



COVID-19 Safety Plan

Classes (Fall 2021)

Procedures and Guidelines

(Version 4)

Gymalaya Inc.
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8051 Keele St. Unit 1 Vaughan, ON L4K 1Y9 | 905-760-5655
info@gymalaya.com | www.gymalaya.com

Introduction

Gymalaya is committed to providing a safe and healthy environment for all our employees and customers. In order to provide the highest level of safety, we have developed the following COVID-19 Safety Plan in response to the COVID-19 pandemic. The recommendations from the York Region Public Health (york.ca/covid19) and the Ministry of Health (health.gov.on.ca) are continuously changing due to the evolving COVID-19 situation. We are committed to monitoring these changes and adapting our safety protocols as needed.

Educating and Promoting Healthy Behaviour

Stay home when you're sick

- All staff and customers should stay at home if they are sick
- Monitor for symptoms associated with COVID-19
- Visit york.ca/covid-19 to learn about symptoms associated with COVID-19

Symptoms in Adults

- Fever and/or chills**
Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher
- Cough or barking cough (croup)**
Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, COPD, or other known causes or conditions you already have)
- Shortness of breath**
Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions you already have)
- Decrease or loss of taste or smell**
Not related to seasonal allergies, neurological disorders, or other known causes or conditions you already have
- Muscle aches/joint pain**
Unusual, long-lasting (not related to **getting a COVID-19 vaccine in the last 48 hours**, a sudden injury, fibromyalgia, or other known causes or conditions you already have)
- Extreme tiredness**
Unusual, fatigue, lack of energy (not related to **getting a COVID-19 vaccine in the last 48 hours**, depression, insomnia, thyroid dysfunction, or other known causes or conditions you already have)

Symptoms in Children

While many children are asymptomatic or only have mild illness, watch for any of the following symptoms of COVID-19

- Fever and/or chills**
Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher
- Cough or barking cough (croup)**
Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, or other known causes or conditions they already have)
- Shortness of breath**
Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions they already have)
- Decrease or loss of taste or smell**
Not related to seasonal allergies, neurological disorders, or other known causes or conditions they already have
- Nausea, vomiting, and/or diarrhea**
Not related to irritable bowel syndrome, anxiety, menstrual cramps, or other known causes or conditions they already have

Practice hand hygiene and respiratory etiquette

- Wash your hands thoroughly with soap and water or use 60-90% alcohol-based hand sanitizer
- Avoid touching your face, nose and mouth with unwashed hands
- Use a non-medical/cloth mask (as per [York Region Public Health policy](#))
- Cover your cough or sneeze with a tissue or the elbow of your sleeve

Practice physical distancing

- Maintain 2 meters from others at all times

Maintaining a Healthy Environment at Gymalaya

Screening

- Parents/guardians are encouraged to check their own & their child's temperature daily at home; however, a fever is not the only symptom of COVID-19
- Participants are to line up 5 minutes prior to the start of class
- **Children over the age of 2 and adults must use a mask or face covering while waiting outside**

for screening and when entering the facility

- Young children who are unable to put on or remove their mask or face covering without the assistance of another person may be exempted
- No adults will be permitted to enter the facility without a mask
- A screening station will be located outside of the main entrance to our facility
- Parents/guardians and their children should line up along the front windows of the building and maintain a 2-meter distance from others when waiting to be screened. Markers will be in place to ensure physical distancing can be maintained.
- Once the screening station is free, please approach the table and you will be greeted by one of our staff members who will be standing behind a protective barrier
- At the screening station, the screener will confirm that the [online screening form](#) has been completed. If not completed, they will do manual screening:
 - Parents/guardians will sign off indicating that:
 - Neither them, their child(ren) or anyone in their household has experienced any symptoms of COVID-19 in the last 14 days
 - Neither them, their child(ren) or anyone in their household have been identified as a “close contact” of someone who currently has COVID-19
 - Neither them, their child(ren) or anyone in their household have travelled outside of Canada in the last 14 days? If they did, they will not be permitted to attend the class; however, if the parent/guardian has travelled, the child may still attend the class but the parent/guardian will not be permitted to enter the facility
 - Neither them, their child(ren) or anyone in their household have been tested for COVID-19 in the last 14 days and are awaiting results
 - If an individual answers YES to any of the questions, them and their household will **not** be permitted inside the facility and will be sent home to seek assessment and further testing
 - All individuals will have their temperature taken and recorded. Anyone with fever of 37.8° C or greater will not be permitted to enter the facility along with any other members of their household
 - All individuals will be asked to sanitize their hands before entering the facility
 - Attendance will be recorded for contact-tracing purposes

Entering the facility

- Once screened, you and your child(ren) will enter the facility through the main door
- Children 2 years and older and adults are required to wear masks in the facility
 - Children are strongly encouraged to keep their masks on; however, according to the Ontario Ministry of Health they may remove their masks once their class begins as they

are not required to wear them while participating in physical activity

- Everyone is asked to remove their shoes and place them only **on the bottom shelves with boot trays**. With the wet weather and salt outside, we want to keep our facility as clean as possible. Children are to go barefoot and adults required to participate with their child are to wear socks in the gym. Please put all coats on the **upper shelves without boot trays** and personal belongings are to be kept with you unless you are participating with your child, then you may take your belongings in the gym. **The coat room is OFF LIMITS** as it is not sufficient in providing enough space for physical distancing.
- Please keep personal belongings to a minimum and refrain from bringing unnecessary items
- A coach will announce the start of class at which point everyone permitted in the gym will sanitize their hands and enter through the door in the viewing area.
- Parents/guardians staying in the viewing area may sit on the chairs provided. Please do not move the chairs as they are placed according to physical distancing. Only 1 spectator per child is permitted. Siblings (not participating in class) are not allowed in the facility

Grouping and Physical Distancing

- Physical distancing is maintained by limiting the number of individuals in each class
- There will be 1-2 coaches for each age group
- Each group will consist of 5-7 participants
- There will be a maximum of 2-3 classes in the gym at the same time following physical distancing guidelines
- We have redesigned our gym to allow a 2-meter distance between all students and staff with velcro markers placed throughout
- All gymnastics skills have been modified so children may perform on their own without a coach's spotting
- Coaches will wear a mask/face covering and will maintain a 2-meter distance throughout all stations. No physical contact is permitted including spotting, high-fives or hugs

Hand Washing and Personal Hygiene

- There are a number of hand sanitizing stations throughout the facility for participants and staff to use throughout their class
- Students will sanitize their hands in between stations
- Hand washing will be required immediately after sneezing or coughing

Cleaning Procedures

- In addition to our standard cleaning protocols we have added the following cleaning procedures:
 - At the end of each day the facility will be sanitized using a fogging machine with Vital Oxide disinfectant
 - The whole facility will be cleaned thoroughly between classes
 - Bathrooms, door handles and high-volume touch surfaces will be cleaned throughout the day
 - All cleaning procedures will be recorded in a cleaning log
 - All equipment and toys that are not easy to clean have been removed (such as rope, parachute, plush toys etc.)

First Aid

- In any case of an injury, the coach will be available to assist the child. If Physical distancing cannot be maintained, the coach will sanitize their hands, put on gloves and face cover and proceed to assist the child in accordance with our first aid policy
- If a child requires ice, the coach will get it for them. The ice will be placed in an unused ziplock bag. If the coach needs to assist the child with applying the ice, they will first put on gloves and a face cover
- If necessary, a coach must be able to prevent an injury. A coach may step in to catch a gymnast if they slip or fall from the apparatus

Behaviour Code

- All participants must understand the rules of physical distancing and instructions prior to registration. If you or your child are not able to follow the proper procedures and therefore are compromising the safety of other participants and staff members, you will be unable to participate in the program
- There will be a strict zero tolerance and no exceptions will be made
- Participants will be sent home and a credit will be given due to the non-compliance (no refund)

End of Class Procedures

- Participants will be asked to exit the facility immediately following their class in order to provide ample time to disinfect the facility and perform screening for the next class

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- **Food is not permitted in the facility.** Please do not bring coffee/tea inside the facility as masks are not permitted to be removed while at Gymalaya. We ask that you please do not feed your child after their class but instead wait until you have exited the building

Illness, Reporting and COVID-19

Participant

- A participant who becomes ill during class will immediately be sent home
- If it is a child whose parent/guardian is not present, they will be notified to pick up their child as soon as possible
- The participant will be asked to wear a face mask and sanitize their hands. Staff will remind the participant to avoid touching the mask while wearing it
- If physical distancing cannot be maintained during supervision of ill individuals in isolation, staff should wear a mask and eye protection (face shield)
- Once the participant is sent home, the area will be cleaned and disinfected
- Participants with symptoms should call York Region Public Health at 1-800-361-5653, their health care provider or a [COVID-19 assessment centre](#) to determine if they need testing
- The local public health unit will provide any further direction on testing and isolation of these close contacts
- Participants or unvaccinated staff who have been exposed to a confirmed case of COVID-19 should be excluded from the program setting for 14 days
- Staff members and participants awaiting test results should be excluded from the program

Staff

- Staff must report any COVID-19 symptoms to their gym director and stay home until they have been assessed by a health care provider to exclude COVID-19, and their symptoms have been resolved
- All staff members are screened daily for any COVID-19 symptoms before entering the facility (self assessment questionnaire and temperature check)
- Staff who develop symptoms and become ill while at Gymalaya
 - Will be isolated and sent home immediately
 - They will be asked to call York Region Public Health at 1-800-361-5653, their health care provider or a [COVID-19 assessment centre](#) to determine if they need testing
- The local public health unit will provide any further direction on testing and isolation for staff

Exposure to/Outbreak of COVID-19

In an event that our staff or participants experience exposure to COVID-19 or there is an outbreak in our facility, the following procedures will occur:

- All staff members and individuals who may have been affected will be immediately contacted via email and/or phone and strongly encouraged to contact York Region Public Health at 1-800-361-5653 or a [COVID-19 assessment centre](#)
- York Region Public Health will be notified immediately
- Our facility will be temporarily closed. Prior to re-opening, a professional cleaning company will perform a deep clean disinfection of the entire facility
- All staff impacted will be self-quarantined for 14 days

Cancellation and Refund Policy

- All program fees are non-refundable.
- Due to the limited number of participants in each class, there will be no refund or credit (make ups) for any missed classes
- Make up classes are not available during COVID-19 pandemic
- In case there's an outbreak and we need to close, a credit will automatically be applied to your file for classes that will be missed (no refunds)
- In the event the province of Ontario/York Region Public Health announces a mandatory shut-down of recreational programs, a credit will automatically be applied to your file for classes that will be missed (no refunds)

Additional resources:

[Staying Safe at School](#)

york.ca/covid19

Questions regarding Covid-19 policies and protocols?

Email us at: info@gymalaya.com

We look forward to a fun and safe Fall Session!