

RHYTHMIC GYMNASTICS MANITOBA
RETURN TO SPORT PROTOCOLS

SEPTEMBER 3, 2021

The following document contains guidelines that Rhythmic Gymnastics Manitoba clubs and programs must follow to resume activities under the September 3, 2021 Provincial Orders. For more information, please contact:

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General

Club administrators should review Manitoba’s State of Emergency and Public Health Orders on a regular basis, which can be accessed here: <https://www.gov.mb.ca/covid19/prs/orders/index.html>

In the event of a discrepancy between any statement in this document to the Manitoba Public Health Orders, the public health orders will take precedence.

Rhythmic Gymnastics Manitoba has the authority to impose further restrictions above the current public health orders. Facilities may also implement additional protocols that clubs are required to follow to fulfill rental agreements.

Participants

All participants over the age of 18 are required to show proof of immunization or produce proof from the Government of Manitoba that there is a medical reason for the person not to receive a vaccine for COVID-19;

All participants are required to wear masks unless actively participating in rhythmic gymnastics. A snug fitting 3-ply mask is strongly recommended. Participants should bring more than one mask to practice in case their mask is dampened through physical activity, which may lower the effectiveness of the mask.

Participants should be informed on best practices for personal hygiene such as frequent hand-washing and to cough and sneeze into sleeve.

Checking Vaccination Status

The Manitoba Immunization Verifier Application allows clubs to scan Manitoba Immunization Cards to confirm a Manitoban is fully vaccinated. The digital and physical cards contain no personal health information or data. Rather, the cards only show the person's first and last names and a QR code. When scanned, the QR code will confirm that the person is fully vaccinated. After receiving proof of vaccination, do not collect or store any information on the immunization status of an individual.

A person is considered fully immunized against COVID-19 if:

(a) they have received two doses of the Pfizer-BioNTech, Moderna or AstraZeneca/COVISHIELD vaccine for COVID-19 or two doses of any combination of those vaccines within a 16-week period and at least 14 days have passed since they received their last vaccine dose; or

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(b) they have received the Janssen COVID-19 vaccine and at least 14 days have passed since they were vaccinated.

For information on the Manitoba Immunization Verifier Application please visit:

<https://www.gov.mb.ca/covid19/vaccine/immunizationrecord/businesses.html>

Staff

All staff are required to wear masks when indoors. A snug fitting 3-ply mask is strongly recommended. Staff must maintain physical distance when providing feedback to gymnasts. Avoid hand-shaking, hugs, or high fives.

Facility and Environment

Encourage ventilation by training in large open spaces, opening windows, or moving practice outdoors. Gymnasts should be instructed to come changed for practice to discourage use locker rooms and shared spaces.

Carpets should be cleaned with a vacuum with a HEPA filter between different groups of athletes using them within a short timeframe.

Limit shared use of apparatus.

Clean shared equipment between groups using approved products from the Government of Canada approved list of disinfectants - <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

Physical Distancing

Socialization should be discouraged before, during and after practice.

Rhythmic Gymnastics Groups should focus on aspects of their routine that adhere to social distancing and minimize the use of shared apparatus.

Athletes must not sit together during rest time between turns. They should have a designated area for rest between turns that can be marked off for safe distances.

Use a grid pattern on the carpet to maximize distance between gymnasts. When gymnasts are doing drills or lines, use a circular rotation with less crossover traffic.

Limit coach spotting unless it is to save an athlete from injury.

Communications

All athletes, coaches, staff, and parent/guardians have been communicated to about the risk of COVID-19 and practices that should be undertaken to mitigate risk.

Use waivers specific to insurance coverage for COVID-19 claims exclusion.

Post protocols in high traffic area e.g. main entrance door, bathrooms.

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Include COVID-19 in your club refund policy.

Clubs should develop plans for a potential requirement of a temporary closure of the gymnastics facility to properly disinfect and ensure other adult leaders or youth are not infected in the event of a positive Covid-19 case at practice.

Screening, Record Keeping and Privacy

All individuals attending a session are instructed to complete the COVID-19 Screening Checklist prior to their practice beginning and entering the facility to participate in any activity.

Participant and staffing lists should be kept for a minimum of 21-days to perform contact tracing. If notified by Manitoba Public Health, the club is prepared with an accurate account of all persons that entered the facility and were in close contact with the infected individual during the specified time frame. Manitoba Public Health will inform of next steps required.

Clubs are required to maintain confidentiality of any person confirmed to have been COVID-19 infected.

Competitions, Events and Travel

Competitions and events must comply with Public Health Orders that limit spectators to those 12+ who are fully immunized or those who can provide proof from the Government of Manitoba that there is a medical reason for the person not to receive a vaccine for COVID-19;

Clubs must receive Event Authorization to travel out of province. Visit the Government of Canada website to see if your destination within Canada has travel restrictions: <https://travel.gc.ca/travel-covid/travel-restrictions/provinces>

Authorization to travel to international events is only by assignment by Gymnastics Canada. Travelling individuals must adhere to all Provincial Orders upon return.

Safe Sport

The COVID-19 pandemic brings a high level of stress and anxiety as it rapidly changes the way we live. Promote mental health resources such as Kids Help Phone (national line available to Manitoba Youth) 1-800-668-6868 kidshelpphone.ca or AbilitiCBT: free and confidential online mental health virtual therapy for Manitobans 16+ 1-844-218-2955 <https://www.manitoba.ca/covid19/bewell/virtualtherapy.html>

RGM insurance has guidelines under which virtual coaching can take place, which only covers supervised sanctioned activities with certified coaches and registered participants.

Considerations must be made for the physical preparedness of athletes returning to the gym after prolonged absence from in-person training.