats
    - Cleaning of equipment
- Equipment cleaning is done in during group change over or if all day camp, at the end of camp
- Cleaning products (due to the increased cleaning) will be geared towards faster acting and AHS approved products

WASHROOMS

There will be a maximum of one student/staff in a washroom at a time. Washrooms will be sanitized regularly throughout the day

- They are maintained twice daily by Eastlink Staff
- They are also managed throughout the day by GPGC staff on a regular rotation basis

CLEANING SOLUTIONS

- Cleaning solutions will vary from surface to surface but we will be following outlined procedures and recommendations from Eastlink (common areas), Spieth/AGF (equipment) and AHS (for all other) as we maintain a daily regimented cleaning process.
- This will include the use of specific cleaning equipment such as sprayers, wipes and surface cleaners
- All cleaning will be documented daily

PERSONAL HYGIENE

NOTE: 14-day isolation is required if someone was in close contact with a person who contracted COVID-19, or if someone has travelled internationally and returned within the last 14-days. More information on isolation requirements can be found: https://www.alberta.ca/isolation.aspx

Safety is everyone's responsibility and this includes athletes, families, staff, volunteers and all others entering the gym.

- Groups and their coaches will be required to wash or sanitize their hands between rotations, before and after equipment use, after washroom and as required
- Coaches and staff will be required to wear footwear
- Athletes in bare feet will be required to sanitize feet between group rotations
- At all times, refrain from touching eyes, nose, mouth and face
- Non-medical face masks and gloves will be available for staff members for use for when physical distancing of 2 meters is not be possible (i.e. spotting)
- Always exhibit good respiratory etiquette such as coughing/sneezing into elbow or tissue

DOCUMENTATION

WAIVER & TRACKING

- New Waiver - Parent/guardian or participant (depending on age) will need to sign a new Waiver prior to returning/entering the gym
- New PIPA form – Parent/guardian or participant (depending on age) will need to sign a new PIPA form prior to returning/entering the gym
- WAINVER and PIPA forms are now electronic, they are sent out electronically shortly after registration and are filled out online via DOCUSIGN
    - NOTE: If we have not received completed forms prior to attending gym, entry will be denied
    - Forms are once per year

HEALTH CHECK LIST – UPON ENTRY

- All Staff, attendees and parents (when allowed) entering the building will be documented.
- Staff and attendees will be required to complete a Health Check list form (Google Form)
    - Forms are required daily when attending the gym

PROGRAMS - ATHLETES

Outlined programs for the month of July/August, 2020 are based on allowed group sizes which include registrant/staff size maximums of 50. At the end of week one of July, we will make necessary changes (if needed) before posting August registrations.

- All athletes need to arrive at the gym ready and properly dressed (changes rooms will not be available)
- All athletes need to arrive at their assigned time for check in, late arrivals may not be allowed entry
- All athletes need to arrive with a re fillable water bottle as water fountains will be closed
- All athletes (if carrying other items) will need to arrive with drawstring backpack to carry personal items in
- Programs requiring chalk for equipment use, will require each registrant to have their own personal chalk bag, chalk and spray bottle - These can not be shared
- Each group area will have a set of cubby holes to place their things in
- All Cohorts and staff will stay together and not mix between cohorts

STAFF

Along with all other safety requirements staff will monitor and ensure that all participants are following appropriate distancing measures and group protocols throughout the day. Staff will not cross over from one group to another.

- Upon arriving, all staff are required to confirm a Health check evaluation and will not enter the facility if they show any signs of illness
- Staff are required to sanitize regularly and between close contact of athletes (spotting)
- Staff are required to wear non-medical masks (provided) when in close contact with athletes (such as spotting)
- Staff will be required to ask any athletes who show signs of not being well (not including occasional coughs or sneezes) to leave the premises (following proper protocols)

EQUIPMENT FACILITY UPDATES

- Social Distancing/Hygiene updates
    - Decals for Floors (Upper, Lower lobby & Gym) – Distancing and Flow
    - Signage for walls, entry doors, bathrooms
    - Health checks
- Closing of water fountains – Replace with bottle refill stations
- Equipment/Changeroom adjustments
- Additional stand-alone sanitization stations
- Updated cleaning policies (equipment & facility)
- Sneeze guards
- Gym barriers/dividers
- Masks & gloves as required
- Personal chalk bags
- Water bottles
- Drawstring back packs

We have missed you all so very much!
Grande Prairie Gymnastics and Cheerleading