



ISLAND RHYTHMIC GYMNASTICS CLUB

DECEMBER 2020

RETURN TO PLAY PLAN



APPROVED BY

ISLAND RHYTHMIC GYMNASTICS CLUB BOARD OF DIRECTORS
DECEMBER [DATE], 2020

INTRODUCTION



Island Rhythmic Gymnastics Club's Return to Play Plan outlines the safety precautions we are taking as a club to help ensure the safety of our members, staff and volunteers. This plan has been prepared by Island Rhythmic Gymnastics Club using the directives provided by Gymnastics BC (GBC) and the BC Rhythmic Sportive Gymnastics Federation (BCRSGF). It includes all relevant information from the B.C. government and Provincial Health Officer, WorkSafeBC, and ViaSport. This document has been approved on July 8, 2020, by the Island Rhythmic Gymnastics Club's Board of Directors.

This document was updated on December 5, 2020. All updates are in red text. Policies may be updated without prior notice as we adapt to emerging government, WorkSafeBC and health authority guidance.

This document contains links to third party web sites. Links are provided for convenience only. Island Rhythmic Gymnastics Club does not endorse the information contained in the linked websites, nor guarantee its accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time. Island Rhythmic Gymnastics Club does not monitor those sites and is not responsible for updates.

REQUIREMENTS-PARENTS & GYMNASTS

REGISTRATION & PAYMENT

All registration and payment will be completed electronically including:

- Registration form
- Informed Consent and Assumption of Risk Agreement-COVID-19 (Appendix 1)
- Release of Liability, Waiver of Claims and Indemnity Agreement (Appendix 2)
- Declaration of Compliance (Appendix 3)
- Payment through etransfer

Try out appointments will be scheduled through email.

EQUIPMENT

To ensure everyone's safety, sharing of equipment is forbidden.

Each gymnast must:

- Arrive dressed for class
- Keep all equipment in a bag that is marked with their name
- Place bags in designated spots
- Bring their own equipment and supplies:
 - Mask
 - Gloves
 - Personal hand sanitizer
 - Cleaning wipes for equipment
 - Hair elastics, pins hair net and brush
 - Ballet shoes and socks
 - Full water bottle
 - Theraband
 - Yoga mat
 - Pair of 2-pound ankle weights
 - 1 raquet ball
 - Apparatus (loaned by club)
 - Pen/pencil
 - Gymnastics work book

FACILITY ACCESS

Parents/guardians must:

- Limit car pooling
- Arrive no more than 15 minutes before the start of your class
- Not gather before, during or after practice
 - not enter the gym at pick up time
- Maintain physical distancing of THREE (3) meters at all times
- Complete a Daily Screening Checklist (Appendix 4) for their child every day before class
- Send the checklist with the child if they are not present in person
- Keep the child at home if the child has:
 - Any symptoms (not just COVID-related)
 - Been exposed to someone who is sick (not just COVID-related)
 - Traveled outside BC in the last 14 days or someone in the household has
- Provide a medical certificate if the child:
 - Experiences seasonal allergies
 - Is immuno-compromised (high-risk) but is allowed to participate in club activities

HYGIENE

- Gymnasts must:
 - Use the washroom to wash their hands before and after practice
 - Wash/sanitize their hands before entering the gym, before/after breaks, and after coughing/sneezing
 - Maintain physical distancing of THREE (3) meters at all times
 - Wear masks at all times
 - Wear socks/ballet shoes at all times
 - Help clean when required

REQUIREMENTS-COACHES & STAFF

TRAINING OF STAFF

The club will ensure all staff:

- Have read and agree to the updated Return to Play Plan
- Understand the role of each staff member
- Can explain and enforce the new protocol to the gymnasts so they are aware of it and understand their part in maintaining their health and the health of others
- Have the tools to manage their own anxiety and that of the participants
- Review the emergency protocol
- Review the Illness Policy from ViaSport (Appendix 5)
- Have signed the Release of Liability, Waiver of Claims and Indemnity Agreement (Appendix 2)

FACILITY ACCESS

Staff must:

- Enter/exit by the designated door
- Maintain physical distancing of THREE (3) at all times
- Complete a daily screening checklist (Appendix 4) before entering the facility
- Stay at home if they have:
 - Even mild symptoms (not just COVID-related)
 - Been exposed to someone who is sick (not just COVID-related)
 - Traveled outside BC in the last 14 days or someone in the household has
- Provide a medical certificate if they:
 - Experience seasonal allergies
 - Are immuno-compromised (high-risk) but are allowed to participate in club activities

ACTIVITIES

- Staff members must ensure that all the safety measures are applied.
- Until provincial regulations change, only conduct activities that respect physical distancing of THREE (3) meters
- Coaching will be performed hands-free (no spotting) excluding emergency situations
- Coaches must monitor participants during training for any early signs of COVID-19

HYGIENE

- Coaches/staff must:
 - Use the washroom to wash their hands before and after practice
 - Stagger breaks for gymnasts and themselves
 - Wash/sanitize their hands before entering the gym, before/after breaks, and after coughing/sneezing
 - Maintain physical distancing of THREE (3) at all times
 - Wear masks if physical distancing is not possible
 - Wear dedicated indoor gym footwear
- Masks are not required during training

EMERGENCY PROCEDURES

- Coaches must carry an emergency kit (gloves and a mask) on their person at all times when in the gym
- If an injury occurs and physical distancing must be broken, all persons, attending to the injured individual must first put on gloves
- The club will keep masks and gloves in a separate kit in addition to the first aid kit

ADDITIONAL MEASURES

FACILITY

Facility cleaning and operations include:

- Occupancy is strictly limited to 50 people
- All parents and athletes will enter through the same glass door
- There is no parental viewing
- After screening only gymnasts and coaches are allowed to enter the gym
- Distance markers are set up in each gym zone to ensure a minimum of THREE (30 meters distance is maintained
- All surfaces will be cleaned after each use
- Cleaning stations are set up throughout the gym and will include:
 - Mop with disinfecting solution and cleaning pads
 - Spray bottle with disinfecting solution and cleaning clothes
 - Lined garbage can
- Surfaces that can not be cleaned (cloth-like surfaces, foam pits) can not be used until an appropriate process is approved and implemented
- A covered laundry hamper will be located on each side of the gym for used mop pads and cleaning clothes
- Laundry will be done daily
- All cleaning policies as outlined in Inspire Sport Victoria's [Return to Play Plan](#) will be followed

COMMUNICATION

The Return to Play Plan will be:

- Posted on our [website](#)
- Sent to parents who register children
- Sent to staff
- Kept in the gym

ILLNESS POLICY

The ViaSport Illness Policy (Appendix 5) will be applied.

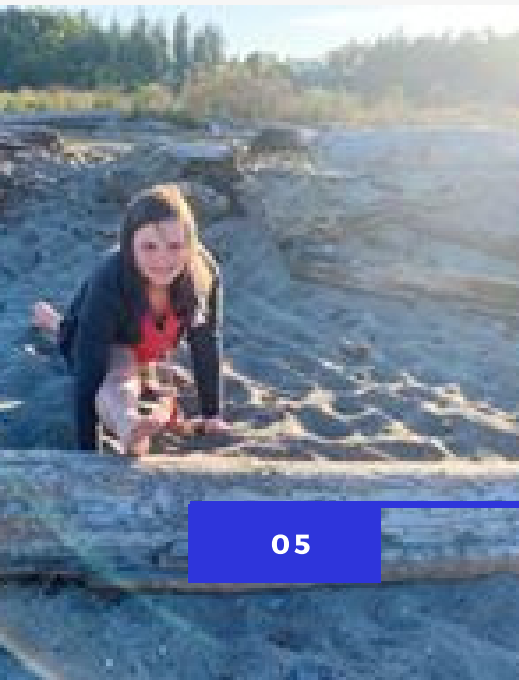
- Outbreak definition:
 - A case is a single case
 - An outbreak is 2 or more cases
- If a case is suspected, individuals will be advised to:
 - Self-isolate
 - Monitor their symptom daily
 - Report respiratory illness
 - Not return to the activity for at least 14 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy nose, loss of sense of smell, headaches, fatigue and loss of appetite
 - Use the [BC COVID-19 Self-Assessment Tool](#) to help determine if further assessment or testing for COVID-19 is needed
- Reporting:
 - Staff will immediately report any case or outbreak to the club's Technical Director
 - The Technical Director in collaboration with the Board has the authority to modify, postpone or cancel activities
 - A suspected case or outbreak of influenza-like illness will be reported to the Medical Health Officer (or delegate) at the local health authority
 - If contacted by a Medical Health Officer, the club will cooperate fully with the authorities



LIABILITY



- Parents, participants, coaches, club personnel, and Board members are reminded that the insurance that the club contracts with the BCRSGF does not cover the COVID-19 associated risks
- By order of the Minister of Public Safety and Solicitor General, protection against liability for sports (COVID-19) has been given through the Emergency Program Act, Ministerial Order No. [M183](#) signed on June 10, 2020. It covers the “organization, director, officer, employee or volunteer” of the club
- Any updates on liability and insurance coverage changes will be communicated as they are received from the government agencies and/or BCRSGF



APPENDIX 1

BC RHYTHMIC SPORTIVE GYMNASTICS FEDERATION (BCRSGF) INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

(to be executed by parents/guardians of Participants who are younger than 19 years old)

Please read carefully.
By signing this document, you will assume certain risks and responsibilities

Participant's Name: _____ Participant's Date of Birth: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. Prior to participating, an individual who is younger than the age of majority and who wants to participate in the sport of rhythmic gymnastics and the activities, programs, classes and services provided by, and/or in the events sponsored or organized by BCRSGF and Island Rhythmic Gymnastics Club which may include but is not limited to: competitions, tournaments, practices, training, personal or strength training, dry land training, training using machines or weights, nutritional and dietary programs, orientational or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities") must have their legal parent/guardian ("the Parties") acknowledge and agree to the terms outlined in this agreement.

2. The undersigned acknowledges and agrees that they are a parent/guardian of the Participant and have full legal responsibility for the decisions of the Participant

Disclaimer

3. BCRSGF, Island Rhythmic Gymnastics Club and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") are not responsible for any injury, property damage, death, expense, loss of income, damage or loss of any kind suffered by the Participant during, or as a result of, the Activities.



We have read and agree to be bound by paragraphs 1 to 3

Description and Acknowledgement of Risks

4. The Parties understand and acknowledge that:

- a. The Activities have foreseeable and unforeseeable inherent risks, hazards, and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis, and loss of life.

APPENDIX 1 CONTINUED

BC RHYTHMIC SPORTIVE GYMNASTICS FEDERATION (BCRSGF) INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

b. The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming.

c. The Organization has a difficult task to ensure safety and it is not infallible. the Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and

d. (COVID-19) The COVID-19 disease has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19.

5. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers, and hazards. The risks, dangers and hazards include, but are not limited to:

a. Health: executing strenuous and demanding physical techniques; physical exertion; overexertion; stretching; dehydration; fatigue; cardiovascular workouts; rapid movements and stops; lack of fitness or conditioning; traumatic injury; sprains and fractures, spinal cord injuries, bacterial infections; rashes; and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof

b. Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on floors or other surfaces; extreme weather conditions; and travel to and from the premises

c. Use of equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to wear safety or protective equipment; and failure to use or operate equipment within the Participant's own ability

APPENDIX 1 CONTINUED

BC RHYTHMIC SPORTIVE GYMNASTICS FEDERATION (BCRSGF) INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

- d. Contact: contact with walls, any gymnastics apparatus, floors, mats, other equipment, vehicles, or other persons (including spotters); and other contact that may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury
- e. Advice: negligent advice regarding the Activities
- f. Ability: failing to act safely or within the Participant's own ability or within designated areas
- g. Sport: the sport of rhythmic gymnastics and its inherent risks, including but not limited to falling, tumbling, or hitting any gymnastics apparatus, the floor, mats, or other surfaces
- h. Cyber: privacy breaches; hacking; and technology malfunction or damage
- i. Conduct: the Participant's conduct and conduct of other persons including any physical altercation between participants
- j. Travel: travel to and from the Activities



We have read and agree to be bound by paragraphs 3 to 5

Terms

6. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:

- a. That when the Participant practices or trains in their own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant.
- b. That the Participant's mental and physical condition is appropriate to participate in the Activities and the Parties assume all risks related to the Participant's mental and physical condition.
- c. That the Participant may experience anxiety while challenging themselves during the Activities.
- d. To comply with the rules and regulations for participation in the Activities.
- e. To comply with the rules of the facility or equipment.
- f. That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring their observations to a representative of the Organization immediately.
- g. The risks associated with the Activities are increased when the Participant is impaired, and the Participant will not participate if impaired in any way.

APPENDIX 1 CONTINUED

BC RHYTHMIC SPORTIVE GYMNASTICS FEDERATION (BCRSGF) INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

h. That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity.

i. (COVID-19) That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or loss of life

7. In consideration of the Organization allowing the Participant to participate, the Parties agree:

a. That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities.

b. That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities; and

c. That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of British Columbia and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

8. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of BC and they further agree that the substantive law of the Province of BC will apply without regard to conflict of law rules.



We have read and agree to be bound by paragraphs 6 to 8

Acknowledgement

9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Participant (print)

Signature of Participant

Date of Birth

Name of Parent or Guardian (print)

Signature of Parent or Guardian

Date

Name of Witness (print)

Signature of Witness

Date

APPENDIX 2

BC RHYTHMIC SPORTIVE GYMNASTICS FEDERATION (BCRSGF) RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

(to be executed by Participants over 18 years old)

Please read carefully

By signing this document, you will waive certain legal rights – including the right to sue

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant in the sport of gymnastics and the spectating, orientation, instruction, activities, competitions, programs, and services of Gymnastics British Columbia and Island Rhythmic Gymnastics Club (collectively the “Activities”), the undersigned acknowledges and agrees to the terms outlined in this document.

Disclaimer

2. Gymnastics British Columbia and Island Rhythmic Gymnastics Club and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the “Organization”) are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.



I have read and agree to be bound by paragraphs 1 and 2

Description and Acknowledgement of Risks

3. I understand and acknowledge that

- a. The Activities have foreseeable and unforeseeable inherent risks, hazards, and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis, and loss of life.
- b. The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming.
- c. The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and

APPENDIX 2 CONTINUED

BC RHYTHMIC SPORTIVE GYMNASTICS FEDERATION (BCRSGF) RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

d. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that I will not become infected with COVID-19.

Further, participating in the Activities could increase my risk of contracting COVID-19.

4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities. The risks, dangers and hazards include, but are not limited to:

- a. Contracting COVID-19 or any other contagious disease.
- b. Privacy breaches, hacking, technology malfunction or damage.
- c. Executing strenuous and demanding physical techniques and exerting and stretching various muscle groups.
- d. Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements.
- e. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment or apparatus.
- f. Failure to follow instructions or rules.
- g. Spinal cord injuries which may render me permanently paralyzed.
- h. Serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of my body or to my general health and well-being.
- i. Abrasions, sprains, strains, fractures, or dislocations.
- j. Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma.
- k. Physical contact with other participants, spectators, equipment, and hazards.
- i. Collisions with walls, any gymnastics apparatus, floors or mats.
- m. Falling, tumbling, or hitting any gymnastics apparatus, the floor, mats, or other surfaces.
- n. Physical contact with other participants (including spotters).
- o. Not wearing appropriate safety or protective equipment.
- p. Failure to act safely or within my own ability or designated areas.
- q. Negligence of other persons, including other spectators, participants, or employees.
- r. Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities; and

APPENDIX 2 CONTINUED

BC RHYTHMIC SPORTIVE GYMNASTICS FEDERATION (BCRSGF) RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

s. Negligence on the part of the Organization, including failure by the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with my participation in the Activities.



I have read and agree to be bound by paragraphs 3 and 4

Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
- That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select.
 - That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental and physical condition.
 - That I may experience anxiety while challenging themselves during the Activities.
 - To comply with the rules and regulations for participation in the Activities.
 - To comply with the rules of the facility or equipment.
 - That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring my observations to a representative of the Organization immediately.
 - The risks associated with the Activities are increased when I am impaired, and I will not participate if impaired in any way.
 - That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity.
 - That COVID-19 is contagious in nature and I may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death; and
 - That I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment.

Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate, I agree:
- That the sole responsibility for my safety remains with me.
 - To ASSUME all risks arising out of, associated with, or related to my participation.
 - That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to participate in the Activities.

APPENDIX 2 CONTINUED

BC RHYTHMIC SPORTIVE GYMNASTICS FEDERATION (BCRSGF) RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

- d. To WAIVE any and all claims that I may have now or in the future against the Organization.
- e. To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, loss of life, property damage, expense, and related loss, including loss of income, resulting from my participation in the Activities.
- f. To FOREVER RELEASE the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization;
- g. To FOREVER RELEASE AND INDEMNIFY the Organization from any action related to my becoming exposed to or infected by COVID-19 as a result of, or from, any action, omission or negligence of myself or others, including but not limited to the Organization;
- h. That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities.
- i. That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and
- j. This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of British Columbia and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

7. I agree that in the event that I file a lawsuit against the Organization, I will do so solely in the Province of British Columbia and further agree that the substantive law of the Province of British Columbia will apply without regard to conflict of law rules.



I have read and agree to be bound by paragraphs 5 to 7

APPENDIX 2 CONTINUED

BC RHYTHMIC SPORTIVE GYMNASTICS FEDERATION (BCRSGF) RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

Acknowledgement

8. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

Name of Participant (print)

Signature of Participant

Date

APPENDIX 3

BC RHYTHMIC SPORTIVE GYMNASTICS FEDERATION (BCRSGF) DECLARATION OF COMPLIANCE COVID-19



BC Rhythmic Sportive Gymnastics Federation

Appendix B

DECLARATION OF COMPLIANCE – COVID-19

Individual Name (print): _____

Individual's Parent/Guardian _____
(if the individual is younger than 19 years old)

Email: _____

Telephone: _____

WARNING!

ALL PARTICIPANTS ENTERING THE FACILITY AND/OR PARTICIPATING IN SANCTIONED ACTIVITIES MUST COMPLY WITH THIS DECLARATION

BC Rhythmic Gymnastics Federation and Island Rhythmic Gymnastics Club (collectively the "Organization") require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual's parent/guardian, if the individual is younger than 19 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the individual named above and the individual's parent/guardian (if the individual is younger than 19 years old), hereby acknowledge and agree to the terms outlined in this document:

APPENDIX 3 CONTINUED

BC RHYTHMIC SPORTIVE GYMNASTICS FEDERATION (BCRSGF) DECLARATION OF COMPLIANCE COVID-19



BC Rhythmic Sportive Gymnastics Federation

- 1) The coronavirus disease COVID-19 has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The individual has not been diagnosed with COVID-19. **OR** If the individual was diagnosed with COVID-19, the individual was cleared as noncontagious by provincial or local public health authorities more than 14 days prior to the date this Declaration of Compliance was signed.
- 3) The individual has not been exposed to a person with a confirmed or suspected case of COVID-19. However, if the individual was exposed to a person with a confirmed case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
- 4) The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual's parent/guardian, on behalf of the individual (when applicable) agrees to assume those risks, including but not limited to exposure and being infected.
- 5) The individual has not, nor has anyone in the individual's household, experienced cold or flu-like symptoms in the last 14 days (including fever, cough, sore throat, shortness of breath, respiratory illness, difficulty breathing).
- 6) If the individual experiences, or if anyone in the individual's household experiences, any cold or flu-like symptoms after submitting this Declaration of Compliance, the individual will immediately isolate and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.
- 7) The individual has not, nor has any member of the individual's household, travelled to, or had a layover in any country outside Canada, or in any province outside of BC in the past 14 days. If the individual travels, or if anyone in the individual's household travels, outside the Province of BC after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.

APPENDIX 3 CONTINUED

BC RHYTHMIC SPORTIVE GYMNASTICS FEDERATION (BCRSGF) DECLARATION OF COMPLIANCE COVID-19



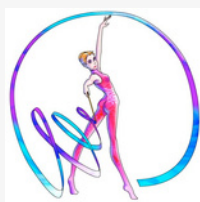
BC Rhythmic Sportive Gymnastics Federation

- 8) The individual is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, frequent handwashing, and otherwise limiting exposure to COVID-19.
- 9) The individual will follow the safety, physical distancing, and hygiene protocols of the Organization.
- 10) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.
- 11) The Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the compliance standards described in this document.

Signature: _____ Date: _____
Individual (If 19 and over)

Signature: _____ Date: _____
Parent/Guardian (if the individual is younger than 19 years old)

APPENDIX 4



ISLAND RHYTHMIC GYMNASTICS CLUB 2020 SUMMER CAMP - DAILY SCREENING CHECKLIST

Participant Name: _____

	Mon Aug 17		Tues Aug 18		Weds Aug 19		Thurs Aug 20		Fri Aug 21	
Do you have any of these symptoms:	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Fever over 38°C and/or chills										
Coughing										
Sneezing										
Sore throat and/or painful swallowing										
Stuffy/runny nose										
Fatigue related to illness										
Loss of appetite										
Shortness of breath										
Loss of sense of smell										
Headache										
Muscle aches related to illness										

Based on checklist from Gymnastics BC's [Return to Sport Plan](#) (page 15 - Appendix 1)

APPENDIX 4 CONTINUED

ISLAND RHYTHMIC GYMNASTICS CLUB 2020 SUMMER CAMP - DAILY SCREENING CHECKLIST

Participant Name: _____

	Mon Aug 17		Tues Aug 18		Weds Aug 19		Thurs Aug 20		Fri Aug 21	
	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Have you or anyone in your household traveled outside of Canada in the last 14 days?										
Have you or anyone in your household been in contact with someone who has been tested or has a confirmed case of COVID-19 in the last 14 days?										
Are you currently being tested as a suspected case of COVID-19?										
Have you tested positive for COVID-19 in the last 14 days?										
Time										
Parent signature										
Staff signature										

Note: Fatigue and muscle aches may be expected as athletes return to sport. All participants, parents/guardians of minors and club staff must determine the difference between this and symptoms of illness.

APPENDIX 5



ILLNESS POLICY FROM VIASPORT

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.

2. Assessment

a. 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.

b. 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.

c. If Team Members are unsure please have them use the self-assessment tool or through the COVID-19 BC Support App self-assessment tool.

3. If a Team Member is feeling sick with COVID-19 symptoms

a. They should remain at home and contact Health Link BC at 8-1-1.

b. If they feel sick and/or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.

c. No Team Member may participate in a practice/activity if they are symptomatic.

APPENDIX 5 CONTINUED

ILLNESS POLICY FROM VIASPORT

4. If a Team Member tests positive for COVID-19

- a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
- b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
- c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 test

- a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
- c. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19

- a. Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.

APPENDIX 5 CONTINUED

ILLNESS POLICY FROM VIASPORT

b. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.

c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate if

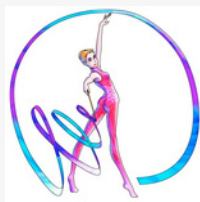
a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.

b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.

c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.

d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

APPENDIX 6



ISLAND RHYTHMIC GYMNASTICS CLUB 2020 SUMMER CAMP

RESPONSIBILITY OF THE DESIGNATED SAFETY PERSONNEL

- Ensure that the following posters are clearly posted in the gym:
 - Social distancing reminder
 - Limited entrance reminder
 - Hygiene requirement
 - Hand washing
 - Markers for personal effects
- Ensure that entrance/exit doors are open at the beginning/end of training and at breaks to reduce contact with door handles
- Control the entrance/exit of gym to ensure physical distancing at all times
- Ensure that all members complete the Daily Screening Checklist (Appendix 4) before entering the gym
 - Complete and sign the form OR
 - Collect the form that has been completed and signed by the parent at home each day if they are not bringing their child to the gym themselves
 - Report any information that would need to be addressed in relation with the Illness policy (Appendix 5) to the club's Technical Director
- Keep the completed forms in the designated binder at the coach's station
- Ensure no members enter the gym if:
 - They have even mild symptoms
 - They have been exposed to someone who is sick
 - They or someone from the household has travelled outside of Canada in the last 14 days
- Ensure that the club has a medical certificate on file if a participant is:
 - Experiencing seasonal allergies (or other flu like symptoms)
 - Immuno-compromised (high-risk) but is allowed to participate in the club activities
- Ensure that the maximum number of people allowed in the gym is respected
- Direct members to wash their hands and change into/out of training clothes at the beginning and end of training while ensuring physical distancing
- Stagger and monitor breaks so that physical distancing is respected at all times

APPENDIX 6 CONTINUED

ISLAND RHYTHMIC GYMNASTICS CLUB 2020 SUMMER CAMP

RESPONSIBILITY OF THE DESIGNATED SAFETY PERSONNEL

- Monitor members for any early symptoms of COVID-19
- Ensure no members share equipment, apparatus or personal effects
- Ensure that all participants' personal effects are stored in the designated location
- Report any suspected cases of COVID-19 to the club's Technical Director immediately
- Ensure first aid and safety kits are stocked
- Ensure cleaning materials are stocked in the washroom and in the gym and used on a regular basis
- Ensure coaches/staff carry gloves and mask on their person at all times during training