



**CHILDREN'S FITNESS CENTRES OF CANADA  
RETURN-TO-PLAY PROTOCOLS**

**VERSION 3.0 (November 7, 2020)**

The following Return-to-Play Protocols consist of the rules, policies, and procedures intended to enable the return of day-to-day activities at the Children's Fitness Centres of Canada in a manner that maximizes our member's health and minimizes risks from a Public Health perspective.

<b>GENERAL OPERATIONS</b>		
General Operations Section: GO-01	Compliance with regulations	<p>Operations will adhere to all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist from time to time. This includes, but is not limited to, compliance with:</p> <ul style="list-style-type: none"> <li>• Physical distancing measures</li> <li>• Health and safety regulations</li> <li>• Size of permitted gatherings</li> <li>• CFCC's rules, policies, and procedures</li> <li>• Applicable occupational health and safety requirements</li> </ul>
General Operations Section: GO-02	Compliance with these protocols	<p>All team members will implement and comply with the current version of these Return-to-Play Protocols. Team members are also responsible for implementing and complying with any updated version of these protocols as posted from time to time.</p> <p><b>The Acknowledgement, Release, Indemnity, and Assumption of Risk Regarding COVID-19 Waiver</b> provided as part of these protocols <b>must be completed by all individuals before entering the facility</b> (including team members (staff), students, parents, guardians, and volunteers).</p> <p>Note: The Acknowledgement, Release, Indemnity, and Assumption of Risk Regarding COVID-19 Waiver can be completed online at <a href="http://www.childrensfitnesscentres.com">www.childrensfitnesscentres.com</a> (COVID-19 tab).</p>
General Operations Section: GO-03	COVID-19 Education	<p>Children's Fitness Centres of Canada will ensure that team members, students, parents, guardians, and volunteers receive education on new safety and hygiene protocols within the facility as well as government-approved information on ways to limit the spread of COVID-19 including:</p> <ul style="list-style-type: none"> <li>• Respiratory etiquette</li> <li>• Hand hygiene</li> <li>• Physical distancing</li> <li>• Use of Personal Protective Equipment</li> </ul>

<p>General Operations Section: GO-03</p>	<p>Signage</p>	<p>Children's Fitness Centres of Canada will ensure signs are posted throughout the facility to remind the public of the Ministry of Health and Toronto Public Health's recommended guidelines, including the following:</p> <ul style="list-style-type: none"> <li>• Physical distancing</li> <li>• Respiratory etiquette</li> <li>• Hand hygiene</li> <li>• COVID-19 signs and symptoms</li> <li>• "Attention Visitors" Signs – to remind individuals not to enter if they are sick (even if symptoms resemble a mild cold).</li> </ul>
<p>General Operations Section: GO-04</p>	<p>COVID-19 Response Plan</p>	<p>Children's Fitness Centres of Canada has developed a COVID-19 Response Plan which includes:</p> <ol style="list-style-type: none"> <li>1. Designating groups of individuals to oversee the implementation of health and safety guidelines.</li> <li>2. Establishing a protocol to address situations where individuals become unwell or show signs and symptoms of COVID-19 during operations.</li> <li>3. Establishing a protocol for individuals to report to CFCC if they have developed or been exposed to someone with COVID-19 symptoms.</li> <li>4. Establishing a protocol for CFCC to inform team members, students, parents, guardians, and volunteers if there has been an exposure to COVID-19 within the facility.</li> <li>5. Establishing procedures to modify, restrict, postpone or cancel classes, camps, and programs based on the evolving COVID-19 pandemic.</li> <li>6. Establishing a communication plan to keep team members, students, parents, guardians, and volunteers informed during Return-To-Play phases.</li> <li>7. Establishing a protocol for team members, students, parents, guardians, and volunteers upon receiving a diagnosis of COVID-19.</li> </ol>
<p>General Operatons Section: GO-05</p>	<p>Office Administration</p>	<p>All administrative activities will be conducted online, by phone, or virtually whenever possible.</p>
<p>General Operatons Section: GO-06</p>	<p>Facility Coordination</p>	<p>All team members will <b>coordinate</b> with the relevant managers to ensure compliance with these protocols. This includes at a minimum:</p> <ul style="list-style-type: none"> <li>• Ensuring that any person who enters or uses the facility maintains a physical distance of <b>at least 2 m. from any other person who is using the facility.</b></li> </ul>

		<ul style="list-style-type: none"> <li>Ensuring a <b>staggered</b> approach to facility traffic, including washroom use, event transitions, and entry &amp; exit of the building.</li> <li>Ensuring that all individuals who enter the facility <b>immediately wash hands at one of our designated handwashing stations with soap and warm water.</b></li> <li>Ensuring that <b>all individuals</b> are <b>screened</b> with our Daily Health Screening Questionnaire before entering the facility.</li> <li>Scheduling frequent cleaning throughout the day.</li> <li>Wiping down and sanitizing high touch areas.</li> <li>Ensuring the closure of all non-essential rooms during day-to-day operations (i.e., Play Room).</li> </ul>
General Operations Section: GO-07	Self-screening measures	<p>All individuals must self-screen following current public health guidelines before entering the facility. Individuals must not enter the facility if they:</p> <ul style="list-style-type: none"> <li>Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.</li> <li>Have been in contact with someone with COVID-19 in the past 14 days</li> <li>Have returned from travel outside of Canada (must quarantine for 14 days at home).</li> <li>Are considered a vulnerable or at-risk individual (<b>individuals over 65 years, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.</b>)</li> </ul>
Operations Section: GO-08	Health Screening of Individuals	<p>All individuals must complete our <b>Daily Health Screening Questionnaire</b> <u>online</u> before entering the facility. The screen can be found at <a href="http://www.childrensfitnesscentres.com">www.childrensfitnesscentres.com</a> (COVID-19 tab).</p> <p>We recommend that parents complete the screen <u>online</u> before heading to the facility. Nevertheless, the screen can also be administered verbally by one of our senior team members.</p> <p>Individuals who screen positive for COVID-19 will be denied entry to the facility, advised to self-isolate for 14 days, and recommended to seek immediate medical consult.</p>
Operations Section: GO-09	Tracking of individuals entering the facility	CFCC will maintain a daily log of all individuals who enter the facility. Records will be kept up-to-date and available to facilitate contact tracing in the event of an outbreak.
General Operations Section: GO-10	Cleaning & Disinfecting	<p>CFCC will have a "<b>sanitation squad</b>" designated to clean and disinfect the premises frequently throughout the day, between classes, and at the end of the day.</p> <p>CFCC will also have a clean, disinfected "<b>equipment stockpile</b>" on hand. This will allow team members to replace equipment throughout the day as needed to ensure properly disinfected surfaces for our students.</p>

		<p>Once classes are over for the day and all individuals have left the facility, all surfaces will be cleaned and disinfected included, but not limited to, gymnastics equipment, counters, bathrooms, and other high contact areas.</p> <p>A cleaning log will be posted and used to track cleaning.</p>
<b>CORE PROGRAMS</b>		
Core Programs Section: CP-01	Drop-Off & Pick-Up Procedures; Kiss 'N' Ride	<p>We will be adopting a drop-off and pick-up procedure that is similar to that currently implemented by the school board, whereby parents are not permitted to enter the facility.</p> <p>The intent is to support physical distancing within the facility and ensure cohorts or "bubbles" are separated to the greatest extent possible.</p> <p><i>(We are happy to report that we have tested and implemented this system seamlessly throughout summer camp – thanks to the concerted effort of our valued members and dedicated team.)</i></p> <p><b>DROP OFF:</b> We will ask parents to drive up to the front of the building <b>15 minutes before the onset of class</b> and await a senior team member to approach their car. A senior team member will confirm that the family has completed the online <b>Daily Health Screening Questionnaire</b> while the family remains inside their vehicle. If cleared, the student will be escorted to his/her teacher.</p> <p>NOTE: This questionnaire is available <b>online</b> at <a href="http://www.childrensfitnesscentres.com">www.childrensfitnesscentres.com</a> (COVID-19 tab). <b>Parents are requested to complete the screen before arriving at the facility.</b></p> <p>We ask that parents or guardians check the temperature of their children daily before coming to class.</p> <p><b>PICK UP:</b> A senior team member will be at the front of the building when classes end. We will escort the student to his/her parent or guardian, maintaining physical distancing.</p>
Core Programs Section: CP-02	Physical Distancing, "Bubbles," and Limits on Class Sizes.	<p>We will follow Toronto Public Health's guidelines with respect to gatherings.</p> <ul style="list-style-type: none"> <li>Students will be grouped in cohorts or "bubbles" of up to seven (7) individuals (including the teacher). The cohort or "bubble" will stay together throughout the class.</li> </ul>

		<ul style="list-style-type: none"> <li>• Cohorts or "bubbles" cannot mix with other cohorts or "bubbles".</li> <li>• Students must respect Toronto's Public Health physical distancing guidelines by staying at least 2 meters apart. Students are not permitted to touch each other.</li> <li>• Students must avoid close greetings, such as hugs and handshakes, and be encouraged to use physically distant greetings (i.e., waving).</li> <li>• Event transitions, washroom breaks, and lunch/snack times will be staggered to promote physical distancing among students.</li> <li>• We will adhere to the maximum number of individuals in the facility and training area, as directed by current guidelines.</li> </ul>
Core Programs Section: CP-03	Personal Protective Equipment	<p>Team members will be required to wear a non-medical or medical face mask during operations. If physical distancing and separation cannot be maintained, team members should have PPE consisting of a non-medical face mask and eye protection (i.e., goggles or face shield).</p> <p>Students must come into the facility wearing a face mask. We will be encouraging all students to wear their masks during training. If a child feels that they need to temporarily remove their mask when engaging in athletic activities, we will address accordingly.</p>
Core Programs Section: CP-04	Spectators	<p>Parents, family members, friends, and guests (i.e., spectators) will not be allowed inside the facility during operations. The intent is to support physical distancing within the facility and ensure cohorts or "bubbles" are separated to the greatest extent possible.</p>
Core Programs Section: CP-05	Personal hygiene	<p>All individuals who enter the facility must <b>immediately wash hands at one of our designated handwashing stations with soap and warm water for at least 20 seconds.</b></p> <p>Students must <b>wash their hands with soap and water for at least 20 seconds</b> when leaving the gym, and after using the washroom.</p> <p>Hand sanitization stations will be set-up at each event. Students will be asked to sanitize their hands before starting each event in their rotation (or per required need). Students will be supervised when sanitizing their hands.</p> <p>All individuals will be advised to wash clothes as soon as they get home.</p> <p>Students will be taught and reminded of appropriate</p>

		respiratory etiquette and hand washing techniques daily (including, but not limited to, sneezing and coughing into your sleeve; discarding tissues immediately after use and washing hands afterward; and refraining from touching eyes, nose, and mouth throughout operations).
Core Programs Section: CP-06	Illness	<p>If a child develops symptoms while in class, the child will be isolated from other children, and the parent or guardian will be notified to come and pick up the child immediately. Team members will adhere to the procedures outlined in our COVID-19 Response Plan.</p> <p>All items used by the child will be cleaned and disinfected once the child has been picked up. Items that cannot be cleaned and disinfected will be removed from the program and stored in a sealed container for a minimum of 10 days.</p> <p>If a team member develops illness while at work, they should immediately remove themselves from any contact with others, notify their manager, and seek medical attention. Team members will adhere to the procedures outlined in our COVID-19 Response Plan.</p>
Core Programs Section: CP-07	Snacks and Water Bottles	<p>All students must bring a labelled water bottle to class. Students will not be allowed to drink directly from faucets.</p> <p>Water bottles will remain in each student's designated cubby throughout the class.</p> <p>Students must only drink the beverage provided by their parents or guardians. <b>Sharing of beverages is not permitted.</b></p> <p>Students will practice physical distancing during drink breaks.</p>
Core Programs Section: CP-08	Clothing/Attire	<p>Students must arrive in their training attire prepared to engage in gymnastics-based fitness activities. Unnecessary training gear, clothing, and personal items (i.e., toys) should be left at home.</p> <p>Shoes will be left in the student's cubby at the front foyer. Outdoor footwear will not be permitted past the front foyer.</p>
Core Programs Section: CP-09	Teaching	<p>Team members will be instructed to teach <b>only</b> those students within their respective cohort or "bubble".</p> <p>Cohorts or "bubbles" will be assigned specific areas to train (at least 2 metres apart from the next cohort or "bubble").</p> <p>Team members will be instructed to follow our Developmental Gymnastics curriculum to ensure students review all basic progressions (and build on these</p>

		<p>elements incrementally). This strategy will recondition our students and account for any deconditioning that may have resulted during the pandemic.</p> <p>Team members will engage in "hands free" coaching and "shadow spotting". Shadow spotting is defined as active, hands-off, spotting with the option to intervene to prevent injury.</p> <p>Team members will teach by demonstrating the desired movements and offering clear verbal cues. Children will be asked to perform skills that they can execute safely and readily on their own.</p> <p>Our Developmental Gymnastics curriculum was designed to master the prerequisites of a gymnastics skill before attempting the respective skill. Team members have a plethora of "drills for skills" to perform with our athletes. We will operate, as always, under the premise that mastery of basic movements will lead to mastery of advanced skills (safely and progressively).</p> <p>Music must not be played in the facility at a decibel level that exceeds the level at which normal conversation is possible.</p>
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