



Reopening Guidelines



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OVERVIEW

The Wee Gym has established this guide to assist us in the health and safety of our gymnastics students and staff.

The Wee Gym's operational plan will be reviewed and updated regularly as the COVID-19 prevention/protection measures evolve. Any changes will be communicated to members by e-mail and social media as soon as practical so changes can be applied.

Each athlete, parent and staff member must read & ensure they understand the following mandatory protocols, rules and changes. These protocols' standards must have strict adherence and each individual entering the facility will be held accountable to these standards.

The health and safety of our members is of utmost importance.

REOPENING PLAN

The Wee Gym will adhere to the official guidelines provided by the Government of Newfoundland and Labrador, Gymnastics NL and Sport NL. In addition to this, The Wee Gym has established our own internal guidelines for our facility.

In order for The Wee Gym to reopen safely, we have adopted a phased approach. This approach will allow our members to return starting with experienced, mature athletes first to establish our parameters and increase the volume of participants slowly.

We have established 4 phases of reopening (see chart below). We will move through phases as our management team determines it is safe to do so.

REOPENING PHASES

The start date of each phase will be announced as we learn more from the Government of NL, Gymnastics NL and Sport NL.

During Alert Level 3, we will only be operating Camps until an update from the Gov of NL.

These groupings, levels and phases are subject to change without notice.

	Level 1	Level 2	Level 3	Level 4
Summer Camp	Orange Level	Orange Level	Yellow Level	Green Level
Summer Camp, Recreational Athletes 7+	Inactive	Orange Level	Yellow Level	Green Level
Camps, Recreational Athletes 3+	Inactive	Inactive	Yellow Level	Green Level
Camps and All Recreational Programs for all Ages, including Parent and Tot classes	Inactive	Inactive	Inactive	Green Level

**Inspired by Biron's Health Handbook 2020*

PROACTIVE PREVENTION OF EXPOSURE

The Wee Gym will make efforts to be proactive in preventing exposure to COVID-19. This will be completed in our frequent and expanded cleaning procedures, self-assessments, and screenings. In addition, we are making efforts to reduce the volume of individuals permitted to enter our facility.

We have established these guidelines based on the levels indicated in the “Levels of Programming” Chart.

Facility Policies

Orange Level	Yellow Level	Green Level
<p>Building capacity reduced to align with GNL/SNL guidelines. 1:5 instructor to child ratio.</p> <p>Everyone entering the facility is recommended to wear a face mask.</p> <p>Multi-stall washrooms limited to one participant at a time.</p> <p>Eliminated benches and viewing room seating.</p> <p>Viewing Area will be marked with physical distancing markers and seating removed. Viewing is discouraged.</p> <p>Select equipment and props will be removed or stored in the equipment room to reduce contact</p> <p>No lost and found</p> <p>Customer service only accessible via email</p> <p>Created one way traffic with separate entrance and exits where possible</p> <p>Athletes enter in through the athlete hallway and exit through the back door in the gym.</p> <p>Hand Sanitizing stations will be provided throughout the facility</p> <p>Equipment must be used by one person at a time and sanitized between use.</p> <p>Time will be scheduled between class changeover to ensure time to clean/disinfect equipment.</p> <p>All cleaning products used will meet Health Canada's requirements</p> <p>A designated sick holding area will be created</p>	<p>Building capacity reduced to align with GNL/SNL guidelines. 1:10 instructor to child ratio</p> <p>Everyone entering the facility is recommended to wear a face mask.</p> <p>Multi-stall washrooms limited to one participant at a time.</p> <p>Eliminated benches and viewing room seating.</p> <p>Viewing Area will be marked with physical distancing markers and seating removed. Viewing is discouraged.</p> <p>Select equipment and props will be removed or stored in the equipment room to reduce contact</p> <p>No lost and found</p> <p>Customer service only accessible via email</p> <p>Created one way traffic with separate entrance and exits where possible</p> <p>Athletes enter in through the athlete hallway and exit through the back door in the gym.</p> <p>Hand Sanitizing stations will be provided throughout the facility</p> <p>Equipment must be used by one person at a time and sanitized between use.</p> <p>Time will be scheduled between class changeover to ensure time to clean/disinfect equipment.</p> <p>All cleaning products used will meet Health Canada's requirements</p> <p>A designated sick holding area will be created</p>	<p>Will be updated as Public Health recommendations are updated</p>

Family Policies

Orange Level	Yellow Level	Green Level
<p>Prior to attending class, each participant must complete an online self assessment before they can enter the facility</p> <p>Participants with symptoms will not be allowed to enter the facility</p> <p>If anyone in a participant's household, is experiencing symptoms, they will not be allowed to enter the facility</p> <p>If anyone in the participant's household has traveled outside of NL, they must stay home for 14 days</p> <p>Parent viewing will be discouraged. All seating is removed and physical distancing markers placed for parents to quickly view for safety. Max 2 people in the viewing area at a time.</p> <p>A maximum of one parent (no siblings) per gymnast inside the facility and who should maintain physical distancing</p> <p>All billing done online</p> <p>Participants are not to arrive any more than 10 minutes prior to a session and must depart directly after the session commences</p> <p>Arrangements will be in place to allow gymnasts to be dropped off at the door. Parents are encouraged to drop off and pick up instead of remaining to watch class</p>	<p>Prior to attending class, each participant must complete an online self assessment before they can enter the facility</p> <p>Participants with symptoms will not be allowed to enter the facility</p> <p>If anyone in a participant's household, is experiencing symptoms, they will not be allowed to enter the facility</p> <p>If anyone in the participant's household has traveled outside of NL, they must stay home for 14 days</p> <p>Parent viewing will be discouraged. All seating is removed and physical distancing markers placed for parents to quickly view for safety.</p> <p>A maximum of one parent (no siblings) per gymnast inside the facility and who should maintain physical distancing</p> <p>All billing done online</p> <p>Participants are not to arrive any more than 10 minutes prior to a session and must depart directly after the session commences</p>	<p>Prior to attending class, each participant must complete an online self assessment before they can enter the facility</p> <p>Participants with symptoms will not be allowed to enter the facility</p> <p>Will be updated as public health recommendations are updated</p>

Participant Policies

Orange Level	Yellow Level	Green Level
<p>Participants are encouraged to wear masks</p> <p>Participants must sanitize hands upon entering the facility, the gym and between rotations</p> <p>Participants will not be permitted to share any belongings or training equipment with others (eg. food, water bottles, sunscreen, craft materials)</p> <p>One participant at a time in the restroom. Restrooms will be sanitized several times a day.</p> <p>Entry/Exit protocols: Entry via the main door at the front of the building, exit via the back door in the gym, which will be marked by floor markings and posters for guidance.</p> <p>Maintain a distance of 2m (6 feet) between all participants (staff, coaches, athletes, volunteers etc.)</p> <p>All gym wear must be on before entering the gym as there will be no time to change.</p>	<p>Participants are encouraged to wear masks</p> <p>Participants must sanitize hands upon entering the facility, the gym and between rotations</p> <p>Participants will not be permitted to share any belongings or training equipment with others (eg. food, water bottles, sunscreen, craft materials)</p> <p>One participant at a time in the restroom. Restrooms will be sanitized several times a day.</p> <p>Entry/Exit protocols: Entry via the main door at the front of the building, exit via the back door in the gym, which will be marked by floor markings and posters for guidance.</p> <p>Maintain a distance of 2m (6 feet) between all participants (staff, coaches, athletes, volunteers etc.)</p> <p>All gym wear must be on before entering the gym as there will be no time to change.</p>	<p>Will be updated as public health recommendations are updated</p>

Class Policies

Orange Level	Yellow Level	Green Level
<p>All participants must sanitize as soon as they enter the building and again before entering and leaving the gym.</p>	<p>All participants must sanitize as soon as they enter the building and again before entering and leaving the gym.</p>	<p>Will be updated as public health recommendations are updated</p>
<p>No sharing of equipment. Only one person should be using the equipment at a time. Once finished with the equipment, it must be sanitized.</p>	<p>No sharing of equipment. Only one person should be using the equipment at a time. Once finished with the equipment, it must be sanitized.</p>	
<p>Classes and camp structure will be altered to ensure physical distancing</p>	<p>Classes and camp structure will be altered to ensure physical distancing</p>	
<p>No spotting unless to prevent injury.</p>	<p>No spotting unless to prevent injury.</p>	
<p>No physical contact including, high fives, fist bumps, and hugs.</p>	<p>No physical contact including, high fives, fist bumps, and hugs.</p>	
<p>There will be no sharing of personal belongings, water bottles, food, or utensils during camps.</p>	<p>There will be no sharing of personal belongings, water bottles, food, or utensils during camps.</p>	
<p>Any sunscreen worn for summer camp must be applied before arrival, and kids must be able to apply it themselves during the day.</p>	<p>Any sunscreen worn for summer camp must be applied before arrival, and kids must be able to apply it themselves during the day.</p>	

Staff Policies

Orange Level	Yellow Level	Green Level
<p>Must stay home if they or anyone in their household are showing any symptoms.</p> <p>Staff must staff home for 14 days if they or anyone in their household travels outside of NL</p> <p>Staff must sanitize hands upon arriving, between rotations, and between classes</p> <p>Staff are required to wear a face mask if they cannot maintain physical distancing</p> <p>Paperless: Timesheets electronic, communication via email. No printer will be used</p> <p>All office hours will be done from home</p>	<p>Must stay home if they or anyone in their household are showing any symptoms.</p> <p>Staff must staff home for 14 days if they or anyone in their household travels outside of NL</p> <p>Staff must sanitize hands upon arriving, between rotations, and between classes</p> <p>Staff are required to wear a face mask if they cannot maintain physical distancing</p> <p>Paperless: Timesheets electronic, communication via email. No printer will be used</p> <p>All office hours will be done from home</p>	<p>Must stay home if they or anyone in their household are showing any symptoms.</p> <p>Must sanitize hands upon arriving, between rotations, and between classes</p> <p>Will be updated as public health recommendations are updated</p>

The Wee Gym Expectations

BEFORE ARRIVAL

- ❖ Before departing to come to the facility, everyone (staff, coaches, officials, athletes, volunteers, parents, visitors, Board Members, etc) planning to enter the facility must conduct a self-assessment. The Department of Health Self-Assessment Protocol can be found:
<https://www.811healthline.ca/covid-19-self-assessment/>
- ❖ You are not permitted to enter the facility
 - If you are symptomatic
 - If you have been assessed by Public Health for COVID-19 and/or are waiting to hear the results of a laboratory test for COVID-19;
 - Travelled anywhere outside of Newfoundland and Labrador or returned to the province;
 - Been in contact with anyone who has tested positive for COVID-19;
 - Been advised to self-isolate for any other reason by Public Health
- ❖ Any suspicion of illness should be reported to:
 - Coaches and staff: Report to Owner
 - Athletes: Report to Instructor
- ❖ Teens and adults must read and understand *The Wee Gym COVID-19 Transition Operations Manual* before entering the facility. For children, parents should discuss with children prior to class their responsibilities, expectations and regulations for inside the gym. Coaching of the kid's culture to protect the gym space starts with you. Coaches must lead by example and read to adhere to all of the rules.
- ❖ Leotards and gym wear must be on before entering the gym (no change room time)
- ❖ It is recommended that carpooling be restricted to members of the same household.
- ❖ Athletes must ensure they have submitted all required waivers electronically (APPENDIX A) in advance. These include:
 - The Wee Gym and Gymnastics NL Waiver
 - Assumption of Risk Form
 - Facility Declaration
 - Member Declaration

WHEN YOU ARRIVE FOR CLASS

- ❖ Participants are not to arrive any more than 10 minutes prior to any session beginning and must depart directly after activity.
- ❖ Athletes must sanitize hands upon entering (sanitation station provided).
- ❖ Athletes must remove shoes, and place them in their designated cubby or space
- ❖ Athletes must follow the directions for entering and exiting the facility as well as in the gym.
- ❖ Athletes will not be accommodated if they are late. Therefore, they should ensure that they are on time.
- ❖ There should be no socializing in the drop-off or pick-up area.
- ❖ When entering and exiting the facility, athletes are asked to keep physical distancing.
- ❖ Everyone is recommended to wear a mask when entering and exiting the building.
- ❖ When entering the building, the following are required
 - Everyone must properly sanitize their hands
 - Everyone must follow the spacing and direction inside the facility
 - Athletes will be required to go to their designated “spots” in the gym, and multi-purpose room for camp participants.

DURING CLASS

- ❖ Athletes movements throughout the gym will be monitored to ensure physical distancing.
- ❖ Movement within the gym and between equipment will be restricted to ensure physical distancing can be maintained.
- ❖ Athletes are to avoid physical contact with each other.
- ❖ Athletes will not be required to wear masks during training in the gym, however, it is recommended they wear a mask when accessing and part of the common areas.
- ❖ There will be no spotting.
- ❖ Athletes and coaches must sanitize their hands at the end of each rotation.
- ❖ The equipment will be cleaned and disinfected between rotations, where possible, by the coaches and/or cleaning crew.

WHEN YOU LEAVE

- ❖ After class everyone must wipe down personal belongings, especially cell phones. We recommend removing and washing all clothing worn in group settings once you have returned home. For athletes, this may mean your gymnastics clothes, water bottles or book bag. For coaches this may mean your uniform, or cell phone.

- ❖ If you experience any signs of illness, report them immediately to:
 - Coaches and staff: Report to Owner
 - Athletes: Report to Owner

Emergencies and Illness

ILLNESS

The Wee Gym has established a designated Isolation Room/Sick Holding Area. Should a staff member or athlete identify as being sick while in the facility, an unused room in our building is the designated Sick Holding Area. It will be stocked with necessary PPE.

In the event an athlete is ill, parents will be contacted immediately, and pick-up must occur within an hour of notification.

Where possible, anyone providing care to the ill athlete or staff member who cannot go to Sick Holding should maintain a distance of 2-metres. Where the 2- metre distance cannot be maintained the child will wear a disposable mask.

The Wee Gym will provide a Contact Tracing Form (Appendix B) to aid in quickly providing public health with all contacts when necessary.

If there is a confirmed case of COVID-19, The Wee Gym will communicate this with all members, and be guided by Public Health if an outbreak is confirmed within our facility. Public Health will give the directive to our facility if we are required to close because of an outbreak.

INJURIES

In the event an athlete is injured, Coaches should wear a mask and gloves to provide any assessment or treatment. Where possible, they should provide the injured individual with a mask as well.

Those providing First-aid should sanitize their hands immediately afterwards and notify the owner that first aid had been accessed. The owner will ensure the first aid kit is appropriately sanitized.

What to Bring

FOR CLASS

We are asking all parents to pack an Athlete Kit for each class. These items should be brought in a clean bag, backpack or pillowcase from home and packed with all that they may need for their training session.

Athletes must bring the following items with them:

- ❖ A bag to place their outside shoes in
- ❖ Water bottles pre-filled with water and extra water if needed
- ❖ A non-surgical mask if desired. Masks must be placed in a paper bag when not in use.
- ❖ A personal bottle of hand sanitizer
- ❖ **All items that enter the gym must be taken home each day as there will be no Lost and Found.**

FOR CAMPS

We are asking all parents to pack an Athlete Kit for each class. These items should be brought in a clean bag, backpack or pillowcase from home and packed with all that they may need for their day at camp

Participants must bring the following items with them:

- ❖ A bag to place their outside shoes in
- ❖ Water bottles pre-filled with water and extra water if needed
- ❖ A non-surgical mask if desired. Masks must be placed in a paper bag when not in use.
- ❖ A personal bottle of hand sanitizer.
- ❖ Lunch in containers that the child is able to remove on their own, as well as a bag or container that they can put their garbage in.
- ❖ Utensils for eating.
- ❖ Sunscreen

Cleaning & Sanitizing

The Wee Gym has heightened our cleaning protocols that have been put in place, as well as instruction to staff and athletes on sanitization:

DAILY - End of day

- ❖ Common areas and washrooms are cleaned and sanitized (all door handles, counters, computers, light switches, faucets, toilets, soap and paper towel dispensers, chairs, and tables)
- ❖ High frequency areas are cleaned and disinfected by staff, including windows and ledges, waiting room and hall.
- ❖ All tables and chairs are cleaned and disinfected
- ❖ All equipment is cleaned and sanitized as well as the gym floor.
- ❖ A nightly deep clean

MULTIPLE TIMES DAILY

- ❖ All surfaces and common touch points will be cleaned by coaches between rotations and sessions.
- ❖ All common areas will be cleaned and disinfected twice daily, or more often as required (e.g. if soiled). Common touch points will be disinfected more frequently throughout the day i.e. countertops, chairs, light switches, public washrooms, doorknobs.
- ❖ Sanitization products will be available in the gym for athletes to use. Staff is asked to wipe down workspace areas before and after their shift. Products will be locked in the office when not in use.
- ❖ Sanitization stations will rotate with classes. Coaches cleaning between each athlete. Beginning and ending of class each athlete and coach must clean all surfaces & sanitize hands.
- ❖ Tables and chairs will be cleaned and disinfected in between each group as well as before and after each break.

LIST OF CLEANING PRODUCTS USED

- ❖ Oxivir Five 16 Concentrate
- ❖ Lysol Disinfecting Wipes
- ❖ Lysol Multi-Surface Cleaner
- ❖ Lysol Advanced Toilet Bowl Cleaner

Appendix A - Waivers

THE WEE GYM
RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT
(To be executed by Participants over the Age of Majority)

WARNING! 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 Newfoundland & Labrador, Gymnastics Canada and The Wee Gym (collectively the “Activities”), the undersigned acknowledges and agrees to the terms outlined in this document.

Disclaimer

2. Gymnastics Newfoundland & Labrador, Gymnastics Canada, The Wee Gym, 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

COVID-19

- 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) The sport of _____;
 - c) Privacy breaches, hacking, technology malfunction or damage while interacting with online training;
 - d) Executing strenuous and demanding physical techniques;
 - e) Dryland training including weights, running, bands, and massage;
 - f) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
 - g) Exerting and stretching various muscle groups;
 - h) Physical contact with other participants;
 - i) Failure to act safely or within my own ability or designated areas;
 - j) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - k) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body or to my general health and well-being;
 - l) Abrasions, sprains, strains, fractures, or dislocations;
 - m) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
 - n) Spinal cord injuries which may render me permanently paralyzed;
 - o) Negligence of other persons, including other spectators or, participants, or employees;
 - p) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities; and

- q) 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 3-4*

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;
 - 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 to 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;
 - To WAIVE any and all claims that I may have now or in the future against the Organization;
 - To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the Activities;
 - To FOREVER RELEASE AND INDEMNIFY 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;
 - 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;**
 - 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;
 - 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
 - This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of Newfoundland & Labrador 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 Newfoundland & Labrador and further agree that the substantive law of the Province of Newfoundland & Labrador will apply without regard to conflict of law rules.

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

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

**THE WEE GYM AND
GYMNASTICS NEWFOUNDLAND & LABRADOR
INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT
(To be executed by Participants under the Age of 18)**

**WARNING! Please read carefully
By signing this document, you will assume certain risks and responsibilities**

Participant's Name: _____

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 Newfoundland & Labrador or Gymnastics Canada and The Wee Gym (collectively the "Activities"), the undersigned, being the Participant and the Participant's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this document.

Disclaimer

2. Gymnastics Newfoundland & Labrador, Gymnastics Canada, The Wee Gym, 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 and 2***

Description and Acknowledgement of Risks

3. 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;
 - 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) **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 the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19.**
4. 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) Contracting COVID-19 or any other contagious disease;
 - b) The sport of _____;
 - c) Privacy breaches, hacking, technology malfunction or damage while interacting with online training;
 - d) Executing strenuous and demanding physical techniques;
 - e) Dryland training including weights, running, bands, and massage;
 - f) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
 - g) Exerting and stretching various muscle groups;
 - h) Physical contact with other participants;
 - i) Failure to act safely or within my own ability or designated areas;
 - j) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - k) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body or to my general health and well-being;
 - l) Abrasions, sprains, strains, fractures, or dislocations;
 - m) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
 - n) Spinal cord injuries which may render me permanently paralyzed;
 - o) Negligence of other persons, including other spectators or, participants, or employees; and

p) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities.

€ ***We have read and agree to be bound by paragraphs 3 and 4***

Terms

5. 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) To comply with the rules and regulations for participation in the Activities;
 - d) To comply with the rules of the facility or equipment;
 - e) 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;
 - f) The risks associated with the Activities are increased when the Participant is impaired and the Participant will not participate if impaired in any way;
 - g) 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;
 - h) 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 death; and
 - i) That they are responsible for the choice of the Participant’s safety or protective equipment and the secure fitting of that equipment.
6. 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 Newfoundland & Labrador and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

7. 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 Newfoundland & Labrador and they further agree that the substantive law of the Province of Newfoundland & Labrador will apply without regard to conflict of law rules.

€ ***We have read and agree to be bound by paragraphs 5-7***

Acknowledgement

8. 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

Appendix B - Contact Tracing Form

The Wee Gym

Mapping of CLOSE CONTACTS

Name:

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Should it come to a situation where one suspects that a person may have developed symptoms of Covid-19, it is important to map who this person may have had close contact with.

Since we don't know who might develop symptoms of a possible Covid-19 infection, it would be great if you record daily close contacts.

Should you develop symptoms, we will be able to easily identify those who you may have had close contact with.

What we use as definition of close contacts:

- Been in close contact or direct physical contact with an infectious person or someone suspected to have COVID-19.
- Had close contact with a contagious person, face to face, under 2 meters for more than 15 minutes,
- Stay in a confined environment (locker room, break room, office) for more than 15 minutes and less than 2 meters from the contagious person
- Eaten at least one meal together with the infectious person or suspected infected person at less than 2 meters distance
- Other relevant situations or several short-term interactions with the infectious person
- Participated in an activity where you have been part of a group of more than 10 people with interaction of more than 15 minutes and less than 2 meters.

The infectious period is defined as 24 hours before the person noticed any symptoms.

If you are uncertain if someone should be defined as close contact, it is better to register it and make a note of what kind of contact you have had with this person.

My close contacts during the day

Name:

Date:

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Name:

Date:

Appendix C - Cleaning List

Cleaning List

Date: _____

Please sign who completed the task

	Washroom #1 Toilets, Faucets and Dispensers	Washroom #2 Toilets, Faucets and Dispensers	All Door Handles	All Light switches	Front Counter & computer
For Summer Camp					
10:00 AM					
11:30 AM					
12:30 PM					
2:00 PM					
3:00 PM					
4:00 PM					
For Classes					
5:45 PM					
6:45 PM					
7:45 AM					

NOTES

TO DO



Cleaning List (End of Day)

Date: _____

Area	Assignment	Check once completed	Completed by:
Gym	Clean and santize Bars		
	Clean and santize Form Pieces		
	Clean and santize Floor		
	Clean and santize beams		
	Clean and santize other pieces used		
	Clean and santize Door handles and light switches		
Waiting Area	Clean and santize floor		
	Clean windows		
	Clean and santize ledges		
	Clean and santize light switches and door handles		
Front Desk Area	Clean and santize counter		
	Clean and santize computer and phone		
	Clean and santize Floor		
	Clean and santize door handles and light switches		
Multi Purpose room	Clean and santize Floor		
	Clean and santize tables		
	Clean and santize chairs		
	Clean and santize counters and faucets		
	Clean and santize door handles and light switches		
	Clean and santize windows and ledges		
Washrooms	Clean and santize sink and faucets		
	Clean and santize door handles and light switches		
	Clean and santize toilets		
	Clean and santize soap and towel dispenser		
	Clean and santize Floor		