

GymNation COVID re-opening Operational Plan

1. Staff, campers, students and visitors must do a self- assessment prior to coming to the gym. The self-assessment guidelines will be posted on our website, at the front door and entrance to the gym. The link to the 811 website is visible [here](#).
2. Members are to communicate to families and staff that some individuals are considered at higher risk of severe illness with COVID-19 (including those over 65 and those with compromised immune systems or underlying medical conditions) and that parents, guardians and staff are encouraged to consult their health care provider if they have concerns about their own health, their child's health, or the health of other household contacts.
3. Staff will familiarize themselves daily with the most up to date information regarding symptoms from the 811 website. Absenteeism will be tracked on the staff schedule.
4. This list of symptoms will be posted at drop off and pick up locations and parents and guardians will be asked daily to confirm that their camper/student has no symptoms and is not otherwise required to self isolate.
5. Parents/guardians will not be permitted to stay within the facility and must remain no further than the front desk area during drop-off and pick up. All visitors must self-assess prior to entering on every visit.
6. Any staff member who becomes ill during a shift will wash their hands, ensure they are wearing a mask and go home or self isolate in the staff office until they are picked up to leave.
7. For any camper/student who becomes ill during their time at the gym will be asked to put on a mask, wash their hands and will be isolated in the staff office until a parent or guardian can pick them up.
8. The use of non-medical masks (cloth or home-made masks) within the day camp setting is not required where physical distancing can be maintained. However, some staff and children may choose to bring and wear a non-medical mask while at camp. Those that choose to wear a non-medical mask should consider the information found [here](#). Using a mask alone isn't enough to prevent the spread of COVID-19. You should also make sure to keep your hands clean, follow cough and sneeze etiquette, practise social distancing and stay home if you're feeling sick.
9. Students will be kept in the same group of ten and will be assigned certain areas of the gym each day. Campers/students will be required to stay within their group and protocols will be put into place to keep groups segregated.
10. Groups will not exceed the recommended gathering limits. The most current information on gathering limits can be found [here](#).
11. Siblings will be assigned to the same groups when reasonable (ie. Siblings of a similar age range) and will remain in that group throughout the day.

12. A daily agenda will be created to ensure the distancing of groups indoors and outdoors with a plan for area changes and break times where distancing will be maintained.
13. During pick up and drop off, a staff member will allow visitors entry into the facility one at a time due to the small area in the entrance to the gym.
14. Groups will have certain areas that they will all need to use however, groups will not use the same areas at the same time as cleaning protocols will be in place to ensure sanitization of areas before sharing any spaces.
15. Signage and visual clues will be placed at various locations in the gym to ensure groups remain physically distanced.
16. Only one person will be responsible at a time for administration and registration, tap for payment and/or e-transfer will be available for no-touch payments. Any touch payments will need to follow the sanitizing protocols.
17. A sanitizing fogger will be used prior to, during breaks and after classes to ensure the safety of the campers/students and to ensure the sanitization of the gym and equipment.
18. All soft, porous props and equipment that cannot be cleaned easily will be removed from the gym until further restrictions have been lifted.
19. We will program the day to include more outdoor activities (including use of nearby outdoor green spaces and trails where physical distancing can be maintained). We will ensure that campers do not use playground equipment while in nearby outdoor parks and green spaces, and we will avoid field trips that require transportation or entry into another facility/building.
20. Hand washing or hand sanitizing by campers and staff, will be monitored throughout the day via a timed checklist including, but not limited to, immediately upon entry to the facility, between activities, moving from indoor to outdoor space and vice versa, before and after eating, drinking and handling food, after cleaning, toileting, handling bodily fluid, sneezing, coughing, blowing your nose.
21. We will provide alcohol-based hand sanitizer throughout the facility, at entry points, and outside of rooms, while ensuring that these products cannot be accessed by campers without supervision.
22. We will communicate daily and throughout the day to campers and staff that they must avoid touching their mouth, nose, and eyes and we have posted signage to encourage hand hygiene and proper cough etiquette.
23. In circumstances where physical distancing is not possible, (where a staff member must supervise a child that has been isolated for exhibiting symptoms etc.) non-medical face masks will be used.

24. There is no air conditioning system in the gym or an air return system so bay doors and windows will be opened to increase ventilation if it is safe to do so.
25. Frequent and thorough environmental cleaning and disinfection will be managed within the facility by staff via Vital Oxide sanitizing disinfectant that has been approved by Public Health for the purposes of disinfecting for the COVID virus. (More about the product can be found [here](#)). Enhanced cleaning (twice daily or more often as needed) of high touch surfaces (e.g. doorknobs, railings, bathrooms, tables, light switches, etc.) will be managed with this product and a daily sanitizing fog will be done prior to and after classes/camp.
26. Waste will be managed and disposed of safely and regularly, ensuring that hands are washed after waste removal.
27. Groups using equipment will remain the same groups until disinfecting of the surfaces is completed and then the next group will be permitted to use the equipment.
28. Any craft supplies will be allocated per student until finished and then sanitized for the next group.
29. Sharing of personal items from home will not be permitted (hair ties, brushes, chap stick, water bottles, food etc.).
30. Signage will be posted in the gym as a constant reminder of social distancing, hand washing and no sharing of personal items.
31. All campers/ students will need to be signed in and out daily (no exceptions) and registry of all people entering the facility (e.g. couriers, guardians etc.) will be kept and managed by the camp administrator and will include confirmation of daily screening for symptoms.
32. In the event that a case of COVID-19 is confirmed to be connected to a day camp setting, Public Health will provide additional guidance including ensuring that appropriate supports are in place to coordinate the response. One confirmed case of COVID-19 in a day camp setting would be considered an outbreak. Public Health actions and directions may include, but are not limited to: Contact tracing, which involves identifying contacts of a positive case and contacting those individuals, to requesting records that identify cohorts/groups of staff and children in the day camp setting for a specified time frame, o Testing of staff and children that may have been exposed to a positive case, Enhancing environmental cleaning, Assessing need for facility closure.