



Falcon Gymnastics COVID-19 Safety Plan

Falcon Gymnastics COVID-19 Club Representative:

Renata Allan - Owner

Phone: (250) 479-6424

Email: info@falcongymnastics.com

Updated Dec 3, 2020

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

This Club COVID-19 Safety Plan has been approved by Falcon Gymnastics' club owners - Peter and Renata Allan on June 11th, 2020.

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 hand-washing • 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 travellers 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 • Plexi-glass barriers • Movement of people within spaces

Step 1: Starting Activities (*Our Competitive Program only*)

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.
- Small class size ratios and reduced training time will be scheduled.
- For details on the training session curriculum please contact Renata.

Step 2: Expanding Activities - September 2020

(Return of Interclub, Advanced and school-age recreation and preschool gymnastics)

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

- Ability to maintain physical distancing of 3m.
- Adherence to occupancy limit.
- Minimal sharing of equipment.
- Heightened cleaning protocols.
- Coaching for all programs must be performed **hands-free (no spotting)**. However, if a participant's safety is at risk, the coach will not hesitate to spot. Additionally, coaches must wear masks when spotting an athlete for safety. The focus is on the development of physical abilities and basics.
- Larger class size ratios and increased training times will be scheduled.
- For details on the training session curriculum please contact Renata.

Step 3: The 'New Normal'

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

Falcon Gymnastics Safety Plan Requirements

Facility Access

To access Falcon Gymnastics, please complete the following steps:

- Drop off is available at the back entrance: back parking lot entrance/exit to gym
- Please line up outside the entrance door of the facility, maintaining a physical distance of 2m between yourself and others by standing on the tape on the ground
- All participants will exit the building at the back exit, and **must not congregate in groups when they get picked up.** To facilitate this, we have placed tape outside the exit doors
- Parents/guardians will be instructed to drop off and pick up their children ***on time*** without coming into the gym, if possible.
- Parents/guardians will be instructed to tell their children to follow instructions of all Falcon Gymnastics staff when entering and exiting the facility.
- Prior to entering the facility, ***all individuals*** must fill out the Daily Screening Checklist. Daily checklists will be kept on file. Falcon Gymnastics staff will be collecting hard copies at the back of the gym, and electronic copies can be completed and submitted at info@falcongymnastics.com
- When classes are completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time.
- Parents will ensure that their children arrive dressed appropriately for class. We have closed our locker rooms until further notice.
- Members will be asked to register for all programming through email info@falcongymnastics.com or by phone when possible by calling 250-479-6424. Payment can also be done by phone. An overview of our program information can be found at our website www.falcongymnastics.com. If a member needs to enter the facility to pay for any classes please phone prior to entry.
- Prior to participating in any programming, **all participants, parents/guardians, and club personnel** must complete required Gymnastics BC forms.

Facility Operations

- Falcon Gymnastics maximum occupancy (during Steps 1 and 2) is: 49
- Maximum Occupancy for the main gym is: 49
- Maximum Occupancy for the large change room is: 8
- Maximum Occupancy for the small birthday party room: 4
- Maximum Occupancy for the Office/Viewing Area is: 6
- Maximum Occupancy for the Staff Area is: 3
- [Signs indicating these occupancy limits](#) are posted clearly in each space.
- We have marked pathways inside the gym using taped arrows.
- Avoid bringing unnecessary shared items to the gym. (Cell Phones, iPad)
- Unusable areas of the gym have closed areas of the gym until further notice.
- Participants will be required to have their own chalk in a container/bag large enough to fit their hands.
- Our spectating benches at the back of the gym are closed to parents/guardians at this time.
- Please email info@falcongymnastics.com or call Renata at 250-479-6424 if you need to come into the gym for any reason. She will provide you with all necessary instructions.
- *The foam pit has been reconfigured with a tarp and mats so the space can be used as a landing zone from the tumbling strip and the high bar.*

Cleaning

Falcon Gymnastics 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 our staff room. Please ask Renata if you would like to see a template of the log sheet.
- We will clean the entrance, exit, gym lobby, and other high touch-point areas (e.g. washroom counters, doorknobs, handrails, guest seating, kitchen/break areas, etc.) frequently during and after each session. Washrooms will be disinfected after each use and a full clean will take place at the end of each day (garbage change, floors swept and mopped etc.)
- Gymnastics equipment will be disinfected between each user when possible. If not possible, equipment will be disinfected after each class and/or rotation during until further notice.
- Equipment that cannot be cleaned (cloth-like surfaces, foam pits, etc.) will not be used until an appropriate cleaning process has been identified. Please note our foam pit will remain covered with a tarp at this time.
- Once classes are over for the day and all athletes have left, all surfaces that were contacted will be sanitized (mats, floors, counters, washrooms, light switches, etc.). This will be completed in addition to cleaning processes during daily operations.

Communicate

Falcon Gymnastics will inform members of the new protocols (See Appendix 1) 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 or telephone to Renata Allan - Owner - info@falcongymnastics.com or 250-479-6424.
 - Falcon Gymnastics has posted 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 Renata Allan - Owner - as a single point of contact to address all COVID-19-related communications, compliance, and coordination in the gym.

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 Gymnastics BC Forms.

Staff Training

- Formal and ongoing staff training at Falcon Gymnastics will be provided to our staff to address the COVID-19 Safety Plan and programming modifications.
- Staff have created a summarized document and entry into the facility video to show participants what to expect at the gym. Staff will contact Renata if they have questions or concerns as they return to their roles.

Screening

- Falcon Gymnastics requires that **prior to entering our facility**, all individuals (including our staff) must complete the Daily Screening Checklist (Appendix attached) - [we have a Google Form available on our website for your convenience](#).
 - This form (Appendix 3) must be filled out **each day** prior to entering our facility and each box must answer 'NO' for a successful screen and entry into the facility.
 - This form can be filled out electronically and emailed to info@falcongymnastics.com or a hard copy can be brought with your child to their class. We will have a limited number of additional copies available each day so please plan ahead.
 - Please bring your own pen to fill out when possible.
- 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. **Individuals who have travelled off of Vancouver Island and/or out of BC must remain home for 10 days before returning to the facility.**

Personal Hygiene

- Falcon Gymnastics will provide hand-washing and/or sanitizing stations;
 - Upon entry way into the facility
 - Beside the Floor/Balance Beam exercises
 - On top of the Radio cabinet
 - Up at the Foam Pit Area
 - Both Public Washrooms - Large Changeroom and Office area
- Falcon Gymnastics will ask each individual upon entry to sanitize their hands prior to making contact with any surfaces in the facility.
- Hand-washing or sanitizing will be required at a minimum upon entering the facility, after using the washroom, and between apparatus changes.
- All participants should arrive dressed for their class and only bring what they need in a marked bag (e.g. chalk in bag, grips, full water bottle, hand sanitizer, yoga mat, tape, etc.).
- Sharing of personal items including (but not limited to) food and beverages (e.g. water bottles) is forbidden.
- **Use of masks upon entry/exit/washroom in the facility is mandatory. Masks will not be worn during gymnastic sessions. Staff will wear masks when physical distance of 3m cannot be maintained and in situations if an athlete becomes injured or they are required to spot the athlete.**

Physical Distancing

- Everyone who enters Falcon Gymnastics must maintain, at minimum, physical distance of 3 meters, at all times.
- Coaching for all programs will be with physical distancing measures in place - Again no spotting is permitted at this time but a coach will spot if necessary for the safety of an athlete.

Scheduling of Activities

- Falcon Gymnastics will adhere to the [Rule of Two at all times](#). This means that no one-on-one training (without another coach or owner present) will take place.
- In order to meet provincial health officer requirements, groups sizes and scheduling are being adjusted. Drop-in classes are cancelled until further notice. Detailed attendance and membership tracking will be taken and kept on file.

Injury Protocol

Requirements

- If an injury occurs and physical distancing measures must be broken, all persons attending to the injured individual will have on a mask and gloves.
- Falcon Gymnastics staff will have a fanny pack on them containing personal protective equipment (PPE) on hand (gloves, masks), stored separately from our main first-aid kit in case of emergency. Falcon Gymnastics will maintain a well-stocked first aid kit in case of emergency.

Illness Policy

- Falcon Gymnastics Illness Policy is provided in Appendix 2

Outbreak Response

Falcon Gymnastics 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, Renata Allan (250-479-6424) will be the main point of contact for all parties. Renata 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, Renata Allan (250-479-6424) will implement enhanced cleaning measures to reduce risk of transmission.
3. Renata will implement the illness policy (see Appendix 2) and advise individuals to:
 - a. Phone 8-1-1 for further instruction and 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 confirmed case or outbreak of influenza-like-illness, Renata will immediately report and discuss the suspected outbreak with the Medical Health Officer at our local health authority. Implement your Illness Policy and your enhanced measures.

If Falcon Gymnastics 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.

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

BC Center for Disease Control Posters:	WorkSafe BC Posters:	Gymnastics BC's Posters:
<p>Hand-washing poster (more detailed)</p> <p>Physical distancing (At entrance and in other spaces)</p>	<p>Entry check for visitors (at Entrance)</p> <p>Occupancy limit poster (in each applicable space)</p> <p>Cover coughs and sneezes</p>	<p>Got Symptoms?</p> <p>Germy-Handed!</p> <p>Welcome Home!</p> <p>Strike A Pose</p>

Appendix 1 - Return to Falcon Gymnastics Strategies Plan

Appendix 2 - Falcon Gymnastics Illness Policy

Appendix 3 - Daily Screening Checklist

Appendix 4 - Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement

Appendix 5 - Participation Declaration of Compliance Form

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 by Provincial Health Offices, Regional Health Authorities, WorkSafeBC, and Gymnastics BC.

Appendix 1: Return to Falcon Gymnastics Strategies Plan

Screening Protocol

- Falcon Gymnastics requires that **prior to entering our facility**, all individuals (including our staff) must complete the Daily Screening Checklist (Appendix 2)
 - This form (Appendix 2) must be filled out **each day** prior to entering our facility and each box must answer 'NO' for a successful screen and entry into our facility.
 - This form can be filled out electronically and emailed to info@falcongymnastics.com or a hard copy can be brought with your child to their class. We will have a limited number of additional copies available each day so please plan ahead.
 - Please bring your own pen to fill out when possible.
- 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 3).
- Individuals must not enter the facility or participate in any activity if they have, or someone from their household has, travelled outside of Canada/BC/Vancouver Island in the last 10 days.

Illness Policy

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

1. Inform an individual in a position of authority (coach or gym owner) 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. Coaches/Owner(s) 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 <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self assessment tool.

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

- a. Inform Renata right away via phone and 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 will be sent home immediately and requested to contact 8-1-1 or a doctor for further guidance.
- c. No Team Member may participate in a practice/activity if they are symptomatic.

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 and a doctor's note is provided.
- 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. We will close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially been 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 made aware of the situation and further action will be determined based on the situation at hand.
- 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 Renata if they reasonably believe they have been exposed to COVID-19.
- 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.

Personal Hygiene Requirements

Hand Hygiene

All Falcon Gymnastics members and staff must adhere to the following hand hygiene guidelines. Programs must engage in frequent hand washing with soap and water for at least 20 seconds. Signage with proper handwashing will be posted around the facility. Hand washing and/or sanitizing should be frequent throughout the day and should occur at, but not limited to, the following times:

- When arriving at the facility, and before leaving.
- Before and after the athlete does an apparatus
- After using the washroom.
- Before break/snack time.
- After getting hands dirty eg: Chalk
- After sneezing, coughing or handling dirty tissues.
- After cleaning tasks (staff)

Hand sanitizers (alcohol-based products) will be used at the public entry space in the back and front of the facility, as well as around the stations inside the main gym.

Personal Items

- Athletes will be allowed to bring one bag into the facility bringing only what they need inside.
- They must bring their own full water bottles, grips, chalk block, personal hand sanitizer, tape, hair ties/scrunchies and snacks.
- The communal water fountain in the large change room bathroom will be CLOSED; athletes will need to bring their own water bottles for the duration of their time in our facility.
- NO sharing of personal items is permitted.
- Personal Protective Equipment such as face masks should be worn upon entry/exit from the facility or in the washroom area.

There will be signage in regards to Hand Hygiene posted around the facility to serve as reminders for athletes and staff.

Physical Distancing Requirements

Inside the Facility

- All participants and staff inside Falcon Gymnastics must maintain, at minimum, physical distancing of 3 meters, at all times.
- Staff will remind participants to maintain 3m apart. Signage is posted all around the facility to also encourage safe distancing.
- Coaching for all programs will only involve spotting if the participants safety is at risk.
- Should an injury occur and 3m distance can no longer be maintained, a staff member will wear necessary Personal Protective Equipment (gloves and mask) to deal with the situation safely.
- Markers on the floor will be taped out for appropriate warm up/conditioning spots etc. along with specific markers on each apparatus to further ensure physical distancing is being maintained to the best of our ability.

Outside the Facility

- There are tape markers 3m apart for the entry to the facility line and also tape markers 3m for the exit/pick up waiting spots.

Cleaning Protocols

- Falcon Gymnastics Center will commit to further cleaning, sanitizing, and disinfecting high contact common areas during and after each training session.
- The remaining lower contact areas of the facility will be cleaned following the end of each day.
- Each station your child participates on will be cleaned following their rotation prior to use of the next group.
- If a child becomes ill while at the facility, all items used by the child will be immediately cleaned, sanitized, and disinfected.

- A daily cleaning log will be kept by staff to ensure the highest standard of cleaning is completed each day.

Programming Changes

- Our Competitive program training focus will be redirected to foundational basics and physical abilities and conditioning during the first phase of reintegration back to sport.
- The athletes will be assigned specific training days/times so we can manage the number of participants and staff in our facility.
- Please phone or email Renata at [250-479-6424](tel:250-479-6424) or info@falcongymnastics.com if you require further programming details for your child at this time.

Appendix 2: Falcon Gymnastics 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 or gym owner) 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

- d. 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.
- e. Coaches/Owner(s) 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.
- f. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self assessment tool.

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

- a. Inform Renata right away via phone and 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 will be sent home immediately and requested to contact 8-1-1 or a doctor for further guidance.
- c. No Team Member may participate in a practice/activity if they are symptomatic.

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 and a doctor's note is provided.
- 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. We will close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially been 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 made aware of the situation and further action will be determined based on the situation at hand.
- 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 Renata if they reasonably believe they have been exposed to COVID-19.
- 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 3: Daily Screening Checklist

Falcon Gymnastics Daily Screening Checklist

Today's Date:		Activity Start Time:	
Participant Name:		Group #:	

1.	Do you have any of the symptoms below? Please check mark your answer		
	• Fever (greater than 38.0°C) and/or chills	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	• Coughing	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	• Sneezing	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	• Sore Throat and/or painful swallowing	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	• Stuffy and/or runny nose	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	• Fatigue related to illness*	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	• Loss of appetite	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	• Shortness of Breath	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	• Loss of sense of smell	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	• Headache	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	• Muscle Aches related to illness	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	• Nausea or Diarrhea	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2.	Have you, or has anyone in your household travelled outside of Vancouver Island, BC or Canada in the last 14 days?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3.	Have you, or has anyone in your household been in contact in the last 14 days with someone who is being investigated or who has a confirmed case for COVID-19?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4.	Are you currently being investigated as a suspect case of COVID-19?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5.	Have you tested positive for COVID-19 in the past 10 days?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Participant or Parent/Guardian (if under 18)

Name: _____ Signature: _____

Emergency Contact #: _____ Name/Relationship: _____

Staff Name: _____ Signature: _____

*Note: Are. If Seasonal Allergies are of concerns please contact Renata (250)479-6424 or info@falcongymnastics.com

Appendix 4: Release of Liability, Waiver of Claims, Assumption of Risks & Indemnity Agreement

GYMNASTICS B.C.

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT
(hereinafter the "Release Agreement")**

BY SIGNING THIS RELEASE AGREEMENT, YOU WILL WAIVE OR GIVE UP CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE FOR NEGLIGENCE, BREACH OF CONTRACT OR BREACH OF THE OCCUPIERS LIABILITY ACT OR CLAIM COMPENSATION FOLLOWING AN ACCIDENT

PLEASE READ CAREFULLY!

INITIAL

Name of Participant	Last		First	
Parent or Guardian if participant under age 19	Last		First	
Address	Street		City	Prov./State
	Country	Postal/Zip Code	Email	Date of Birth: Day / Month / Year
				Age

TO: GYMNASTICS B.C. AND ALL MEMBER CLUBS and their respective directors, officers, employees, members, participants, coaches, volunteers, agents, independent contractors, subcontractors, representatives, successors, and all owners, operators or occupiers of the facilities in which the gymnastics activities, as defined below, take place (all of whom are hereinafter collectively referred to as the "Releasees").

DEFINITIONS

In this Release Agreement, the term "**gymnastics activities**" shall include all orientation, training, instruction, supervision, competitions, programs, services, and use of facilities and equipment which are organized, provided, controlled or conducted by the Releasees.

ASSUMPTION OF RISKS – Gymnastics activities involve various risks, dangers and hazards, which can result in serious injuries or death. These risks, dangers and hazards are reviewed in detail in the Gymnastics B.C. website at: <https://gymbc.org/safety-and-risk-management/>. Please take the time to learn about the risks, dangers and hazards of participating in gymnastics activities by carefully reviewing the Health and Safety, Assumption of Risks, and Risk Management sections of the Gymnastics B.C. website. Exposure to infectious disease including COVID-19 is one of the risks of participating in gymnastics activities. Specific information regarding the response of Gymnastics B.C. and member clubs to the COVID-19 pandemic is found in the Public Health section of the website. If you are a parent or guardian of a participant under the age of 19, please educate your child on these risks, dangers and hazards before completing this form. All participants in gymnastics activities are required to assume all such risks, dangers and hazards and all injuries resulting therefrom.

I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH GYMNASTIC ACTIVITIES AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT (applies to person 19 years of age and older)

In consideration of **THE RELEASEES** allowing me to participate in gymnastics activities, I hereby agree as follows:

1. **TO WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against **THE RELEASEES** and **TO RELEASE THE RELEASEES** from any and all liability for any loss, damage, expense or injury including death that I may suffer or that my next of kin may suffer as a result of my participation in gymnastics activities, DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE *OCCUPIERS LIABILITY ACT*, R.S.B.C. 1996, c. 337, ON THE PART OF THE RELEASEES. I UNDERSTAND THAT NEGLIGENCE INCLUDES FAILURE ON THE PART OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM OR WARN ME OF THE RISKS, DANGERS AND HAZARDS OF PARTICIPATING IN GYMNASTICS ACTIVITIES;

- 2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any property damage or personal injury to any third party resulting from my participation in gymnastics activities;
- 3. This Release Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;
- 4. This Release Agreement and any rights, duties and obligations as between the parties to this Release Agreement shall be governed by and interpreted solely in accordance with the laws of British Columbia and no other jurisdiction; and
- 5. Any litigation involving the parties to this Release Agreement shall be brought solely within British Columbia and shall be within the exclusive jurisdiction of the Courts of British Columbia.

In entering into this Release Agreement I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of gymnastics activities, other than what is set forth in this Release Agreement.

I CONFIRM THAT I HAVE READ AND UNDERSTAND THIS RELEASE AGREEMENT AND I AM AWARE THAT BY SIGNING THIS RELEASE AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

Dated this _____ day of _____ 20_____

Signature of Witness
Please Print Name

Signature of Participant
Please Print Name
Signature of parent or guardian if participant is under age 19

Appendix 5: Participation Declaration of Compliance - COVID-19 Form

Name of Participant:	
Parent or Guardian (<i>if the participant is under age 19</i>):	
Email:	
Telephone:	

Attention: All participants entering the facility must comply with this declaration.

By signing this document, I agree to follow club staff directives, and engage with all club requirements in Falcon Gymnastics COVID-19 Safety Plan. Additionally, I hereby acknowledge and agree to respect the following information outlined in this document:

1. Sickness

- a. I will stay home if I am unwell, or if someone in my household is unwell, or is displaying the following symptoms:

<ul style="list-style-type: none"> ● Fever and Chills ● Cough ● Shortness of Breath ● Sore throat and painful swallowing 	<ul style="list-style-type: none"> ● Stuffy or runny nose ● Loss of sense of smell ● Headache ● Fatigue, etc.
--	---

- b. I confirm that I have not knowingly been in contact with a person that has a confirmed or suspected case of COVID-19.
- c. I agree to complete a routine daily screening process prior to entering my club.
- d. I confirm that I have not travelled outside of Canada in the last 14 days. Additionally, I confirm that I have not been knowingly exposed to someone who has travelled outside of Canada in the last 14 days.
- e. I acknowledge there are inherent risks associated with participating in activities. By attending club activities, I understand and assume all risks associated with potential exposure of COVID-19.

2. Personal Hygiene:

- a. I agree to follow all personal hygiene requirements set out by my club, including but not limited to: frequent hand-washing and sanitizing, coughing and sneezing into my sleeve, etc.

3. Physical distancing:

- a. I agree to practice safe social interactions, by maintaining a minimum distance of two meters between myself and others.

4. Environmental Hygiene:

- a. I agree to adhere to all club cleaning requirements.

5. Physical Modifications

- a. I understand that equipment may be moved in order to facilitate safe social interactions and physical distancing.

Additionally, I understand and agree that if I do not adhere to the requirements set out by my club, I may be asked to leave the club activity in order to protect the health and safety of all involved.

This Participant Declaration of Compliance will remain in effect until Gymnastics BC determines it is no longer required, based on viaSport, PHO, and WorkSafeBC requirements.

I also confirm that I have signed (Parent or Guardian if participant is under age 19) the Release of liability, Waiver of claims, assumption of risks and indemnity agreement.

Signature: _____ Date: _____

Participant

Signature: _____ Date: _____

Parent/Guardian if participant in under age 19