

APPENDIX F

COVID-19 POLICIES & PROCEDURES

Registration:

- Registration will be done online through Jumbula.
- Payment will be contactless through e-transfer or credit card.

Health Checks & Entering the Gym:

- Health checks will be performed at the door. Preferably outside – weather permitting.
- Health checks will begin 15 minutes before the start of practice.
- If you will be late, please contact the coach/safety volunteer.
- Participants will need to complete the health check through TeamSnap.
- Parents or participant must show proof of completed health check to enter gymnasium.
- Participant's temperature will be taken prior to entering.
 - *Temperature must be under 37.8°C.*
- Participant will sanitize their hands and wear a mask while inside the facility.
- Participant will leave belongings in designated area and remain 2 meters away from others.

Sanitizing:

- Commonly used ropes/objects will be sanitized before/after practice.
- Participants will sanitize upon entering and leaving the gymnasium.
- Participants will sanitize their hands before and after using the double dutch ropes.

Face masks:

- Face masks must be worn while inside the facility.
- Face masks must cover the nose to the chin.
- Face masks can be removed during physical activity (i.e. warm-up, stretches, jumping)
- Coaches will wear a face mask unless they are demonstrating or participating in physical activity as well.
- Face masks will not be provided to jumpers. Participants without a face mask will be asked to leave.

Water Breaks:

- Water breaks will be provided throughout practice.
- We ask that you bring 2 reusable water bottles to avoid refilling your bottle.

- If needed, there will be a refill station in the facility that can be used.
- For sanitary reasons, mouth spouts will not be used.

Spectators:

- At this time, spectators will not be allowed to minimize contact.
- If spectators are permitted, they will sit in a designated area.
- Spectators are not to shout or make conversation with other jumpers

Equipment:

- Participants must bring all their own equipment (i.e. ropes, water bottles, clicker)
- Sharing of personal equipment is not permitted.

Potential COVID-19 Case Procedures:

IF SYMPTOMS OF COVID-19 ARE IDENTIFIED UPON CHECK-IN WITH SAFETY PROTOCOL VOLUNTEER:

Role of Safety Protocol Volunteer:

- Immediately rings handbell or (other signalling device) to notify Head Coach of potential issue.
- Identifies any participants who travelled or resides with the participant declaring symptoms.
- Isolates participant declaring symptoms and those who may have been exposed to participant declaring symptoms the in designated area(s) (include description of designated areas).
- Instructs each participant to maintain physical distancing, sanitize their hands, and wear a mask when it is safe to do so.
- Contacts parent/caregivers of participants and remains with participants, maintaining physical distancing, until their transportation arrives.
- Participants and parents/caregivers advised to contact Ottawa Public Health and arrange for COVID-19 screening.
- Performs all required sanitization and self-care.

Role of Head Coach:

- Upon being notified of potential concern by Safety Protocol Volunteer, immediately ceases all activity.
- Appoints assistant coach or other volunteer to support participant check-in processes.
- Resumes activity provided that a minimum of two coaches are still available to continue with the program.
- Once all have departed, Head Coach notifies Club President or designate of concern.

IF SYMPTOMS OF COVID-19 ARE IDENTIFIED DURING PROGRAM:

Role of Head Coach:

- Immediately ceases all activity.
- Notifies Safety Protocol Volunteer of concern.
- Appoints assistant coach or other volunteer to support participant check-in processes. Support for check-in processes advises arriving participants that the remainder of the session is cancelled and ensures that the participant has safe transportation to depart from the venue. If the participant does not have transportation, they will be instructed to enter the venue, but not prepare for training.
- Instructs each participant to maintain physical distancing, sanitize their hands, and wear a mask when it is safe to do so.
- Head Coach instructs assistant coaches and volunteers to provide support in contacting parents/caregivers of each participant for pick-up.
- Once all have departed, Head Coach notifies Club President or designate of concern.

Role of Safety Protocol Volunteer:

- Immediately notifies Head Coach of potential issue.
- Identifies any participants who travelled or resides with the participant declaring symptoms.
- Isolates participant declaring symptom and those who may have been exposed to participant declaring symptoms in designated area(s) (include description of designated areas).
- Instructs each participant to maintain physical distancing, sanitize their hands, and wear a mask when it is safe to do so.
- Contacts parent/caregivers of participants and remains with participants until their transportation arrives.
- Participants and parents/caregivers advised to contact Ottawa Public Health and arrange for COVID-19 screening.
- Performs all required sanitization and self-care.