



GYMNASTICS NOVA SCOTIA

5516 Spring Garden Road, Halifax, NS B3J 1G6
Tel: (902)425-5450, ext. 338, fax: (902)425-5606
e-mail: gns@sportnovascotia.ca
Web page: www.gymns.ca

**Gymnastics Nova Scotia
COVID -19 Board Meeting#1
Via Zoom online meetings
March 13th, 2020**

Final Minutes

Present:

Board: Susie Gallagher, Nick Lenehan, Sherry Watters, Ted Higney, Carol Anne Prost, Jason MacLeod, Cathy Huntington

Staff: Angela Gallant, David Brown

Meeting began 1:05pm

A GNS Zoom meeting was called to discuss the ongoing concerns around the quickly spreading COVID-19 virus and our current gymnastics programming at this time. The attached letter from Dr. Robert Strang, Chief Medical Officer of Health, to Provincial Sport Organizations was distributed to the board and member clubs. It was also noted that the province of Nova Scotia issued a statement following Dr. Strang's letter, indicating that there should not be any public gatherings of more than 150 people.

At this point in time, the Aerials March Break Invitational Meet that was scheduled for March 14-15, 2020 had already been cancelled due to the requirement in Dr. Strang's letter that sport teams and individual athletes should not travel out of province for competitions or events and sport teams and individual athletes from out of province should not travel to compete in NS competitions. There were about 50 out of province athletes registered so the meet was cancelled.

Various discussions took place regarding the impact of the Covid-19 virus on the sporting community and what direction the GNS Board should take. With the health and safety of our athletes, officials, coaches and spectators being the main concern, it was determined that we should suspend all gymnastics activities that are sanctioned by Gymnastics NS including classes, training, camps, competitions and workshops.

MOTION:

It was moved that GNS members clubs suspend all GNS sanctioned activities as of 6pm today (Friday, March 13th) until further notice. Gymnastics NS sanctioned activities include all classes, camps, training, competitions and any workshops. These activities are to be postponed until there is direction from Health authorities stating it is safe to return to normal operations and at this point, GNS will advise member clubs.

Moved by: Ted Higney, Seconded by: Sherry Watters

All in favour

Motion passed

It was also decided that the **GNS Provincial Championships** that were scheduled for April 3-5th, will be postponed at this time and a further decision will be made on rescheduling or cancelling at a later date.

Action:

Angela will draft a notice to be distributed on behalf of the board and sent it out to all clubs.

Further meetings will be scheduled as needed.

Meeting ended at 1:55pm.

Memorandum

To: Provincial Sport Organizations
From: Dr. Robert Strang, Chief Medical Officer of Health
Date: March 13th, 2020
Re: novel Coronavirus 2019 (COVID19)
c: Jamie Ferguson, CEO, Sport Nova Scotia

I am writing again to provincial sport organizations with an update on the situation with the novel coronavirus (SARS-CoV-2) and the illness it causes COVID19.

COVID19 has now spread around the globe and is rapidly increasing in the USA and Canada. While there have been no cases of COVID19 in Nova Scotia to date, it is almost certain that we will get cases and community spread in the near future.

There is no vaccine or specific treatment for this virus therefore as we prepare for local spread, we need to focus on

- i) protective measures such as handwashing
- ii) steps to minimize the close contact between people (social distancing).

There is up-to-date information of personal protective measures, handwashing posters and a number of fact sheets at <https://novascotia.ca/coronavirus/>

Steps that sports teams and organizations should be considering at this time to support social distancing include:

- a) no handshakes, high fives or fist bumps
- b) minimizing close face-to-face contact during practices, games and in the change room
- c) no group social activities
- d) limit or stop spectators, especially for indoor sports/events

To limit the spread of COVID-19 to Nova Scotia at this time:

- a) sports teams and individual athletes should not travel outside of Nova Scotia for competitions or events;
- b) sports teams and individual athletes should not travel to Nova Scotia for competitions or events.

As this situation evolves it may be necessary to further restrict sports activities

More information on COVID19 is at <http://novascotia.ca/coronavirus>

Following the following routine prevention measures will help prevent the spread of to a common viruses and bacteria throughout the year:

- Wash your hands frequently with soap and water or use alcohol-based hand rub if water and soap are not available.
- Cough and sneeze into your elbow or a tissue. If using a tissue, immediately place it in a waste disposal and wash your hands.
- Limit touching your eyes, nose and mouth.
- If at all possible, stay home when ill with acute respiratory symptoms; if this is not possible, limit close contact with others.
- Don't share items that may have saliva on them such as, drinking glasses and water bottles (**athletes should use their own, labeled, water bottle for workouts, practices and games**).
- Frequently clean surfaces like taps, doorknobs and countertops.
- Use of masks by the general public for respiratory illnesses such as influenza and COVID19 **have not** been shown to be effective in preventing virus spread and are not recommended for prevention.