



# ORIGAMI RHYTHMICS COVID-19 Safety Plan

*Please note: this document is subject to change following provincial and federal health and safety requirements.*

*ORIGAMI RHYTHMICS COVID-19 Club Representative: Olena Laktionova 778-863-4187; email: [origami.rg@gmail.com](mailto:origami.rg@gmail.com)*

*This Club COVID-19 Safety Plan has been approved by the ORIGAMI RHYTHMICS Owner on November 9, 2020*

# Principles

The following five principles from BC's Restart Plan have been used to guide this document:

<b>Personal Hygiene</b>	<b>Stay Home If Sick</b>	<b>Environmental Hygiene</b>	<b>Safe Social Interactions</b>	<b>Physical Modifications</b>
<ul style="list-style-type: none"><li>• Frequent hand-washing</li><li>• Cough into your sleeve</li><li>• Wear a non-medical mask</li><li>• No handshaking</li></ul>	<ul style="list-style-type: none"><li>• Routine daily screening</li><li>• Anyone with any symptoms must stay away from others</li><li>• Returning travelers must self-isolate</li></ul>	<ul style="list-style-type: none"><li>• More frequent cleaning</li><li>• Enhance surface sanitation in high-touch areas</li><li>• Touch-less technology</li></ul>	<ul style="list-style-type: none"><li>• Meet with small numbers of people</li><li>• Maintain distance between you and others</li><li>• Size of room: the bigger the better</li><li>• Outdoor over indoor</li></ul>	<ul style="list-style-type: none"><li>• Spacing within rooms or in transit</li><li>• Room design</li><li>• Plexiglass barriers</li><li>• Movement of people within spaces</li></ul>

# Steps to Return to the Gym

## Step 1: Starting Activities *(to begin when clubs are prepared to safely open)*

### Low-risk activities can occur with the following requirements:

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is prohibited.
- ✓ Training groups for Step 1 are described in Appendix 1.
- ✓ Small class size ratios of 6:1 and reduced training time of 3 will be scheduled.
- ✓ A program summary for Step 1 is included in Appendix 1.

## Step 2: Expanding Activities *(to begin when clubs are able to safely progress beyond Step 1)*

### A gradual decrease of restrictions can occur with the following public health recommendations in place:

- ✓ Ability to maintain physical distancing.
- ✓ Adherence to occupancy limit.
- ✓ Minimal sharing of equipment.
- ✓ Heightened cleaning protocols.
- ✓ The focus is on the development of physical abilities and basics. Spotting is prohibited.
- ✓ Training groups for Step 2 are described in Appendix 1.
- ✓ Larger class size ratios of 12:1 and increased training times of 4 will be scheduled.
- ✓ A program summary for Step 2 is included in Appendix 1.

## Step 3: The 'New Normal'

To be determined at a later date, according to the [Government of BC regulations](#).

# ORIGAMI RHYTHMICS Safety Plan Requirements

## Facility Access

### To access ORIGAMI RHYTHMICS, please complete the following steps:

- Drop off is available at the main entrance: #109- 1647 Broadway Street, Port Coquitlam, BC.
  - Please sit and wait in the car. Gymnasts are entering the gym and leaving the gym with masks one by one ( practice for gymnasts with no masks allowed)
  - All participants will exit the building at #109- 1647 Broadway Street, Port Coquitlam and must not congregate in groups when they get picked up.
  - To facilitate this, we have placed MARKINGS outside the exit doors
  - Parents/guardians will be instructed to drop off and pick up their children on time without coming into the gym. Absolutely NO PARENTS allowed to enter the building (drop off and pick up outside the gym)
  - Parents/guardians will be instructed to tell their children to follow instructions of all ORIGAMI RHYTHMICS staff when entering and exiting the facility.
  - Prior to entering the facility, all individuals must fill out the Daily Screening Checklist. Daily checklists will kept on file. ORIGAMI RHYTHMICS staff will be collecting hard copies in the lobby, and electronic copies can be completed and submitted at <http://tiny.cc/origami1>
  - When classes are completed, all individuals must leave promptly.
  - Parents will be reminded to pick up their children on time. Parents MUST wear masks during drop off and pick up times.
  - Parents will ensure that their children arrive dressed appropriately for class. We have closed our locker rooms until further notice.
  - Members will be asked to register and pay for all programming through our website, which can be found here: <https://www.origamirhythmics.ca> If the website is not accessible for members, they can call Olena Laktionova at 778-863-4187 or email [origami,rg@gmail.com](mailto:origami,rg@gmail.com)
  - Prior to participating in any programming, all participants, parents/guardians, and club personnel must complete required GBC forms.

### To access Origami Rhythmics at 7837 Canada way, Burnaby ( Serbian Centre) please complete the following:

- Drop off is available from parking door entrance: 7837 Canada way, Burnaby ,BC.
- Please line up outside the front door of the facility, maintaining a physical distance of 2m between yourself.
- All participants will exit the building at 7837 Canada way, Burnaby and must not congregate in groups when they get picked up.
- Parents/guardians will be instructed to drop off and pick up their children on time without coming into the gym, if possible.

- Parents/guardians will be instructed to tell their children to follow instructions of all ORIGAMI RHYTHMICS staff when entering and exiting the facility. Parents MUST wear masks during drop off and pick up times
- Prior to entering the facility, all individuals must fill out the Daily Screening Checklist. Daily checklists will kept on file. ORIGAMI RHYTHMICS staff will be collecting hard copies in the lobby, and electronic copies can be completed and submitted at <http://tiny.cc/origami2-1>
- When classes are completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time.
- Parents will ensure that their children arrive dressed appropriately for class. We have closed our locker rooms until further notice.
- Members will be asked to register and pay for all programming through our website, which can be found here: <https://www.origamirhythmics.ca> If the website is not accessible for members, they can call Olena Laktionova at 778-863-4187 or email [origami,rg@gmail.com](mailto:origami,rg@gmail.com)
- Prior to participating in any programming, all participants, parents/guardians, and club personnel must complete required GBC forms.

To access Origami Rhythmics at 7195 Cariboo Rd, Burnaby (Cariboo Hill Temple) please complete the following:

- Drop off is available at the gym door on the left parking lot: 7195 Cariboo Rd, Burnaby, BC
  - Please line up outside the front door of the facility, maintaining a physical distance of 2m between yourself and others by standing outside
- All participants will exit the building at 7195 Cariboo Rd, Burnaby and must not congregate in groups when they get picked up. To facilitate this, we have placed MARKINGS outside the exit doors
- Parents/guardians will be instructed to drop off and pick up their children on time. Absolutely NO PARENTS allowed to enter the building (drop off and pick up outside the gym)
- Parents/guardians will be instructed to tell their children to follow instructions of all ORIGAMI RHYTHMICS staff when entering and exiting the facility.
- Prior to entering the facility, all individuals must fill out the Daily Screening Checklist. Daily checklists will kept on file. ORIGAMI RHYTHMICS staff will be collecting hard copies in the lobby, and electronic copies can be completed and submitted at <http://tiny.cc/origami2-2>
- When classes are completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time.
- Parents will ensure that their children arrive dressed appropriately for class. We have closed our locker rooms until further notice.
- Members will be asked to register and pay for all programming through our website, which can be found here: <https://www.origamirhythmics.ca> If the website is not accessible for members, they can call Olena Laktionova at 778-863-4187 or email [origami,rg@gmail.com](mailto:origami,rg@gmail.com)

- Prior to participating in any programming, all participants, parents/guardians, and club personnel must complete required GBC forms.

## Facility Operations

- Origami Rhythmics ( 109-1647 Broadway Street, PoCo) maximum occupancy (during Steps 1 and 2) is: ( 1091647 Broadway Street, PoCo) - 28
- Maximum Occupancy for the lobby is: 1
- Maximum Occupancy for the change room 1 is: <2
- Maximum Occupancy for the change room 2 is: <3
- Maximum Occupancy for the waiting room is: 1<2
- Maximum Occupancy for the Office is: 1
- Maximum Occupancy for the main gym is: 19 (17 kids plus 2 coaches)
- Maximum Occupancy for the second floor at Origami Gym: 8 (7 kids plus 1 coach)

\*Serbian Centre- 16 (at Sport Gym which we will be using)

\*Cariboo Hill Temple-12 (at Sport Gym which we will be using)

- Signs indicating these occupancy limits are posted clearly in each space.
- We have marked pathways inside the gym using cones, arrows and signage,
- Shared items (e.g., iPads) that can be disinfected between users are permitted. Avoid bringing unnecessary shared items to the gym.
- Participants will be required to have their own rhythmic gymnastics apparatus and yoga mats.
- \* No water station in the gym, personal water bottle only
- \* Strict social distancing for gymnasts and coaches in the gym

## Cleaning

- **Origami Rhythmics Cleaning and Sanitation Protocols:**
- Our cleaning products have been approved by Health Canada to disinfect for Sars-Cov-2, the virus that causes COVID-19.
- We will improve cleaning in the facilities.
- We will increase hand sanitizing stations.
- Hand sanitizing for staff and gymnasts before, during and after the class.
- We have implemented a cleaning log that is kept in 109-1647 Broadway Street, PoCo.
- We will clean the entrance, exit, gym lobby, and other high touch-point areas (e.g. washroom counters, doorknobs, handrails, guest seating, kitchen/break areas, etc.) frequently 2 times per day  
Washrooms will be disinfected twice per day.

- Gymnastics equipment will be disinfected between each user. If not possible, equipment will be disinfected after each class and/or rotation during until further notice.
- Equipment that cannot be cleaned (cloth-like surfaces, foam pits, etc.) will not be used until an appropriate cleaning process has been identified.
- Communal gym tools CD player, iPads will be cleaned or sanitized between each user.
- Once classes are over for the day and all athletes have left, all surfaces that were contacted will be sanitized (mats, floors, counters, washrooms, light switches, etc.). This will be completed in addition to cleaning processes during daily operations.

## Communicate

Origami Rhythmics will inform members of the new protocols (See Appendix 3) before their first visit to the gym, to foster confidence in the staff's commitment to keep everyone safe. This will include information on club: - Screening protocols - Illness Policy (Appendix 2) - Personal hygiene requirements - Physical distancing requirements outside and inside the facility - Cleaning protocols - Programming changes (e.g. limitations on number of people permitted inside of the facility at once, policies regarding spotting, etc.)

- Any parent concerns, questions, and communication will be addressed via email or telephone Olena Laktionova 778-863-4187 • We have appointed Olena Laktionova origami,rg@gmail.com; 778-863-4187 as a single point of contact to address all COVID-19-related communications, compliance, and coordination in the gym.

PLEASE NOTE: Insurance claims related to the transmission of COVID-19 will not be covered by GBC's insurance policies. Prior to participating in any programming, all participants, parents/guardians, and club personnel must complete required GBC forms.

## Staff Training

- Formal and ongoing staff training at Origami Rhythmics will be provided to staff to address the COVID-19 Safety Plan and programming modifications.
- Staff have created pictures, signs to show participants what to expect at the gym.
- Staff should contact their supervisor if have questions or concerns as they return to their roles.
- No hands spotting gymnasts during the training
- Coaches should wear the masks is the distance closer than 2m

## Screening

- • Origami Rhythmics requires that prior to entering the facility, all individuals must complete the Daily Screening Checklist.
- • Individuals must stay home if they are unwell or if someone in their household is sick, even if the symptoms are mild. They must also stay home if they have knowingly been exposed to someone who is sick (Refer to Illness Policy – Appendix 2).
- • Individuals must not enter the facility or participate in any activity if they have, or someone from their household has, travelled outside of Canada in the last 14 days.

## Personal Hygiene

- Origami Rhythmics will provide and increase hand-washing and/or sanitizing stations by the front entrance, exit and inside the gym.
- Origami Rhythmics has determined that sanitizing stations will be implemented to ensure the athlete's hands are sanitized before they enter the gym.
- Hand-washing or sanitizing will be required at a minimum 6. (upon entering the facility, after using the washroom, and between apparatus changes)
- All participants should arrive dressed for their class and only bring what they need in a marked bag (full water bottle, hand sanitizer, yoga mat, socks, gloves, tape, etc.).
- Sharing of personal items including (but not limited to) food and beverages (e.g. water bottles) is forbidden.
- Use of masks is mandatory for anyone during entry and exit of the facility, but not recommended for athletes during the training. Coaches must wear the masks if the physical distance is closer than 2 m.

### Physical Distancing

- Everyone who enters Origami Rhythmics must maintain, at minimum, physical distancing of 2 meters, at all times.
- Coaching for all programs must be performed hands-free (no spotting). Spotting will only be done if a participant's safety is at risk.
- During the Summer Camp Origami Rhythmics will use Thompson Park grassy area north of gym outdoor space for conditioning and any other safe activities assuming physical distancing requirements and cleaning requirements can be maintained.

### Scheduling of Activities

- Origami Rhythmics will adhere to the Rule of Two at all times. This means that no one-on-one training (without another coach present) will take place.
- In order to meet provincial health officer requirements, groups sizes and scheduling are being adjusted.
- Drop-in classes are cancelled until further notice.
- Detailed attendance and membership tracking will be taken and kept on file.

### Injury Protocol

#### Requirements

- If an injury occurs and physical distancing measures must be broken, all persons attending to the injured individual will put on a mask and gloves.
- Origami Rhythmics will have personal protective equipment (PPE) on hand (gloves, masks), stored separately from first-aid kits in case of emergency.
- Origami Rhythmics will maintain a well-stocked first aid kit in case of emergency.

### Illness Policy

- Origami Rhythmics Illness Policy is provided in Appendix 2.

### Outbreak Response

**Origami Rhythmics is committed to the following process in the event of a COVID-19 Outbreak:**



Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An "outbreak" is two or more cases; a "case" is a single case of COVID-19.

1. If a case or outbreak is reported, Olena Laktionova 778-863-4187 ; origami.rg@gmail.com will be the main point of contact for all parties. Olena Laktionova has the authority to modify, restrict, postpone or cancel any or all club activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, Kyrill Laktionov 778-865-4187 will implement enhanced cleaning measures to reduce risk of transmission. Kyrill Laktionov may communicate with the facility operator to notify the facility right away.
3. Origami Rhythmics will implement the illness policy (see Appendix 2) and advise individuals to:
  - a. self-isolate
  - b. monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
  - c. use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
    - i. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
    - ii. Individuals can learn more about how to manage their illness: [bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick](https://bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick)
4. In the event of a suspected case or outbreak of influenza-like-illness, Olena Laktionova will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.

If Origami Rhythmics is contacted by a medical health officer in the course of contact tracing, all individuals associated with the club must cooperate with local health authorities.

## Appendix 1: Programming Summary

Step 1 Programming Summary (To be posted in the gym lobby with occupancy limit poster)

ORIGAMI RHYTHMICS Step 1: Program Summary (July-August 2020)

Number of training groups each week:   4  

Maximum Occupancy for facility (publicly posted in the lobby):   24  

### Summary of Activities

<b>Coach Name</b>	<b>Class Description</b>	<b>Days and Times</b>	<b>Group Size</b>
Betty Getsova	Western/National stream  Provincial Stream	Mon 4:00-8:30 Tue- 4:00-8:30 Thu- 4:00-8:30	8-9
Olena Laktionova	Pre-Competitive ,Provincial Stream	Tue 9 :00-12 :00 Wed -9:00-12:00 Thu 9 :00-12 :00	8-10
Alina Povetkina	Provincial Stream	Mon 12:00-3:00 Wed -12:00-3:00 Fri-12:00-3:00	8-10
Annie Laktionova	Recreational	Tue 9 :00-12 :00 Wed -9:00-12:00 Thu 9 :00-12 :00	8-10

## Step 2 Programming Summary (To be posted in the gym lobby with occupancy limit poster)

### ORIGAMI RHYTHMICS Step 2: Program Summary September 8<sup>th</sup> 2020

Number of training groups each week: Origami Gymnasium- 24

#### Summary of Activities

Coach Name	Class Description	Days and Times	Group Size
Betty Getsova	Western/National stream  Provincial Stream	Mon 4:00-8:00 (carpet 1) Wed -5:00-8:30 (carpet 1) Fri- 5:00-8:30 (carpet 2) Sat- 9:00-1:00 (carpet 1) Sat – 1:15-4:15 (carpet 1)	6-8
Ekaterina Gaevskaia	Provincial Stream	Mon 4:00-7:00 (carpet 2) Tue 4:00-7:00 (carpet 1) Wed -4:00-7:00 (carpet 2) Thu 4:00-7:00 (carpet 1) Fri- 4:00-7:00 (carpet 1)	8-9
Alina Povetkina	Provincial Stream	Tue 5:00-8:00 (carpet 2) Thu 5:00-8:00 (carpet 2)	8-9
Annie Laktionova	Recreational Stream	Fri- 4:30-5:20 (studio upstairs) 5:30 -7:30 (studio upstairs) Sat- 9:00-9:50 (studio upstairs) 10:00-11:50 (studio upstairs) 12:00-2:00 (studio upstairs)	6-8
Olena Laktionova	Competitive/Pre-Competitive/Recreational	Sat- 10:00-1:00 (carpet 2) 3:00-6:00 (carpet 2)	6-8
Anna Artomova	Pre-Competitive/Recreational ballet	Mon 5:00-8:00 (studio upstairs) Tue 4:30-7:30(studio upstairs) Wed -5:00-7:00 (studio upstairs) Thu 5:00-8:00 (studio upstairs) Fri- 4:00-5:00 (studio upstairs)	6-8
Mary Williams	Recreational	Sat- 3:00-6:00 (studio upstairs)	6-8

Alice Shmyk	Pre-Competitive/Recreational	Sun 10:00-10:50 (studio upstairs) Sun 11:00-1:00 (carpet 1)	8-10
	Summary of Activities <b>Serbian Centre -8</b>		
<b>Coach Name</b>	<b>Class Description</b>	<b>Days and Times</b>	<b>Group Size</b>
Annie Laktionova	Competitive Level 1-3 Recreational, Rhythmic Fun	Mon 5:00-8:00 Tue 5:00-8:00 Wed -4:30-7:30 Thu 5:00-8:00	8-12 10-12 8-12 10-12
	Summary of Activities <b>Cariboo Hill Temple-2</b>		
<b>Coach name</b>	<b>Class Description</b>	<b>Days and Times</b>	<b>Group Size</b>
Betty Getsova	Provincial Stream/ Western	Tue 4:30-7:30 Thu 4:30-7:30	8-10

## Appendix 2: ORIGAMI RHYTHMICS Illness Policy

In this policy, "Team member" includes an employee, volunteer, participant or parent/spectator.

### **1. Inform an individual in a position of authority (coach, team manager, program coordinator)**

**immediately if, you feel any symptoms of COVID-19** such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

### **2. Assessment**

a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.

b. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.

c. If Team Members are unsure please have them use the self-assessment tool

<https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self assessment tool.

### **3. If a Team Member is feeling sick with COVID-19 symptoms**

a. They should remain at home and contact Health Link BC at 8-1-1.

b. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.

c. No Team Member may participate in a practice/activity if they are symptomatic.

### **4. If a Team Member tests positive for COVID-19**

a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.

b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.

c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

### **5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test**

a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.

b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.

c. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.

d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

### **6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:**

a. Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID19.

b. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.

c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

**7. Quarantine or Self-Isolate if:**

a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self isolate.

b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.

c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.

d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.