



GYMNASTICS NOVA SCOTIA

5516 Spring Garden Road, 4th floor, Halifax, NS B3J 1G6

Tel: (902)425-5450, ext. 338, fax: (902)425-5606

Web page: www.gymns.ca

e-mail: gns@sportnovascotia.ca

Board of Director's Meeting **Wednesday, June 10th, 2020, 6:30pm** **Zoom Meeting**

Final Minutes

1. Call to Order 6:34 pm

In attendance: Susie Gallagher, Nick Lenehan, Eleanor Melrose, Cathy Huntington, Jason MacLeod, Sherry Watters, Ted Higney, Megan Looke joined the meeting at 7:39pm
Staff: Angela Gallant – Executive Director, David Brown- Technical Director
Regrets: Thorne Sutherland, Carol Anne Prost, Vaughn Arthur, Mel Wallwork, Stewart Gunn

2. Approval of Agenda

Motion to approve the agenda

Moved by Jason MacLeod seconded Cathy Huntington

All in favour

Motion passed

3. Adoption of Previous Minutes

Passed on the adoption as we have a meeting in a week.

- Business Arising - Nothing at this time
- Action items – a number of recurring actions will be reviewed at the next meeting – this remains on hold till the next meeting.

4. Covid-19 Updates

- Return to Play

There have been some changes to this document based on updates received from the Province (attached).

There was a question over rent vs own. You must follow what the landlord directs and be in compliance with the Province. Groups of 10 max still, can be multiple groups.

- Assumption of Risk

There was discussion around what appears to be redundancies. These redundancies may be there for a reason. The doc has been reviewed by multiple lawyers. The consensus was one of discomfort to making any changes, especially removal of points. It was agreed to leave it as presented.

Motion It was moved to recommend approval of the assumption of risk document dated June 10th 2020 -moved by Jason MacLeod, Seconded by Ted Higney
All in favour
Motion passed

- Declaration of Compliance forms
Angela reviewed the document noting typo's which have been corrected. The other wording comes directly from the government website so it was decided to leave the wording as is. If changes are made to the website we will make the changes in the Declaration.

Motion It was moved to recommend approval of the amended Declaration of Compliance form dated June 10th 2020 -Moved by Jason MacLeod seconded by Eleanor Melrose
Motion passed

If someone has signed the initial declaration already will it need to be updated? Having it resigned is the safest action. Posting updates so that the membership is aware will be necessary. Electronic Signature is acceptable.

Jason asked what clubs were doing for summer camps? For recreation this can happen when we move to phase 2

4. **New Business**

Discussion about moving to Phase 2 – There was significant discussion around the possibility of moving to Phase 2 as of July 6th to allow clubs to possibly run camps or recreational programming. At this point physical distancing rules still would apply and having more than 10 in at a facility.

Motion: It was moved that Gymnastics NS move to Stage 2 **to allow for recreational programming**, as of July 6th 2020, subject to public health guidelines.
Moved by Megan Looke seconded by Cathy Huntington
All in favour
Motion carried

Jason stepped away at 7:32 pm – Jason rejoined the meeting at 7:37pm
Cathy Huntington left the meeting at 7:35pm Cathy rejoined the meeting at 7:40pm

5. **Review of Motions and Action items**

6. **Next Board of Director's meeting date - June 18th 2020, 7pm**

7. **Adjournment**

Motion to adjourn
Moved by Jason MacLeod seconded Ted Higney
All in favour
Motion carried

NS Public Health Guidelines and Safe Sport Principles must be followed at all times and take precedence over anything found in this document.

Document Name RETURN TO PLAY DOCUMENT		Date of Approval 06/02/2020	Activation Date 06/05/2020
<i>Approved By</i> GNS Board of Directors	<i>Linking To</i> 1. Covid-19 requirements		<i>Replacing Previous Version</i> Final v.1 June 2, 2020
<i>Review Cycle</i> Reviewed regularly by the GNS Board of Directors. Gymnastics Nova Scotia will review any recommended revisions by Public Health and update this document accordingly.			
<i>DOCUMENT VISIBILITY</i> THIS DOCUMENT MUST BE DISPLAYED IN A HIGH TRAFFIC AREA OF ALL GNS CLUBS			

Gymnastics NS Stages of Returning to Training

As the Covid-19 Pandemic numbers level off and eventually decline, the gymnastics community will return to training. Our priority, first and foremost, must be the health and safety of our athletes and our coaches. It is likely that the return to operations will be a staged process. When these stages begin, the gymnastics community (including all Coaches, Athletes and their families) will be asked to self-identify if they believe they might be at risk of having the Covid-19 virus. If they believe they have been exposed, they will be asked:

- 1) to remain at home for two weeks or
- 2) if they have been tested and the result for the presence of the virus is negative they can return

Stage 1

Competitive Athletes will return to training and possible return of seasonal camps – Competitive athletes are generally older and more structured in their training. It should be easier to manage Covid-19 reduction training protocols with them. Coaches will be aware that early training requirements will be similar to returning after summer break and that athlete mental health may need to be monitored.

Stage 2

Return to the gym for recreational programming – This will be subject to the direction of the NS Public Health. It is expected competitive athletes will still be training. Protocols will still be in effect as directed in stage 1 unless there have been new recommendations from Nova Scotia Public Health.

Stage 3

Return to a new normal for training gymnastics – Many of the protocols indicated below will be required to remain in place as the new normal.

Principles	Protocols, Ideas & Examples
<p>Member Awareness</p>	<ul style="list-style-type: none"> • Inform members of new protocols through email, club website, member receipts, in house telephone communications • Use assumption of risk agreements and include specific wording relating to insurance coverage for COVID-19 claims exclusion and their assumption of the related risks with COVID-19 • Use a declaration form to be executed by all people attending your facility to declare their understanding of COVID as well as their responsibility to self regulate • Post NS Government approved handwashing and physical distancing protocols in high traffic area eg. main entrance door, bathrooms • Consider including COVID in your club refund policy
<p>Entering & Exit Facility</p>	<ul style="list-style-type: none"> • Ensure the physical distancing requirements of the 2 metres are met • Place distancing lines outside facility for parents & gymnasts to line up before and after entering • Staff member monitors the gymnasts inside the facility and ensure hands are properly cleaned • Maximum of one parent/gymnast inside facility. • Bleachers need to be marked off where people are allowed to sit. • Create a separate entrance and exit, if possible • Must sanitize hands when entering facility • Anyone feeling unwell MUST STAY HOME • Implement tracking of all members entering & exiting the facility
<p>Facility Safeguarding</p>	<ul style="list-style-type: none"> • Ensure the physical distancing requirements of the 2 metres are met • Heightened cleaning of entire facility, especially high traffic areas (eg. entrance, washrooms, etc.) • Must provide hand sanitizing or handwashing stations throughout the facility where possible. Athletes may require a schedule to wash and/or sanitize hands • Limit the number of athletes permitted in the athlete changing room/washroom at one time to ensure physical distancing requirements are followed • Clean/sanitize gymnastics equipment and document this. Equipment must be cleaned and sanitized after each training session (if possible) and at the end of each day Please refer to the 2 guideline sections in Appendix#A <i>Cleaning and Disinfecting public spaces and Approved Cleaning Products</i> • Remove or cover any equipment that cannot be cleaned • Play structures should be closed • Remove self-serve vending machines and/or food sales. Café areas should be closed as not appropriate places to sit.

	<ul style="list-style-type: none"> • There should not be any public water fountains in the gym that athletes can drink directly from. Gymnasts will provide their own water and there will be no sharing. Water filling stations are allowed. • Where possible, limit and/or avoid the shared use of equipment to limit the number of people touching the same surface (An example of this would be, if you have 2 sets of bars, the same 3 athletes would stay on 1 set of bars and the other 3 athletes would use the second set) • Use of personal chalk containers rather than open chalk bucket (each athlete should be supplied with their own chalk and instructed not to share) and wash hands after using equipment • Athletes are not permitted to share personal training equipment (eg. chalk, grips, slippers, wrist bands, wrist supports, ankle braces, tape, etc.) • Athletes should only leave limited personal items or equipment at the facility • Once classes are over for the day and all athletes have left, all surfaces should be cleaned and disinfected (mats, floors, counters, bathrooms) (see Appendix A). • Ensure that all cleaning products are authorized disinfectants against SARS-CoV-2, the coronavirus that causes COVID-19 (see Appendix A)
<p>Staff and Coaching Management</p>	<ul style="list-style-type: none"> • Ensure the physical distancing requirements of the 2 metres are met • Clubs need to pass along information to their employees regarding their rights, risks and responsibilities as they relate to this public health emergency • Prior to coming to work (daily), staff be required to screen via self-assessment tool, report to their designated supervisor to present and discuss their assessment, receive a sticker for their name tag indicating they have been screened (Appendix B – NS medical general questions) • Staff are required to sanitize/wash hands between rotations • Hands free coaching (no spotting) for recreational programs – eg. mainly circuits • Hands free coaching (no spotting) for competitive programs – eg. modify training needs to ensure athletes are only doing safe skills, not learning new skills which might require spotting • Wearing masks for the coaches and staff required when they cannot maintain physical distancing - eg. addressing an injury or where safety is a concern • Gloves required for people cleaning equipment between rotations or at the end of day. Otherwise, no gloves for coaches as provide a false sense of safety and people begin to relax their cleaning with them. If they insist on gloves they need to be changed every time something is touched and hands need to be washed between each new set of gloves • Personal safety measures such as coughing/sneezing into arm • If feeling unwell, MUST STAY HOME

	<ul style="list-style-type: none"> • Staff member should be assigned to ensure athletes are washing hands before coming into equipment/gym area. Safe sport guidelines must be followed.
<p>Program Management (running of classes)</p>	<ul style="list-style-type: none"> • Ensure the physical distancing requirements of the 2 metres are met • Reduce the number of classes/programs in the gym at any one time • Limit age to 5 years old and up in Stage 2. This limit would be removed in Stage 3. • Adhere to maximum numbers in the gym as dictated by NS Health Authority **Current Guidelines from the Provincial Government allow one group of 10 people in the facility at one time. <i>Gymnastics clubs that own and operate their own facilities, wouldn't need to limit to one group of 10 as long as they are implementing physical distancing as noted in clause 7 the Health Protection Act.</i> https://novascotia.ca/coronavirus/docs/health-protection-act-order-by-the-medical-officer-of-health.pdf <i>Groups will still be limited to 10 per group as per the NS Sport Guidelines but they could have more than one group. Please also refer to the NS Fitness Facilities re-opening guidelines (June 4, 2020).</i> As this changes, this section will be updated. • Athletes should not sit together during rest time between turns. And if possible, they should try to have a designated area for rest between turns that can be marked off for safe distances • Add time between class changeover or stagger start and end times to ensure all guidelines found within this document can be followed. • Create distancing lines within the facility • Rearrange, remove or spread out equipment for better physical distancing • Create pathways and possibly re-arrange the equipment within the facility for better flow • Create scheduling for apparatus in order to maintain the guidelines for physical distancing • Eliminate pit usage for recreational/all programs - cover pit with landing mats
<p>Class/Team Management</p>	<ul style="list-style-type: none"> • Ensure the physical distancing requirements of the 2 metres are met • You may need to reduce the number of gymnasts per coach (<i>might be dependent on recommended numbers per square foot</i>) • Create physical distancing between stations/circuits • Reduce class time in order to allow for facility safeguarding • Stagger break times for competitive/team gymnasts • Have designated break areas that can be marked off to ensure safe distancing

Appendix A**1. Coronavirus Disease (COVID-19) Cleaning and Disinfecting Public Spaces**

Link: <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/cleaning-disinfecting-public-spaces/cleaning-disinfecting-public-spaces-eng.pdf>

2. Approved Cleaning products for use against SARS and Cov-2

Link: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

Please refer to these links often as this list of products is constantly changing.

Appendix B

Standard questions to ask staff and volunteers upon entry to the facility. Anyone entering the facility, should use these guidelines:

1. Ask if they have a fever >38 Celsius or feel feverish OR have a new onset OR worsening cough OR a sore throat OR a runny nose OR a headache.
2. If yes to two or more of these symptoms, ask them to wash their hands. Ask them to cover their mouth and nose with a mask or scarf, maintain spatial separation of 2 meters. Minimize contact. Request the coach return home and self-isolate. Refer them to call 811
3. If no, assess for the following screening risk factors:
 - o Ask if they have tested positive for COVID-19 OR have a swab pending.
 - o Have they traveled outside of Nova Scotia within the past 14 days?
 - o Have they been in close contact (within 2 meters) of a known or suspected case (symptomatic person) within the past 14 days (includes a person with symptoms who has travelled outside Nova Scotia in the past 14 days)?
 - o Is it probable that the coach has symptoms/exposure that cannot be determined due to the physical and/or mental status of the patient?
4. If yes, follow step 2.
5. If no to screening risk factors, assess for community / facility clusters:
 - o Does the coach live in a geographic location with known community cluster?
6. If yes, follow step 2.
7. If no, proceed with work.

GYMNASTICS NOVA SCOTIA and (Insert Club)
INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT 2019-2020
(To be executed by All GNS Participants)

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

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

Description and Acknowledgement of Risks

All Gymnastics Nova Scotia training programs and classes are taught and/or supervised by a certified coach but even with this training, supervision and other steps (including participants signing a declaration of compliance), there remain serious 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.
 - 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) Privacy breaches, hacking, technology malfunction or damage.
 - c) Executing strenuous and demanding physical techniques and exerting and stretching various muscle groups.
 - d) Vigorous physical exertion, strenuous cardiovascular workouts, and rapid movements.
 - e) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment or apparatus.
 - f) Failure to follow instructions or rules.
 - g) Spinal cord injuries which may render the Participant permanently paralyzed.
 - h) Serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the Participant's body or to the Participant's general health and well-being.
 - i) Abrasions, sprains, strains, fractures, or dislocations.
 - j) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma.
 - k) Physical contact with other participants, spectators, equipment, and hazards.
 - l) Collisions with walls, any gymnastics apparatus, floors, or mats.
 - m) Falling, tumbling, or hitting any gymnastics apparatus, the floor, mats, or other surfaces.
 - n) Physical contact with other participants (including spotters).
 - o) Not wearing appropriate safety or protective equipment on apparatus.
 - p) Dangers of ill fitted masks or other protective equipment that might impair vision or come loose.

**GYMNASTICS NOVA SCOTIA
DECLARATION OF COMPLIANCE – COVID-19**

Participant Name (print): _____

Participant's Parent/Guardian _____
(if the participant is younger than 18 years old)

Email: _____

Telephone: _____

WARNING!

ALL PARTICIPANTS ENTERING THE FACILITY MUST COMPLY WITH THIS DECLARATION

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

A participant (or the participant's parent/guardian, if the participant is younger than 18 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the participant named above and the participant's parent/guardian (if the participant is younger than 18 years old), hereby acknowledge and agree to the terms outlined in this document:

- 1) 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 and requires all participants (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The participant has not been diagnosed with COVID-19. **OR** If the participant was diagnosed with COVID-19, the participant was cleared as noncontagious by provincial or local public health authorities more than 14 days prior to the date this Declaration of Compliance was signed.
- 3) The participant has not been exposed to a person with a confirmed or suspected case of COVID-19. However, if the participant was exposed to a person with a confirmed case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
- 4) The participant is attending or participating voluntarily and understands the risks associated with COVID-19. The participant (or the participant's parent/guardian, on behalf of the participant (when applicable) agrees to assume those risks, including but not limited to exposure and being infected.
- 5) The participant has not, nor has anyone in the participant's household, experienced cold or flu-like symptoms in the last 14 days (including fever, cough, sore throat, shortness of breath, respiratory illness, difficulty breathing).

6) If the participant experiences, or if anyone in the participant’s household experiences, any cold or flu-like symptoms after submitting this Declaration of Compliance, the participant will immediately isolate and not attend any of the Organization’s facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.

7) The participant has not, nor has any member of the participant’s household, travelled to, or had a lay-over in any country outside Canada, or in any province outside of Nova Scotia in the past 14 days. If the participant travels, or if anyone in the participant’s household travels, outside the Province of Nova Scotia after submitting this Declaration of Compliance, the participant will not attend any of the Organization’s facilities, activities, programs or services until at least 14 days have passed since the date of return.

****Please refer to exemptions to this rule on page 3 of this document as per Nova Scotia and Canadian – exemption from self-isolation.**

8) The participant is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, frequent handwashing, and otherwise limiting exposure to COVID-19.

9) The participant will follow the safety, physical distancing, and hygiene protocols of the Organization as posted at the time this document is signed and agrees to follow any amendments or changes as they are made and posted, on either the Organization’s website or, on site at the Organization’s premises.

10) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.

11) The Organization may remove the participant from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the participant is no longer in compliance with any of the compliance standards described in this document. The removal may be up to a two-week suspension and no reimbursement of fees shall be provided for the suspension period.

Signature: _____ Date: _____
Participant (If 18 and over)

Signature: _____ Date: _____
Parent/Guardian (if the participant is younger than 18 years old)

Nova Scotia - Exemptions from self-isolation

Some people are exempt from the self-isolation requirement. Even if you're exempt, you still need to practice social distancing of 2 metres (6 feet) as much as you can. You need to monitor your symptoms closely, and self-isolate if you start to feel sick.

People who are exempt from the self-isolation requirement include:

- healthy people who must cross the Nova Scotia land border on a regular and ongoing basis for work, including:
 - health care workers
 - community service workers (including child protection workers and transition house workers)
 - critical infrastructure workers
 - law enforcement and corrections workers
- healthy medical supply or pharmaceutical workers
- people visiting Nova Scotia for essential medical care, plus one support person travelling with them
- medical supply or pharmaceutical workers
- members of the Canadian Armed Forces, Coast Guard and RCMP
- first responders, including police, fire and EHS paramedic workers
- healthy trade and transportation workers, including:
 - truck drivers
 - airline, marine vessel or train crew, maintenance and operational staff

Canadian Exemptions to travel restrictions

The continued global movement of goods and people and the ongoing delivery of essential services will be important for Canada's response to COVID-19.

Several categories of people are [exempted](#) from this order because they provide critical services, if they have **no symptoms**. These include people who:

- are making necessary medical deliveries required for patient care, such as:
 - cells
 - organs
 - tissues
 - blood and blood products
 - other similar lifesaving human body parts
- work in the trade and transportation sector who are important for the movement of goods and people, including:
 - truck drivers
 - crew on any plane, train or marine vessel
- cross the border regularly to go to work, including in the health care sector or critical infrastructure workers
- have to cross the border to provide or receive essential services, including emergency responders and personnel providing essential services to Canadians related to the COVID-19 outbreak

Workers in these sectors should:

- practice [physical \(social\) distancing](#) (maintain a distance of 2 meters from others)
- closely **self-monitor**

Should they exhibit any symptoms, they must isolate and contact their local public health authority.