



GYMNASTICS NOVA SCOTIA

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Board of Director's Meeting

Friday, November 13th, 2020, 9:00am

Join Zoom Meeting

<https://us02web.zoom.us/j/87154374381?pwd=K09wNUpIS1drNlczcWlycHRrV3ZlQT09>

Meeting ID: 871 5437 4381

Passcode: 391461

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Final Minutes

1. Call to Order at 9:08 am

In attendance: Sherry Watters, Kristen Mercer, Susie Gallagher, Nick Lenehan, Carol Anne Prost, Stewart Gunn, Cathy Huntington, Ted Higney, Abbey Murrin, Megan Looke
Staff: Angela Gallant - Executive Director, David Brown - Technical Director

Regrets: Thorne Sutherland, Jason MacLeod, Eleanor Melrose

2. Approval of Agenda

Motion to approve the agenda

Moved by Cathy Huntington and 2nd Stewart Gunn

All in favour

Motion passed

3. Adoption of Previous Minutes – October 30th, 2020

- Business Arising - Angela discussed confirmation of the dates for Provincials (March 26th 2021 is what the bid for Provincials indicated). **Add to the motion** that all dates to be confirmed by January 22nd 2021

Motion to approve the minutes of October 30th, 2020 with the addition to the Provincials motion to indicate **the Provincial dates need to be confirmed by January 22nd, 2021**

Moved by Ted Higney and 2nd Stewart Gunn

All in favour

Motion passed

- Action items – Angela asked through the chair whether the board wanted to deal with action items now or go directly to the Return to Play documents starting with the return to Competition. It was decided by the board to move directly to the return to competition document. The remaining action items would carry over to the next meeting.

Updated Action Angela and Carol Anne will have a discussion regarding last year's GNS awards and how many nominations were put forward this past spring.

4. Covid-19 Updates – Note that the Return to Competition document was discussed prior to Return to Play documents

- 2021 Competition
 - Return to Competition document

Action: Stewart, Kristen and Carol Anne will work on a Return to Competition document and present it at the next board meeting. Susie agreed to help with this.

Update: The draft was completed and distributed prior to the meeting (attached). Discussion follows regarding draft.

Stewart reviewed the Return to Competition document (attached draft#1) which describes requirements for hosting a competition during Covid time. Stewart noted that they used Gymnastics NB's document as a guide. There were a few items we need to review at the board level. Revisions were made in real time through board discussion.

The Competition document should state in the beginning that the rules and directions established at the time by the NS Public Health override anything in this document.

Clubs must recognize the size of their facility will play a role on what is permitted in terms of number or "bubble size".

-Guidance for clubs hosting with spectators – with separate spectator section vs without separate spectators.

-Streaming - at this time we did not have quotes.

-One admission per athlete would be covered in the registration fee

-Recommended cap of 32 athletes on the floor for MAG and WAG (50 in the bubble coaches and athletes)

Judges – MAG will need 12-13 judges to run meet – it is expected that judges' fees will be higher than normal. There was discussion around "bubbles for judges and volunteer in addition to the athlete coach bubbles. 33:30 Suggestion was to cap (artistic) max of 2 judges per event.

Sherry left the meeting at 9:41 am

Scoring- Sportzsoft -GNS board approved the use of Sportzsoft scoring system in a previous meeting.

Food – As per GNS policy. Recommendation is no communal food. Clubs will need to determine how they will accommodate meals and meal areas based on their facility

Abby Murrin left the meeting at 10:05 am

Nick stepped out at 10:09 am

Stewart stepped out at 10:11 am

Nick returned at 10:14 am

Stewart returned 10:14 am

There was significant discussion around meet fees. We don't know what we don't know in terms of what expenses will be. It was expressed that participants are already paying more for less. There was discussion around new Covid related expenses and what an appropriate fee increase would be. The increase will be charged to all participants.

Initial proposal was to increase fees by \$15 for live scoring, increased cleaning and increased judging costs.

There was discussion around program committees using Officials Tax collected at meets (this is currently \$5 per participant) for some of the increased costs this year. It was asked whether program committees could dedicate the official's tax fees this year to the additional expenses.

It would be desirable to have a sponsor to support something like a live stream for competition.

GNS will need to step up and help financially with hosting meets. This would possibly include virtual meet expenses and officials fees.

Stewart suggested bumping meet fees up by \$10 (\$5 for the live scoring and \$5 for the one admission fee) and asking the 3 GNS Program committees to donate the \$5 officials' tax fee collected from each participant at each meet.

Motion Due to the impacts of Covid, Gymnastics Nova Scotia will increase the meet fees for regular sanctioned competitions in Nova Scotia by \$10 per participant for 2020/21 season

Moved by Cathy Huntington, 2nd Stewart Gunn
6 in favour, 1 against (Megan Looke)
Motion passed

Ted indicated that it would be a good idea for the 3 program chairs to meet to discuss coming together and being consistent with Officials Tax and how it is used this year.

Action that 3 program chairs meet to discuss the use of Officials Tax for this year and whether it should go toward the meets.

Action: Program chairs of all 3 disciplines should make sure that the Judging chairs review the final Return to Competition document with their judges before competitions begin.

Action: Stewart will finish the changes to the Return to Competition document that were made during the meeting and send to the board for an email vote.

- Return to Play documents - Carol Anne and Angela reviewed Carol Anne's amendments to the Return to Play documents.

Motion That the amendments made to the return to play documents; *Protocols for Reopening* draft version 10a (attached) and *Declaration of Compliance for Participants* draft version 7B (attached) be accepted as presented. These will be updated to Final documents (V10 and V7) and posted on the GNS web page and sent out to Clubs who will need to replace the existing documents.

Moved by Cathy Huntington 2nd by Ted Higney
All in favour
Motion passed

- Atlantic's
Action update -Angela sent out questions to the 3 Provinces. There was a general agreement for no banquet and the addition of TG. There was a question about the addition of an HP category from New Brunswick that mostly pertained to MAG but possibly WAG as well.

NB asked would 3 days allow for the addition of TG with the additional protocols in place for Covid. It was thought that this would be sufficient.

The remainder of the agenda and action items will be carried over to the next meeting. Moved directly to Item #12 on the agenda.

- CEWS funding
- Federal Funding for CSO's And PSO's

5. **GNS Membership update – 2020-2021**

6. **GNS Strategic Plan**

Previous meeting action: 12-month plan to show how the Strategic Plan and the outcomes will be completed. Future GNS board agendas will reflect the outcomes and Strategic Plan and a record of their progress. Angela and David were tasked to do a 12 month plan.

Update: David and Angela continue to work on this and have met with Mike Hudson and Blaise Landry regarding specifics on this. Angela plans to have an updated plan to present at the next meeting.

7. **GNS Financials**

8. **Safe Sport Policies**

Previous meeting action remains to have legal personnel review policy manual once all Safe Sport amendments are completed.

Nick reminded the board that the review was to make sure our policies did not conflict with the Safe Sport policies.

Update - Angela gave an update that \$2500 was approved as a Support4Sport PSO project to complete a legal review. The review was completed by Sport & Law at a cost of \$2500 plus tax (total \$2825). Angela and Nick have a meeting after board meeting to discuss recommendations for changes.

Previous meeting action: to ask about members “not in good standing” during the legal review. Nick identified that we can withhold membership for members “not in good standing”. We need to clarify what “in good standing” is? Does it mean more that have you paid your fees. There are many other scenarios that could be considered as not in good standing.

This will be asked when we go through the Legal review. We still need to clarify what is: “In good standing”

Update – this was answered in detail by Sport and Law and will also be discussed by Angela and Nick in meeting following this board meeting.

Angela also brought up that in Appendix D of our GNS Policy Manual, it indicates that someone with First Aid training must be in the facility during programming. This is in the Trampoline section and was previously a requirement of NCCP Level 2 Trampoline certification. It does not appear to be a requirement for Intro to Competition Trampoline training, but it should be noted that it is still a requirement for clubs with trampolines as per our policy.

For clubs without Trampolines, GNS **recommends** that all clubs have First Aid trained staff on site during programming.

New Action Item: David will look into this and report back to the board.

Previous meeting action: Establish and support a Safe Sport Working Group with representation from the Board of Directors, Gymnastics Nova Scotia, athletes, coaches, officials, and external experts, as appropriate. Vaughn is still working on this and he has all but 2 confirmed.

Susie asked about the safesport working group. Vaughn gave an update to the progress on this committee.

Currently looking for an athlete or former athlete to serve on the committee.

Update: David to follow up with Vaughn, Jason MacLeod has accepted the Safe Sport Member-At-Large position on the GNS Board.

9. 2021 Gymnaestrada / Symposium – June 18-20, 2021

David is to seek feedback from the clubs as to whether they think they will be able to participate. David has booked the dates of June 18th - 20th, 2021. David will send out a teaser to the member clubs for the event and has been reaching out to possible presenters.

10. Reports

a) Chair & Uniforms – Susie Gallagher

Previous meeting action: Jamie Ferguson suggested that Susie should take the lead on staff annual reviews and she will liaise with Erin from SNS for assistance on annual reviews/performance appraisals.

Update: Susie is working on reviews. But they are not complete – likely end of June.

Previous meeting action: Susie will have GK do up a sample suit. GK is fully closed at this time. This may take time as everything is shut down.

Update: The bodysuit we picked out for National levels will have to be the one we order if Atlantics is able to happen. We will have to order ahead of time to make sure they are ready in time. All the girls and boys will need new bodysuits and singlets.

b) Vice Chair & Covid Safety – Carol Anne Prost

c) Executive Director – Angela Gallant

d) Technical Director Report – David Brown

e) Treasurer – Sherry Watters

f) Director – Secretary – Cathy Huntington

g) Women’s Program Committee Director – Eleanor Melrose and Ted Higney

g) Men’s Program Committee Director – Nick Lenehan

Previous meeting action: UCIC Cheques to Alta and Titans - we need discussion on these as the event was cancelled Nick will discuss further with the MAG committee

i) Trampoline/Tumbling Tech Committee Director– Thorne Sutherland

j) Education/Recreation Director – Megan Looke

k) Social Media Director – Abby Murrin

l) Safe Sport Director – Jason MacLeod

m) Special Events Chair – Eleanor Melrose (tentative)

n) Competitions Director – Stewart Gunn and Kristen Mercer

11. New Business

12. Review of Motions and Action items

13. Next Board of Director's meeting date

December 11th is the tentative date

14. Adjournment

Motion to adjourn at 11:34am

Moved by Cathy Huntington, 2nd Stewart Gunn

All in favour

Motion Passed

Gymnastics Nova Scotia

Operational Plan for Hosting Competitions during COVID-19

2020-2021 Provincial Competition Season

OBJECTIVE

To provide meaningful competition opportunities for all competitive members of the GNS in an environment that mitigates the risk of transmission of COVID-19 and keeps participants safe.

PRIORITIES

1. Adapt the competition environment to meet current public health measures and guidance.
2. Provide a competition environment in which all participants feel safeguarded from the risk of COVID-19 infection.
3. Create a competition environment that meets the needs of athletes to set goals, perform, and receive feedback through judges' scores.
4. Develop a hosting strategy that does not place unreasonable risk or burden on the host club, financial or otherwise.

GUIDING DOCUMENTS

- Government of New Brunswick (GNB) [Mandatory Order](#)
- GNB [Collection of Names and Contact Information under the Mandatory Order](#)
- GNB [COVID-19 Detailed Alert Levels](#)
- GNB [Guidance Document of General Public Health Measures](#)
- WorkSafe NB [Guidelines for Workplaces in a COVID-19 Environment](#)
- GNB Sport & Recreation Branch COVID-19 FAQs
- NBGA COVID-19 Guidelines for Clubs
- Host Club (and/or host facility) COVID-19 Operational Plan

GENERAL PUBLIC HEALTH MEASURES

- **Physical distancing:** maintain a minimum distance of two metres between yourself and others, with the exception of members of your “close friends and family” bubble.
- **Hand hygiene:** wash hands frequently and thoroughly with soap and water or a minimum 60% alcohol-based hand sanitizer.
- **Respiratory hygiene:** cough or sneeze into a tissue, or into your sleeve/elbow if a tissue is not available; dispose of the tissue and wash or sanitize your hands immediately.
- **Community face masks:** face masks that cover the nose and mouth are required in public indoor spaces.

- **Cleaning and disinfecting surfaces:** common areas must be cleaned and disinfected twice daily, and more often for high-touch surfaces and shared objects.
- **Screening for COVID-19:** screening can take a passive form by asking people to screen themselves for symptoms before entering a facility, or an active form with temperature checks conducted by a designated individual.
- **Staying home when sick:** always err on the side of caution and stay home if feeling unwell.

CURRENT PUBLIC HEALTH ALERT LEVEL

At the time of development of this document, the province of New Brunswick is in the Yellow Phase of its COVID-19 recovery model. This is the only phase in which gymnastics clubs are permitted to operate. The NBGA has competitive member clubs in Zones 1, 2, 3, 6 and 7. Should any of these zones revert to the orange or red level, competitions may be cancelled.

In addition to respecting general public health measures, organizations must meet the following requirements:

- Every host, organizer, or coach of sporting activities must take all reasonable steps to minimize the risk of COVID-19 transmission.
- Signage on symptoms, proper hand and respiratory hygiene, and physical distancing must be posted throughout the facility; at a minimum, signage should be placed at all common entrances and where people tend to congregate.
- Occupancy limits in controlled indoor settings must be based on the ability to maintain physical distancing between people who are not close friends and family.
- Anyone who hosts or organizes a gathering of more than 50 people must implement effective procedures for screening and for ensuring physical distancing.
- Where seating is provided, physical distancing requirements may be reduced to 1 metre while seated if all individuals are continuously wearing a face mask (i.e., not eating or drinking).
- Anyone who hosts or organizes a gathering of more than 50 people must maintain a record of the names and contact information of all persons to facilitate contact tracing, and must provide these records to Public Health officials upon request.

RISK MITIGATION MEASURES FOR COMPETITIONS

Risk mitigation must consider and apply across all relevant contexts (i.e., before, during, and after competition) and for all participants (e.g., athletes, coaches and staff, judges, volunteers, etc.).

- **Reduce Capacity**
 - All competitions without a separate spectator mezzanine will be held without spectators present in the facility
 - Host clubs shall develop and communicate a plan for athlete drop-off and pick-up, taking into account facility access, space for physical distancing, weather considerations, and athlete safety
 - These competitions will be live-streamed and live-scored so that friends and family may watch the competition online and keep track of scores and rankings
 - All competitions with a separate spectator mezzanine will be held with a limit of 1 spectator per participant present in the facility

- Host clubs shall develop and communicate a plan for athlete drop-off and pick-up, spectator/athlete entrances & exits, taking into account facility access, space for physical distancing, weather considerations, and athlete safety
 - The recommended capacity for each competition flight shall be 32 athletes
 - Host clubs shall make every effort to schedule their competition in such a way that no more than 32 athletes are present for each flight
 - For MAG and WAG competitions, host clubs shall make every effort to split the athletes in a flight in such a way that no more than 8 athletes are in any rotation
 - The maximum number of coaches for each flight is 4 per club, though the GNS recommends no more than 3 coaches, whenever possible
 - The host club shall provide the rotation order a minimum of 2 weeks in advance of the first day of competition
 - The host club will record the names of their assigned coaches for each flight at the beginning of each rotation
 - For TG competitions, host clubs must be mindful of the need to have sufficient spotters on the competition floor
 - The maximum number of judges is 8 per flight for MAG and WAG competitions (two judges per event) and 8 per session for TG competitions
 - To reduce the number of people at the judges table, all MAG and WAG competitions will use the Sportzsoft Live Scoring system; the host club is responsible for naming a Chief Scorer will be responsible for inputting scores and for recording on a paper score sheet as a back-up
 - There will be a maximum of 1 minor officials for MAG & WAG and 2 for TG at each table to assist with timing for warm-ups and routines for MAG and WAG and to serve as the score-person for TG
 - Host clubs are required to assess their need for volunteers and to reduce the number as much as reasonably possible; the recommended volunteer positions include:
 - Medical/First Aid (x2) – REQUIRED
 - Video Operator (x1-2) – REQUIRED for TG (number depends on whether multiple events are running simultaneously)
 - Check-In and Screening (x1-2)
 - Meet Director/Floor Manager (x1)
 - Music/Announcer (x1)
 - Scoring (x1-2)
 - Awards Coordinator (x1-2)
 - Hospitality Room Coordinator (x1-2)
 - Minor Officials (x2-4)
 - Cleaning Crew (x2)

**Note: some of these positions may be fulfilled by the same individual*
- **Physical Distancing**
 - Due to COVID-19 transmission pathways, physical distancing is a top risk mitigation method. As directed by GNB's Sport & Recreation Branch, all sports are expected to adapt to enable physical distancing to the greatest extent possible. Brief contact on the

field of play is permitted so long as it cannot be reasonably avoided; in all instances where distancing is possible, measures should be put in place

- As much as reasonably possible, athletes from different clubs will be expected to refrain from intermingling
 - Whenever possible, athletes from the same club shall be grouped together in a rotation
 - Every reasonable effort shall be made to limit the number of mixed-group rotations; clubs may consider adding a “bye” rotation if it facilitates easier groupings
- While close friends and family are not required to physically distance themselves from one another, host clubs are not in a position to recognize and monitor individual bubbles; therefore, it is the expectation that ALL participants will practice physical distancing as much as possible even within their own teams
- Host clubs must consider ways to accommodate for physical distancing; for example:
 - Remove any extra or unnecessary equipment from the competition floor
 - Provide additional floor or matted space for general warm-up, if possible
 - Create corral spaces for each club rather than for each event
 - Restrict access to change rooms and washrooms to ensure physical distancing of 1 metre can be maintained within
- There will be no march-in or award ceremonies:
 - Upon rotation to each event, one coach per club will approach the judges table to confirm the competition order and warm-up procedures
 - Host clubs will compile awards packages for each club to pick up at the end of the session/day to distribute upon return to their home gyms
- Judges tables should be large enough to accommodate a minimum of 2 metres separation between each judge and the minor official
- Wherever possible, areas should be marked off around/behind judges tables to keep participants from standing in close proximity to the judges
- The hospitality room must be large enough to allow judges to be seated at least 2 metres apart for meetings and meals (this may mean that host clubs will have to designate separate rooms or spaces for judges, coaches, and volunteers)
- Access to the hospitality room must be strictly controlled to prevent over-crowding and to ensure that only individuals who require access are permitted to enter
- **Hand and Respiratory Hygiene**
 - Host clubs must ensure they have adequate supplies for appropriate hand and respiratory hygiene
 - Hand sanitizer (minimum 60% alcohol-based) should be available at entrances and exits
 - Hand sanitizer/handwashing stations should be available throughout the facility
 - Tissues and garbage bins should be available throughout the facility
 - All judges and volunteer tables (scoring, music, first aid, etc.) should be stocked with hand sanitizer, wipes, tissues, and garbage bins
 - Washrooms must be well-stocked with soap, hot water, paper towel, and tissues and checked regularly for necessary refills

- **Face Masks**

- The use of face masks is part of a layered approach to risk mitigation and a public health requirement; as per the **GNB Mandatory Order**, in every public indoor space, everyone must wear a face covering at all times except when eating or drinking
- All participants (athletes, coaches and staff, judges, volunteers, etc.) are required to wear a face mask in the following instances:
 - Entering and exiting the facility
 - During check-in and screening
 - In washrooms and change rooms
 - While seated at judges and volunteer tables
 - When approaching a judges table to discuss warm-up, competition order, or score inquiries
 - While handling/preparing food or drinks in the hospitality room
 - While moving throughout the facility, to and from the competition floor
- While sport participants are not required to wear face masks “on the field of play” (i.e., on the competition floor), masks are required at all other times when moving throughout the facility
 - Athletes are encouraged to wear a face mask when they are not warming up or performing, especially if interacting with athletes/coaches from another club or when physical distancing cannot be maintained
 - Coaches are encouraged to wear a face mask at all times on the competition floor, however GNS recognizes that this may be deemed a hazard while moving equipment or spotting an athlete – it is up to each individual coach to make that risk assessment
 - Coaches are required to wear a face mask during coaches meetings (if held in person) and when approaching the judges and volunteer tables
 - Volunteers, non-coaching staff, and judges are required to wear face masks at all times, even while on the competition floor

- **Cleaning and Disinfecting**

- The host club will be responsible for instituting a cleaning and disinfecting schedule, which shall include time between each flight to clear judges tables, wipe down mats and equipment, and clean common areas or surfaces such as door handles, tables and chairs, scoring and audio equipment, and washrooms; we recommend scheduling a half hour between flights to accommodate for this
- The judges room should be cleaned and disinfected after meals/meetings when judges have returned to the competition floor
- If the judges and volunteer tables require tablecloths, host clubs should use plastic tablecloths instead of fabric for easy cleaning and disinfecting
- The host club shall have cleaning/disinfecting supplies readily available for spot cleaning as necessary; if an athlete’s head or face or any bodily fluid comes into contact with the equipment or mats, it must be cleaned before the next athlete’s turn

- A thorough cleaning and disinfecting of the facility (e.g., “fogging”) must take place at the end of each day
- **Screening**
 - The host club is responsible for conducting active screening of anyone entering the facility, including athletes, coaches and staff, judges, and volunteers
 - Anyone entering the facility from outside of NS will be required to verbally acknowledge and agree to the supplied copy of the GNS COVID-19 screening questionnaire/return to play document; a new acknowledgement must be recorded each day
- **Contact Tracing**
 - Participating clubs are required to provide the name and phone number of each athlete’s parent/guardian when registering for the competition, as well as the name and phone number for each coach
 - Spectators are required to provide their name and phone number upon entry to the facility
 - Judging chairs are required to include the phone number for each judge when providing the host club with the judging panels
 - The host club is responsible for compiling a list of names and phone numbers for all athletes, coaches, judges, staff, and volunteers who will be in the facility during each flight
 - The host club is responsible for collecting the name and phone number of any other individual who enters the facility during the competition
 - The collected information must be kept securely on file for 21 days after the competition, after which it should be destroyed; the information must only be shared with a Nova Scotia public health official upon request
 - For more information, please review [Collection of Names and Contact Information under the Mandatory Order](#)

OTHER CONSIDERATIONS FOR COMPETITIONS

- **Competition Schedule**
 - Participants and their families will have varying degrees of risk tolerance when it comes to the potential for COVID-19 infection, and some may prefer to avoid hotel stays to limit their risk of exposure
 - Competitions should not start before 9:00am or finish after 8:00pm – this will allow most participants to travel to and from the meet on the same day, if they so choose
 - The competition schedule must factor in cleaning time between each flight as well as time for participants to enter and exit the facility safely
- **Food for Judges, Coaches, and Volunteers**
 - At most competitions, host clubs rely on donated food prepared by volunteers and presented buffet-style to judges, coaches, and volunteers; to eliminate concerns about the risk of COVID-19 transmission through food preparation and serving, host clubs

should provide judges with pre-prepared individual meals in a catered or box lunch format from a reputable food-service business

- Host clubs must provide judges with lunch, supper, and snacks as appropriate at the competition venue. If the host club is unable to provide these meals an appropriate per diem and time must be given to judges.
- Host clubs are not required to provide breakfast at the competition venue, however they must inform judges in advance if breakfast will not be made available and include a \$10 per diem with the honorarium for out-of-town judges for each day (unless breakfast is provided with the hotel room rate)
- Access to water or other beverages should be provided throughout the day
- Host clubs may be required to provide meals for first aid/medical staff and the live-streaming crew, depending on these individuals' schedules
- Host clubs may provide snacks or meals for coaches and their volunteers depending on their own assessment of need
- The hospitality room must be large enough to allow individuals to be seated at least 2 metres apart while eating or host clubs will need to designate separate rooms or spaces for judges, coaches, and volunteers
- Judging chairs must inform the host club of any allergies or dietary restrictions among judges when providing the judging panels
- **Judges' Travel and Accommodations**
 - Judges will not be required to carpool to competitions; each judge may claim round-trip mileage if they choose to travel alone
 - Judges will not be required to share hotel rooms; each judge will be provided their own hotel room if requested
 - If a judge is not comfortable staying in a hotel and it is possible for them to commute to and from the competition over multiple days, the host club must provide the judge with mileage for each additional round trip up to a maximum of the cost of one night's accommodation at the host hotel
- **Out-of-Province Participants**
 - The host club's priority must be to accommodate all New Brunswick athletes in their competition schedule
 - After all provincial club registration has been received, host clubs may invite athletes from clubs within the Atlantic Travel Bubble, if space permits
 - The NBGA recommends that host clubs set separate deadlines for in-province and out-of-province clubs
 - The host club must ensure that an out-of-province club is not facing any public health restrictions at their time of participation in the competition; host clubs have both the authority and responsibility to bar an out-of-province club's participation if their jurisdiction has imposed restrictions similar to New Brunswick's orange or red phase

- **Cancellation of Competitions**

- Should any region of the province revert to either the orange or red phase, a competition may be cancelled if a competitive member club is impacted
- The decision to cancel a competition will be situation-specific and shall be made by the NBGA Board of Directors, in consultation with the host club, judging chairs, and the technical committees if necessary; factors that may be considered in a decision to cancel a competition include:
 - The number and level of competitors unable to participate due to regional public health restrictions
 - The ability to fill judging panels
 - The financial viability of hosting with reduced participation versus the financial loss from cancellation
 - The timing of gym closures and re-openings, and clubs' ability to follow an appropriate timeline for safe preparation of athletes for competition
- Whenever possible, a minimum of two-weeks' notice shall be given if a competition is cancelled, however sudden changes in the status of COVID-19 in the province may require adjustments or cancellation with minimal notice
- Should a competition be cancelled ahead of the competition by:
 - **6 or more weeks:** the host club is required to reimburse the registration fee in full.
 - **4-6 weeks:** the host club is required to reimburse the registration fee in full less a \$10 administration fee to all participants; similarly, should a club be unable to participate due to public health restrictions, the host club shall reimburse the registration fees paid, less a \$10 administration fee for each of the club's participants (this would also apply to any individual unable to participate due to possible or confirmed COVID-19 infection or exposure and a public health-imposed requirement to self-isolate)
 - **2-4 weeks:**
 - **2 weeks or less :** the host club is not required to reimburse the registration fees.
- If a participant chooses to withdraw citing COVID-19 concerns, the host club is not required to refund the registration fee; host clubs are advised to review their refund policy and communicate this information with the meet invitation

COMPETITION FEES

The NBGA Board of Directors has amended the competition fee structure for the 2020-2021 season, recognizing the additional costs required to meet public health guidelines and the loss of revenue from spectator admissions and concession-type sales.

- The base registration fee for competitions remains unchanged at \$80 for MAG and WAG and \$70, \$80, or \$90 for TG for one, two, or three/four events
- The NBGA will suspend collection of the \$5 HP fee for the season, therefore all registration fees will stay with the host club
- There will be an additional \$15 COVID-19 fee on top of the base registration fee; this will assist clubs in covering the cost of live-streaming, live-scoring, cleaning supplies, etc.

- The total competition fees per participant are:
 - \$95 for MAG and WAG
 - \$85 for TG – one event
 - \$95 for TG – two events
 - \$105 for TG – three or four events

NBGA SUPPORT

- The NBGA will offer financial assistance to host clubs by providing a \$2.50 subsidy per registered athlete; this subsidy will be provided within two weeks of the last day of competition as a means to reimburse clubs for some of the increased costs for judges meals, travel, and accommodations
- Host clubs have the option of purchasing medals and/or ribbons through the NBGA; awards will be provided at cost and clubs will only be charged for the awards used, with any remaining awards returned to the NBGA
 - Medals and ribbons will be generic with the NBGA logo and no specific features or dates; clubs cannot customize the awards
 - Clubs who wish to purchase awards through the NBGA must give a minimum of 6 weeks' notice and must confirm their registration numbers a minimum of 4 weeks prior to the competition
- The NBGA will assist clubs in preparing for live-scoring and will provide most of the necessary technical equipment required

RESPONSIBILITY OF HOST CLUBS

- Host clubs must provide a Competition Operational Plan to participating clubs and judging chairs a minimum of two weeks in advance of the first day of competition; the plan must include:
 - Competition schedule
 - Procedures for athlete drop-off and pick-up
 - Screening and check-in protocols for all participants (athletes, coaches, judges, etc.)
 - Procedures for collection of floor music – it is recommended that host clubs collect floor music in advance in a digital format via email, drop-box, etc.
 - Isolation plan should an athlete become ill during the competition
 - Any other pertinent information specific to your club such as washroom/change room capacity, availability of water fountains/filling stations, process for awards pick-up, etc.
 - Information regarding availability of snacks and meals for coaches and judges
 - General reminders about public health measures including physical distancing and face mask requirements
 - Web links for live-streaming and live-scoring
- While all participants are required to bring their own face mask(s), host clubs should maintain a small supply of disposable face masks in the event that a participant has forgotten their own
- Supplies provided at the judges tables should be kept to the bare minimum essentials as judges will be responsible for bringing their own supplies
 - Items to provide: a few pencils, stop watch, bell, necessary hygiene supplies
 - Items to remove: flags, calculators, scorecards, candy dishes, decorative items, etc.
- Host clubs may consider running a virtual coaches meeting to review competition protocols the day prior to the event instead of at the beginning of each flight; host clubs can distribute a copy of the rotation order to each coach during check-in

- Host clubs are not required to provide chalk or chalk buckets, spray bottles, or snacks for athletes; athletes will be asked to bring their own supplies
- Host clubs are not required to provide athlete gifts; this may be done at the discretion of the host club

RESPONSIBILITY OF PARTICIPATING CLUBS

- Be mindful of and respect registration deadlines, and ensure you provide accurate information for each participant (i.e., age, level, contact-tracing details, etc.)
 - Given the increased challenges of scheduling and grouping, the deadline for any level changes shall be 4 weeks prior to the first day of competition, no exceptions
 - Host clubs shall make every effort to group athletes from the same club together in as few rotations as possible, however no special requests will be accepted
- Respect the limit on the number of coaches on the competition floor for each flight
- Disseminate all information from the host club's Competition Operational Plan to coaches and to athletes and their parents/guardians
 - Familiarize athletes and coaches with the policy on the use of face masks while at the competition
 - Remind athletes to arrive at the competition with a completed screening form; stress the importance of being honest in the screening protocols and always erring on the side of caution and staying home if feeling unwell (athletes must notify their coach immediately if they begin to feel unwell at the competition)
 - Encourage athletes to arrive at the competition fully prepared (dressed, hair done, etc.) to reduce the number of participants requiring access to change rooms and washrooms
 - Ensure athletes bring all their own supplies, including chalk in a re-sealable bag or container, spray bottle, hand sanitizer, face mask, snack, water bottle, etc.
 - Remind participants to limit yelling/cheering, hugs, and high-fives
- Remind ALL participants that the event is being live-streamed and we must therefore be extra conscious of adhering to public health measures, including wearing face masks and physical distancing even within our own teams; in addition to protecting ourselves and others from possible COVID-19 infection, this also protects the integrity of our whole competition season

RESPONSIBILITY OF JUDGING CHAIRS

To come.

FINAL NOTE AND REMINDER

The hosting considerations laid out in this document do not constitute an exhaustive list. There may be other steps a host club can (or must) take to help prevent the spread of COVID-19. Furthermore, as the COVID-19 situation continues to evolve, the suggestions and guidelines in this document may quickly become outdated. Host clubs must be prepared to adapt to changing rules, regulations, and guidance provided by municipal, provincial, and federal government and health authorities.

Even when taking all precautions, there will still be a risk of transmitting illnesses. Everyone must stay vigilant in keeping all members of the NBGA safe; we all have a role to play in protecting ourselves and others.

Appendix A: Sportzsoft Live Scoring

To come.

Appendix B: Live Streaming

To come.

DRAFT

GYMNASTICS NOVA SCOTIA
DECLARATION OF COMPLIANCE – COVID-19 – Draft V.7b – November 13, 2020

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 **unless I was instructed otherwise by a doctor or by visiting:**
<https://www.nshealth.ca/coronavirus-assessment>

- 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 is not waiting for a Covid test result. If the participant was diagnosed with COVID-19, the participant must be symptom free and have completed the provincial or local public health authorities 14-day self-isolation requirements 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 experienced cold or flu-like symptoms in the last 48 hours (including new or worsening – fever or cough, or 2 or more of the following symptoms - sore throat, shortness of breath, Runny nose/nasal congestion, and unexplained headache).

- 6) If the participant experiences any cold or flu-like symptoms after submitting this Declaration of Compliance, the participant will contact the coronavirus assessment centre at: <https://www.nshealth.ca/coronavirus-assessment>. You will be advised if you need to be tested for COVID-19. Household contacts, including siblings, do not need to stay home if they do not have any symptoms.
- If a COVID-19 test is required, the participant will need to stay home until the test results come back.
 - If a test is not required **or is negative**, the participant may return when they are feeling better with no fever medication for 24 hours (or only a mild clear runny nose). Repeat the assessment for any new or worsening symptoms
 - If the test is positive, public health will follow up and provide support and will advise when the participant can return.
 - If public health tells a participant that they are considered a close contact of someone with COVID-19, they will need to stay home for 14 days. Household contacts of that participant do not need to stay home unless they are also a close contact of someone with COVID-19
- 7) The participant or someone living in the household has not travelled outside of **the Atlantic Bubble (Nova Scotia, New Brunswick, Prince Edward Island, Newfoundland)** for non-essential reasons in the past 14 days. If the participant or someone living in the household (who cannot self-isolate) does travel, outside the **Atlantic Bubble** for non-essential reasons 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 after the date of return.
- **Please refer to exemptions to this rule on page 3 of this document as per Nova Scotia – 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 that 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 (essential travel only)

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:

- **Atlantic Canadian residents who travel within Nova Scotia, New Brunswick, Prince Edward Island and Newfoundland and Labrador ([Atlantic travel bubble](#))**
- **people from outside Atlantic Canada who have already self-isolated in another Atlantic Canadian province before they enter Nova Scotia**
- people visiting Nova Scotia to facilitate child sharing between parents under a joint custody order or agreement if both the children and the person bringing them don't have symptoms of COVID-19
- people visiting Nova Scotia for essential health services, plus 1 support person travelling with them
- workers who are essential to the movement of people and goods, and who must enter Nova Scotia as part of their work requirements (not for personal reasons or other types of work)
 - healthy trade and transportation workers who are employed in the movement of goods or people across the Nova Scotia border, including truck drivers, crew, maintenance and operational workers on any plane, train or food production plants
 - Canadian Armed Forces and Canadian Defence Team personnel, Coast Guard, Royal Canadian Mounted Police (RCMP), Canadian Border Services Agency and Canadian Security Intelligence Service
 - first responders, including police, fire and Emergency Health Services (EHS) paramedic workers

Workers exempt from the self-isolation requirement should follow [social distancing guidelines](#) as much as they can and also follow public health directives. They need to monitor their symptoms closely, and self-isolate if they start to feel sick.

Domestic Rotational Workers in Nova Scotia – There is a list of allowable activities for domestic rotational workers during their 14-day isolation periods in Nova Scotia. Please refer to the pdf link below. This pdf also defines a Domestic Rotational Worker in Nova Scotia.

<https://novascotia.ca/coronavirus/docs/COVID-19-Directive-on-Exceptions-for-Domestic-Rotational-Workers.pdf>

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
Approved By GNS Board of Directors	Linking To 1. Covid-19 requirements		Replacing Previous Version Final v.9a Oct. 7, 2020
Review Cycle Reviewed regularly by the GNS Board of Directors. Gymnastics Nova Scotia will review any recommended revisions by Public Health and update this document accordingly.			
DOCUMENT VISIBILITY 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 – June 5, 2020

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 – July 6, 2020

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 • Complete Club Declaration of Compliance form and submit to GNS • 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 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 as per Appendix B, 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 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. Cafe areas should be closed as not appropriate places to sit. • 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.

	<ul style="list-style-type: none"> • Where possible, limit and/or avoid the shared use of equipment to limit the number of people touching the same surface • 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 • Wearing masks for athletes is mandatory while not in the field of play ie. required going in and out of the facility but not while training in the gym • 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 • Coaches are encouraged to use minimal spotting for all programs based on the training needs of the athlete. • Wearing masks for the coaches and staff is required while not in the field of play, i.e. required in public areas of the facility but not while coaching on the gym floor • 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 • Anyone feeling unwell as per Appendix B, MUST STAY HOME • 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 • The age limit age of 5 years old and up is removed for Stage 2.

- 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 programs - cover pit with landing mats. The foam pit can now be used for competitive training.
- Adhere to maximum numbers in the facility as dictated by NS Health Act
**** Current Guidelines from the Provincial Government in the Health Act as presented under Gathering limits in Restrictions and Guidelines section of the Government of Nova Scotia website as of October 1st, 2020 -**
You need to follow gathering limits, unless your group has an exemption identified in the [Health Protection Act Order \(PDF\)](#).
The following gathering restrictions are in place:
 - *gathering limit without social distancing - you can form a close social group of up to 10 people without social distancing; you're not required to be exclusive but are strongly encouraged to maintain a consistent group (people shouldn't gather in random or spontaneous groups of 10)*
 - *gathering limit without social distancing for participants in organized performing arts (excluding singing and playing brass or wind instruments) and sports - participants in performing arts and sports (recreational, amateur and professional) can gather in groups of up to 50 people without social distancing for practices, competitions, games, rehearsals and artistic performances; the limit includes players, participants, officials, coaches, instructors, performers, directors, cast, crew and anyone who is required to be on or near a field of play or within a performance space*
 - *indoor gathering limit with social distancing for social events, spectators of sports and performing arts, organized physical activity, faith gatherings, weddings, funerals, arts and culture events, festivals and special events that are run by a recognized business or organization - 50% of the venue's capacity up to 200 people maximum indoors*
 - *All spectators must wear masks and be physically distant. Spectators must stay a minimum of 2 metres (6 feet) away from the field of play.*
 - *Each facility has its own guidelines and capacity limits which must be respected at all times. Complete information can be viewed in Section 5 of the Health Act:*
<https://novascotia.ca/coronavirus/docs/health-protection-act-order-by-the-medical-officer-of-health.pdf>
As this changes, this section will be updated.
- *Gymnastics clubs that own and operate their own facilities, should also refer to the [NS Fitness Facilities re-opening guidelines \(June 4, 2020\)](#).*

Class/Team Management	<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
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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 everyone upon entry to the facility. Anyone entering the facility, should use these guidelines:

1. Ask them if in the past 48 hours they have had, or are currently experiencing:
 - a fever (>38 C) **OR** cough (new or worsening)

OR

Two or more of the following symptoms (new or worsening):

- a sore throat
 - a runny nose
 - a headache
 - shortness of breath
 - unexplained headache
2. If they answer **yes to step 1**, go to step 6.
 3. If the answer **no to step 1**, assess for the following screening risk factors:
 - a. Ask if they have tested positive for COVID-19 OR have a **test** pending.
 - b. Have they **or anyone in their household** travelled outside of Atlantic Canada (NS, NB, PE, NL) within the past 14 days?
 - c. 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 of Atlantic Canada in the past 14 days)?
 - d. Have they had exposure to any location identified by Public Health with a potential for exposure to COVID-19?
 4. If they answered **yes to step 3**, go to step 6.
 5. If they answered **no to step 3**, proceed into the facility.
 6. If they answered **yes** - ask them to wash their hands. Advise them to put on a mask and maintain spatial separation of 2 meters. Minimize contact. Confirm their contact information

and request they return home, self-isolate, and advise them to visit:

<https://www.nshealth.ca/coronavirus-assessment>