



Flicka Gymnastics Club COVID-19 Safety Plan

Updated December 5, 2020

Please note: this document is subject to change following provincial and federal health and safety requirements.

*Flicka Gymnastics Club (FGC) COVID-19 Club Representative: **Marti Farkas at marti@flickagymclub.com** or (604) 985-7918*

Overview of New Requirements (December 3, 2020)

These new requirements are in effect indefinitely, as indicated in the BC Provincial Order dated December 2, 2020.

- **Coaching for all programs must be performed hands-free (no spotting). However, if a participant's safety is at risk; the coach should not hesitate to spot. All coaches must be wearing masks at all times.**
- **Any programming that is not supervised or is unstructured is prohibited. For clarity, no casual drop-in, or birthday party programming is allowed.**
- **No spectators are allowed in the viewing area.**

New Requirements

- **All socializing by participants, parents, and guardians before, during, and after programming is prohibited. Social activities have been proven to increase the transmission of COVID-19.**
- **Everyone inside the facility must maintain a minimum of THREE METERS separation at all times.**
- **All individuals must wear masks entering and exiting the facility as well as during washroom breaks. It is recommended, but not required, that children under the age of 12 wear masks indoors. Participants are not required to wear masks during physical activity.**
- **No travel is allowed at this time outside of local communities for sport participation. This means that individual members are able to attend training at their home club even if their residence is in a neighbouring municipality or health region.**
- **No adult group programming is allowed at this time. Individual adult programming (maintaining three meters physical distancing) is allowed to continue.**
- **High Performance athletes are exempt from the travel exception above.**

Additional Recreational/Xcel/Interclub Program Requirements

- **Pre-school programs: parent/guardian/aid support must participate in class and required to wear masks and maintain THREE METERS of physical distance from all participants other than their child.**
- **All participant must arrive readily dressed for gymnastics. Everyone is required to bring their own bag (duffel, backpack) to fit their personal belongings (including shoes) in, as they will need to carry it to each station. Cubbie is NOT accessible this time.**
- **No in-person competitions are allowed at this time (Xcel/Interclub Program Participants).**

Additional Competitive Program Requirements

- **All participant must arrive readily dressed for gymnastics. Everyone is required to bring their own bag (duffel, backpack) to fit their personal belongings in, as they will need to carry it to each station. Cubbie will only be used to store shoes and jackets while training.**
- **No in-person competitions are allowed at this time.**

Principles

The following five principles from BC's Restart Plan have been used to guide this document:

Personal Hygiene	Stay Home If Sick	Environmental Hygiene	Safe Social Interactions	Physical Modifications
<ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travelers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high-touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and others • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

Step 1: Starting Activities *(to begin when clubs are prepared to safely open)*

Low-risk activities can occur with the following requirements:

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is prohibited.
- ✓ Training groups for Step 1 are described in Appendix 1.
- ✓ Small class size ratios of 5-7:1 and reduced training time of 2-3 hours/day will be scheduled.
- ✓ A program summary for Step 1 is included in Appendix 1.

Step 2: Expanding Activities *(to begin when clubs are able to safely progress beyond Step 1)*

A gradual decrease of restrictions can occur with the following public health recommendations in place:

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is prohibited.
- ✓ Training groups for Step 2 are described in Appendix 1.
- ✓ Larger class size ratios up to 8:1 and increased training times up to 4 hours/day will be scheduled.
- ✓ A program summary for Step 2 to be confirmed midway through Step 1.

Step 3: The 'New Normal'

To be determined at a later date, according to the [Government of BC regulations](#).

Facility Access

COMPETITIVE PROGRAM member access:

- Drop off is available at the Lonsdale Avenue entrance: West side of Flicka facility 15 minutes before scheduled training time. **Parent must wait until child is admitted to the gym!**



RCREATIONAL/XCEL/INTERCLUB participant access:

- Drop off is available at the East 22nd alley way entrance: behind the lawn bowling field 15 minutes before scheduled training time. **Parent must wait until child is admitted to the gym!**



To access Flicka Gymnastics Club, please complete the following steps:

Prior to participation:

- **All participants, parents/guardians and club personnel** must complete required GBC and Flicka Gymnastics Club documents. Please bring the completed, signed forms to drop off and hand it to Flicka staff at check-in. (Forms will also be available at the entrance.)

Forms to be completed **ONE TIME** only, before the first participation:

- [Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement](#) - Each individual member (parent/guardian if participant is under age 19) must complete. Clubs must file and retain this form in long-term storage.
- [Participant Declaration of Compliance Form](#) - Each individual member must complete. This document acts as each participant's commitment to comply with club requirements. This document must be signed by each participant and their parent/guardian if the participant is under 19 years of age. Clubs must file and retain this form in long-term storage.

Forms to be completed **BEFORE EACH PARTICIPATION:**

- [Daily Screening Checklist](#)
- Parents/guardians are expected to tell their children to follow instructions of all Flicka Gymnastics Club staff when entering and exiting the facility.
- All participant must arrive readily dressed for gymnastics. Everyone is required to bring their own bag (duffel, backpack) to fit their personal belongings in, as they will need to carry it to each station. Cubbie is NOT accessible at this time.
- Parents/guardians are expected to drop off and pick up their children **on time** without coming into the gym. Should your child be late for unforeseen reasons, please email marti@flickagymclub.com or call (604) 985-7918 to arrange instructed entry to the gym.
- Please line up outside the front door of your designated entrance, maintaining a physical distance of 3 METERS between yourself and others by standing next to the bright orange high visibility tape on the wall.
- Parents must not leave until they have seen their child admitted to the gym. Any child who did not bring a signed Daily Screening Checklist form with them must have a parent complete a paper one onsite. Athletes who fail the temperature check must be taken home by the parent.

Daily Assessment:

- Prior to entering the facility, **all individuals** must fill out the Daily Screening Checklist. Daily checklists will be kept on file. Documents will be collected at drop-off.

Pick-Up:

- When classes are completed, all individuals must leave promptly. Parents are expected to pick up their children **on time**. Should parent/guardian be late for pick up for unforeseen reasons, please email marti@flickagymclub.com or call (604) 985-7918.
- All participants will exit the building at the same location they entered and must not congregate in groups when they get picked up. To facilitate this, we have placed TAPE/MARKINGS outside the exit doors.

Office:

- Office remains closed for public until further notice.
- Registration and payment for all programming are done online ONLY through Studio Director, which can be found here: [Studio Director](#).

Competitive Program Participants:

- Participants will be required to have their own chalk in a container/bag large enough to fit their hands. Flicka will provide the first piece of chalk; further chalk will be sold in the office.
- All participant must arrive readily dressed for gymnastics. Everyone is required to bring their own bag (duffel, backpack) to fit their personal belongings in, as they will need to carry it to each station. Cubbie is will only be used to store shoe and jacket while training.
- All participants must wear mask entering and exiting the facility, as well as during washroom breaks.
- Please arrive with competition hair to avoid touching face.

Facility Operations

- FGC maximum occupancy (during Steps 1 and 2) is: 49
 - Maximum Occupancy for the lobby is: 0
 - Maximum Occupancy for the Office is: 2
 - Maximum Occupancy for the main gym is: 49
- Signs indicating these occupancy limits are posted clearly in each space.
- We have marked pathways inside the gym using high visibility duct tape, plastic crowd control posts, arrows.
- Shared items (e.g., iPads, Walkie-Talkie) that can be disinfected between users are permitted. Avoid bringing unnecessary shared items to the gym.
- Unusable areas of the gym (foam pit, trampoline) are closed until further notice.
- Viewing area is NOT available until further notice.
- The foam pit has been reconfigured with a covering and mats so the space can be used as a landing zone from all apparatus.
- All socializing by participants, parents, and guardians before, during, and after programming is prohibited. Social activities have been proven to increase the transmission of COVID-19.

Cleaning and Sanitation Protocols

- Our cleaning products have been approved by Health Canada to disinfect for Sars-Cov-2, the virus that causes COVID-19.
- We have implemented a cleaning log that is kept in the office. ([Cleaning checklist](#))
- We will clean the entrance, exit and other high touch-point areas during the 30 minutes break between classes.
- Gymnastics equipment will be disinfected **between each rotation** and **after each class**.
- Equipment that cannot be cleaned (cloth-like surfaces, etc.) will not be used until an appropriate cleaning process has been identified.
- Communal gym tools iPads, Walkie-Talkies, Music devices will be cleaned or sanitized between each user.
- Once classes are over for the day and all athletes have left, all surfaces that were contacted will be sanitized (mats, floors, counters, light switches, doorknobs, etc.). This will be completed in addition to cleaning processes during daily operations.

Communicate

Flicka Gymnastics Club will inform members of the new protocols before their first visit to the gym, to foster confidence in the staff's commitment to keep everyone safe. This will include information on club:

- Screening protocols
- Illness Policy (Appendix 2)

- Personal hygiene requirements
- Physical distancing requirements outside and inside the facility
- Cleaning protocols
- Programming changes (e.g. limitations on number of people permitted inside of the facility at once, policies regarding spotting, etc.)
- Any parent concerns, questions, and communication will be addressed via email Marti Farkas at marti@flickagymclub.com or call (604) 985-7918.
- Flicka Gymnastics Club will post various resources and posters provided by the BC Centre for Disease Control (CDC), WorkSafeBC and GBC on our website, facility entrance, and in prominent places throughout the gym.
- We have appointed Marti Farkas as a single point of contact to address all COVID-19-related communications, compliance, and coordination in the gym.

FGC COVID-19 Visitor Resource (This will be found on the Flicka website.)

PLEASE NOTE: Insurance claims related to the transmission of COVID-19 will not be covered by GBC's insurance policies. Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required GBC forms.

Staff Training

- Formal and ongoing staff training at Flicka Gymnastics Club will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff should contact their supervisor if have questions or concerns, as they return to their roles.
- Staff must wear mask at all times.

Screening

- Flicka Gymnastics Club requires that prior to entering the facility, all individuals must complete the [Daily Screening Checklist](#). Please bring the completed forms to drop off and hand it to Flicka staff at check-in. (Forms will also be available at the entrance.)
- Individuals must stay home if they are unwell or if someone in their household is sick, even if the symptoms are mild. They must also stay home if they have knowingly been exposed to someone who is sick (Refer to Illness Policy – Appendix 2).
- Individuals must not enter the facility or participate in any activity if they have, or someone from their household has, travelled outside of Canada in the last 14 days. Body temperature will be taken before entering the facility.
- Parents must not leave until they have seen their child admitted to the gym. Any child who did not bring a signed Daily Screening Checklist form with them must have a parent complete a paper one onsite. Athletes who fail the temperature check must be taken home by the parent.

Personal Hygiene

- Flicka Gymnastics Club will provide hand sanitizing stations throughout the gym at each apparatus, at entrances/exits and in the office.
- Flicka Gymnastics Club has determined that hand sanitizing will be implemented upon entering the facility, after temperature is taken.
- Handwashing or sanitizing will be required multiple times throughout a class:
 - upon entering the facility
 - after using the washroom
 - between apparatus changes

- Sharing of personal items including (but not limited to) food and beverages (e.g. water bottles) is forbidden.
- All participants must wear mask entering and exiting the facility, as well as during washroom breaks.

Physical Distancing

- Everyone who enters Flicka Gymnastics Club must maintain, at minimum, physical distancing of **3 meters**, at all times.
- Coaching for all programs must be performed hands-free (no spotting). However, if a participant's safety is at risk; the coach should not hesitate to spot. All coaches must be wearing masks at all times.

Scheduling of Activities

- Flicka Gymnastics Club will adhere to the [Rule of Two](#) at all times. This means that no one-on-one training (without another coach present) will take place.
- In order to meet provincial health officer requirements, groups sizes and scheduling have been adjusted.
- Drop-in classes are cancelled until further notice.
- Detailed attendance and membership tracking will be taken and kept on file.
- No adult group programming is allowed at this time. Individual adult programming (maintaining three meters physical distancing) is allowed to continue.

Injury Protocol

Requirements

- If an injury occurs and physical distancing measures must be broken, all persons attending to the injured individual will put on a mask and gloves.
- Flicka Gymnastics Club will have personal protective equipment (PPE) on hand (gloves, face shield/masks), stored separately from first-aid kits in case of emergency.
- Flicka Gymnastics Club will maintain a well-stocked first aid kit in case of emergency.

Illness Policy

- Flicka Gymnastics Club Illness Policy is provided in Appendix 2.

Outbreak Response

Flicka Gymnastics Club is committed to the following process in the event of a COVID-19 Outbreak:

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An "outbreak" is two or more cases; a "case" is a single case of COVID-19.

1. If a case or outbreak is reported, Marti Farkas at marti@flickagymclub.com will be the main point of contact for all parties. Marti has the authority to modify, restrict, postpone or cancel any or all club activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, Marti Farkas at

marti@flickagymclub.com will implement enhanced cleaning measures to reduce risk of transmission. In the event of a suspected or confirmed COVID-19 case Flicka Gymnastics will immediately notify Harry Jerome Recreation Centre.

3. Marti Farkas will implement the illness policy (see Appendix 2) and advise individuals to:
 - a. self-isolate
 - b. monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - c. use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
 - i. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - ii. Individuals can learn more about how to manage their illness [here](#).
4. In the event of a suspected case or outbreak of influenza-like-illness, Marti Farkas will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.

If Flicka Gymnastics Club is contacted by a medical health officer in the course of contact tracing, all individuals associated with the club must cooperate with local health authorities.

Flicka Gymnastics Club will post the following posters in visible spaces at our facility:

- Hand-washing poster (more detailed)
- Physical distancing (At entrance and in other spaces)
- Entry check for visitors (at Entrance)
- Occupancy limit poster (in each applicable space)
- Cover coughs and sneezes
- Got Symptoms?

This document is based on Gymnastics BC's Return to Sport Plan, which is available [here](#). Further, our club is staying current with all requirements provided Provincial Health Offices, Regional Health Authorities, WorkSafeBC, and Gymnastics BC.

Appendix 1: Programming Summary

Step 1 Programming Summary (To be posted in the gym lobby with occupancy limit poster)

Flicka Gymnastics Club
Step 1: Program Summary
(June 29-July 3)

Number of training groups each week: 4

Maximum Occupancy for facility (publicly posted in the lobby): 49

Summary of Activities Week 1 (June 29-July 3)

Coach Name	Class Description	Days and Times	Group Size
Dorina Stan, Vali, Irina, Jenny	Group 1 – JO 9, JO 10, HP (stretching, conditioning, basic skills)	Mon, Thu, Fri 10:00am – 12:30pm	7
Dorina Stan, Vali, Irina, Jenny	Group 2 – JO 8 (stretching, conditioning, basic skills)	Tue, Thu, Fri 10:00am – 12:30pm	6
Dorina Stan, Vali, Irina, Jenny	Group 3 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Thu, Fri 1:30pm – 3:30pm	5
Dorina Stan, Vali, Irina, Jenny	Group 4 – JO 6, JO 7 (stretching, conditioning, basic skills)	Tue, Thu, Fri 1:30pm – 3:30pm	5

Summary of Activities Week 2 (July 6-10)

Coach Name	Class Description	Days and Times	Group Size
Dorina Stan, Vali, Irina, Jenny	Group 1 – JO 9, JO 10, HP (stretching, conditioning, basic skills)	Mon, Tue, Thu, Fri 10:00am – 12:30pm	7
Dorina Stan, Vali, Irina, Jenny	Group 2 – JO 8 (stretching, conditioning, basic skills)	Mon, Tue, Thu, Fri 10:00pm – 12:30pm	6
Dorina Stan, Vali, Irina, Jenny	Group 3 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Thu, Fri 1:15pm – 3:15pm	5
Dorina Stan, Vali, Irina, Jenny	Group 4 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Thu, Fri 1:15pm – 3:15pm	5
Dorina Stan, Vali, Irina, Jenny	Group 5 – JO 4 (stretching, conditioning, basic skills)	Mon, Wed, Fri 4:00pm – 6:00pm	6
Dorina Stan, Vali, Irina, Jenny	Group 6 – JO 3 (stretching, conditioning, basic skills)	Tue, Thu 4:00pm – 6:00pm	6
Hamid	MAG (stretching, conditioning, basic skills)	Tue, Thu 4:30pm – 6:30pm	4
Irina	Recreational Summer Camp	Mon-Fri 1:00pm-4:00pm	6
Tanya	Recreational Class (Mon, Fri Girls Beginner, Tue, Thu Girls Intermediate, Wed Boys Beginner)	Mon-Fri 5:30pm-7pm	6

Summary of Activities Week 3 (July 13-17)

Coach Name	Class Description	Days and Times	Group Size
Dorina Stan, Vali, Jenny	Group 1 – JO 9, JO 10, HP (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 10:00am – 12:30pm	7
Dorina Stan, Vali, Jenny	Group 2 – JO 8 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 10:00pm – 12:30pm	6
Dorina Stan, Vali, Jenny	Group 3 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 1:00pm – 3:00pm	5
Dorina Stan, Vali, Jenny	Group 4 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 1:00pm – 3:00pm	5

Dorina Stan, Vali, Jenny	Group 5 – JO 4 (stretching, conditioning, basic skills)	Mon, Wed, Fri 3:30pm – 5:30pm	6
Dorina Stan, Vali, Jenny	Group 6 – JO 3 (stretching, conditioning, basic skills)	Mon, Wed, Fri 3:30pm – 5:30pm	6
Dorina Stan, Jenny	Group 7 – JO 2 (stretching, conditioning, basic skills)	Tue 3:30pm – 5:30pm	5
Dorina Stan, Jenny	Group 8 – JO 1 (stretching, conditioning, basic skills)	Thu 3:30pm – 5:30pm	6
Hamid	MAG (stretching, conditioning, basic skills)	Tue, Thu, Fri 4:30pm – 6:30pm	3
Irina, Jasmine, Christina, Clare	Recreational Summer Camps (Full Day Camps from 8:30am-3:30pm, Morning Camp from 9:30am-12:30am, Afternoon Camp from 1-4pm)	Mon-Fri 8:30am-4:00pm	6
Tanya	Recreational Class (Mon, Fri Girls Beginner, Tue, Thu Girls Intermediate, Wed Boys Beginner)	Mon-Fri 5:30pm-7pm	6

Summary of Activities Week 4 (July 20-24)

Coach Name	Class Description	Days and Times	Group Size
Dorina Stan, Vali, Jenny	Group 1 – JO 9, JO 10, HP (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 9:30am – 1:00pm	7
Dorina Stan, Vali, Jenny	Group 2 – JO 8 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 9:30am – 1:00pm	6
Dorina Stan, Vali, Jenny	Group 3 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 1:30pm – 4:30pm	5
Dorina Stan, Vali, Irina, Jenny	Group 4 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 1:30pm – 4:30pm	5
Dorina Stan, Vali, Irina, Jenny	Group 5 – JO 4 (stretching, conditioning, basic skills)	Mon, Tue, Thu, Fri 3:30pm – 5:30pm	6
Dorina Stan, Vali, Irina, Jenny	Group 6 – JO 3 (stretching, conditioning, basic skills)	Mon, Wed, Fri 5:00pm – 8:00pm	6
Irina, Jenny	Group 7 – JO 2 (stretching, conditioning, basic skills)	Tue, Thu 5:00pm – 7:00pm	5
Irina, Jenny	Group 8 – JO 1 (stretching, conditioning, basic skills)	Mon, Wed 5:00pm – 7:00pm	6
Hamid	MAG (stretching, conditioning, basic skills)	Tue, Thu, Fri 4:30pm – 7:30pm	3
Irina, Jasmine, Christina, Clare, Aaron, Michael	Recreational Summer Camps (Full Day Camps from 8:30am-3:30pm, Morning Camp from 9:30am-12:30pm, Afternoon Camp from 1-4pm, Interclub Camp from 9am-12pm/ 1:30-4:30pm)	Mon-Fri 8:30am-4:30pm	6
Tanya	Recreational Class (Mon, Fri Girls Beginner, Tue, Thu Girls Intermediate, Wed Boys Beginner)	Mon-Fri 5:30pm-7pm	6

Summary of Activities Week 5 – Week 8 (July 27-August 28)

Coach Name	Class Description	Days and Times	Group Size
Dorina Stan, Vali, Jenny	Group 1 – JO 9, JO 10, HP (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 9:30am – 1:00pm	7
Dorina Stan, Vali, Jenny	Group 2 – JO 8 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 9:30am – 1:00pm	6
Dorina Stan, Vali, Jenny	Group 3 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 1:30pm – 4:30pm	5
Dorina Stan, Vali, Irina, Jenny	Group 4 – JO 6, JO 7 (stretching, conditioning, basic skills)	Mon, Tue, Wed, Thu, Fri 1:30pm – 4:30pm	5

Dorina Stan, Vali, Irina, Jenny	Group 5 – JO 4 (stretching, conditioning, basic skills)	Mon, Tue, Thu, Fri 5:00pm – 8:00pm	6
Dorina Stan, Vali, Irina, Jenny	Group 6 – JO 3 (stretching, conditioning, basic skills)	Mon, Wed, Fri 5:00pm – 8:00pm	6
Irina, Jenny	Group 7 – JO 2 (stretching, conditioning, basic skills)	Tue, Thu 5:00pm – 8:00pm	5
Irina, Jenny	Group 8 – JO 1 (stretching, conditioning, basic skills)	Mon, Wed 5:00pm – 8:00pm	6
Hamid	MAG (stretching, conditioning, basic skills)	Tue, Thu, Fri 4:30pm – 7:30pm	3
Irina, Jasmine, Christina, Clare, Aaron, Michael, Holly, Alessia	Recreational Summer Camps (Full Day Camps from 8:30am-3:30pm, Morning Camp from 9:30am-12:30pm, Afternoon Camp from 1-4pm, Interclub Camp from 9am-12pm/ 1:30-4:30pm)	Mon-Fri 8:30am-4:30pm	6
Tanya	Recreational Class (Mon, Fri Girls Beginner, Tue, Thu Girls Intermediate, Wed Boys Beginner)	Mon-Fri 5:30pm-7pm	6

**Flicka Gymnastics Club
Step 2: Program Summary
(December 7 – December 31)**

Coach Name	Class Description	Days and Times	Group Size
Dorina Stan, Irina, Jenny, Criss	Group 1 – JO 6-7 G1, JO 9, JO 10, HP (stretching, conditioning, basic skills)	Mon, Tue, Thu, Fri 1:00 – 5:00pm Sun: 9:30am – 1:30pm	7-8
Dorina Stan, Irina, Jenny, Criss	Group 2 – JO 6-7 G2 (stretching, conditioning, basic skills)	Mon, Fri: 1:00 – 5:00pm Tue, Thu: 5:30 – 8:30pm Sun: 9:30am – 1:30pm	6
Dorina Stan, Irina, Jenny, Criss	Group 5 – JO 4 (stretching, conditioning, basic skills)	Mon, Thu, Fri: 5:30– 8:30pm Tue: 1:00 – 5:00pm Sun: 2:00 – 5:00pm	6
Dorina Stan, Irina, Jenny, Criss	Group 6 – JO 3 (stretching, conditioning, basic skills)	Mon, Tue, Fri: 5:30 – 8:30pm Sun: 2:00 – 5:00pm	6
	Group 7 – JO 2 (stretching, conditioning, basic skills)	Mon, Thu: 5:30–8:30pm Sun: 2:00 – 5:00pm	5
Irina, Jenny	Group 8 – JO 1 (stretching, conditioning, basic skills)	Thu: 5:30–8:30pm Sun: 2:00 – 5:00pm	6
Kamryn	Pre-Comp Advanced (stretching, conditioning, basic skills)	Thu, Fri: 5:30–8:30pm	6
Talya	Pre-Comp Beginner (stretching, conditioning, basic skills)	Thu: 3:30-5:00pm Sun: 11:30am-1:00pm	6
Hamid, Michael	MAG and MAG Pre-Comp (stretching, conditioning, basic skills)	Wed: 4:00–7:00pm Fri: 5:30-8:30pm Sun: 2:00-5:00pm	6
Holly, Christina, Tanya, Cassia	Xcel and Interclub (stretching, conditioning, basic skills)	Mon, Wed: 3:30-8:30pm Sat: 9:00am-4:00pm	7-8
Christina, Iona, Mackenzie, Michael, Tanya, Arman, Sarah, Atrin, Hamid, Marissa, Talya, Imogen, Anna, Shallon, Cassia, Jennifer	Recreational Class for ages 6 and Up (Girls/Boys Beginner, Intermediate, Advanced, Tramp and Tumble, Adult) Aqua class is suspended!	Mon-Fri: 3:15pm-9:00pm Sat-Sun: 8:30am-5:30pm	6

As time progress subsequent weeks will be posted and training times may be adjusted.

Appendix 2: FGC Illness Policy

In this policy, “Team member” includes an employee, volunteer, participant or parent/spectator.

- 1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite, nausea or diarrhea.**

See BCCDC website for a full list of symptoms: <http://www.bccdc.ca/health-info/diseasesconditions/covid-19/about-covid-19/symptoms>

2. Assessment

- 1. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.**
 - 2. If Team Members are unsure, please have them use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en>.**
 - 3. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.**
- 3. If a Team Member is feeling sick with COVID-19 symptoms**
 - 1. They should remain at home and contact Health Link BC at 8-1-1.**
 - 2. If they feel sick and /or are showing symptoms while within the sport environment, they should be sent home**

immediately and contact 8-1-1 for further guidance.

- 3. No Team Member may participate in a practice/activity if they are symptomatic.**
- 4. If a Team Member tests positive for COVID-19**

a. Follow the direction of health officials.

5. Quarantine or Self-Isolate if:

- 1. You have travelled outside of Canada within the last 14 days.**
- 2. You have come into close contact with someone who has tested positive for COVID-19.**
- 3. You have been advised to do so by health officials.**