



## **Remix Baton Club - Return to Train Plan**

September 2020

### **Return to Train Overview**

Remix Baton aims to provide the opportunity of a welcoming and safe environment for athletes to discover their potential, giving them the opportunity to grow and develop skills in the sport of baton twirling, additionally with dance and acrobatics to aid in learning life skills, dedication and confidence while contributing to a team and the world around them.

We are fully committed to the successful reopening and continuation of our season, where all athletes, families, volunteers, members and guests can feel safe, comfortable, and confident in their return.

With our Return to Train plan, we aim to meet or exceed all expectations outlined in the guidelines provided by the Alberta Baton Twirling Association, Government of Alberta and Alberta Health Services.

Our plan has been developed based on the current recommendations and information provided by the Alberta Government and AHS. The policies and procedures outlined in this document are subject to change at any time and may be reviewed and adjusted as we navigate through the various stages of reopening in Alberta.

We ask that you continue to refer to, fully read, and thoroughly understand all updated copies of this document. All athletes, families, volunteers, members and guests will be responsible for adhering to the outlined policies and procedures to mitigate the risks to all Remix Baton Members.

Together, we are responsible for implementing practices to minimize the risk of transmission of infection, ensuring high levels of sanitation and personal hygiene, and developing procedures of rapid response if a participant or member develops symptoms of illness.

Collectively, we are also all responsible for ensuring our personal safety and the safety of those around us. Everyone must ensure they stay home when sick, wash or sanitize their hands frequently, maintain 2m of physical distancing, use proper respiratory etiquette, minimize touching their face, and follow all other specific guidelines as outlined in this document. Following these guidelines are essential to maintain the safety of every member Remix Baton. As such, we will be strictly enforcing these policies and procedures throughout the duration of our Return to Train plan. Anyone unable to adhere to these guidelines will be asked to leave immediately.

Remix Baton will follow the direction of ABTA, the Alberta Government and AHS as they transition through the stages of reopening sport and recreation facilities in Alberta.

Our next steps will be guided by the information provided by ABTA, the Alberta Government and AHS. We will be following updates closely and will adjust our plan accordingly.

We may offer additional classes and training hours as our season continues and hope to return to a regular programming schedule (with modifications as necessary) as soon as possible.

## General

- A designated COVID-19 Safety Coordinator will be present at all activities, classes and performances at all times.
- Club administrators and COVID-19 Safety Coordinators have reviewed the following government websites. Each will be revisited and monitored regularly for updates.
  - Alberta Biz Connect
  - Alberta's COVID-19 Response
  - Recommendations for PPE
  - Return to Sport, Physical Activity and Recreation – Stage 2 Guidelines
  - Alberta's General Relaunch Guidance
- As per AHS guidelines, cohorts (athletes, coaches, members) will not exceed 50 people.
- Whenever possible, activities will be re-located to outdoor settings instead of indoors.
- Natural ventilation will be provided by opening windows and doors wherever possible to increase airflow.
- All unnecessary communal items have been removed.
- Classes have been scheduled to ensure that the guidelines are maintained.
- If an athlete can not adhere to requirements and follow direction, they will be asked to leave class.
- Parent viewing will be limited. Parents are not permitted to spectate during classes.

## Physical Distancing

- Participants prompted and monitored to ensure physical distancing of 2 meters, or more is maintained in lobbies, change rooms, multi-purpose rooms, bleachers, viewing areas etc.  
Spectators are not permitted in the gymnasium.
- For high-intensity physical activity, athletes should be kept at least 3 meters apart.
- Markers on the wall/floor have been placed 2 meters apart to show participants where to stand.  
Tape or markers will be used on the floor to show participants where to stand.
- Procedures have been put in place to allow for uncongested drop off and pick up of participants.
- Common area chairs and tables have been stacked, roped off or removed to promote distancing.
- We understand that physical distancing may be a challenge. We will do our absolute best to provide gentle physical distancing reminders as required.
- Classes will be divided by age, ability and level.
- Close greetings such as high fives, hugs and handshakes will be avoided.
- Masks are required for close contact spotting and any other situations where physical distancing cannot occur.

## Sanitation, Cleaning and Disinfection

- Hand sanitizer is provided throughout the facility.  
Rental facility will be informed when handwashing sinks are not fully stocked with soap and paper towels.
- Staff responsible for cleaning have been familiarized with the cleaning and disinfecting guidelines in Alberta's General Relaunch Guidance document and are implementing these guidelines.  
Rental facility will receive a copy of Return to Train plan.
- Frequently touched surfaces are regularly cleaned and disinfected. This includes door handles and training equipment.
- All protocols will adhere to the cleaning and disinfecting guidelines set out by AHS.
- Batons, tumbling mats and any additional training equipment will be sanitized before beginning instruction, during class rotation and after use.
- Water fountains and vending machines will not be permitted for use.

## Screening

- All participants are instructed to complete the MANDATORY COVID-19 Daily Screening Checklist prior to entering the facility and/or participating in any activity. This form will need to be submitted with the correct date, information and all questions answered in full prior to entering the facility.
- Any participant that is exhibiting any COVID-19 symptoms is not be allowed to enter the facility or participate.
- As recommended by AHS, all athletes, families, volunteers, members and guests will not be permitted entry into the facility while experiencing any of the symptoms listed on the COVID-19 Daily Screening Checklist, even if they are mild.
- Anyone feeling unwell should remain at home and complete the online AHS Self-Assessment Tool to see if they may need to be tested for COVID-19.

## Participant Hygiene

- Participants are not permitted to share personal items or training equipment (batons, baton tape, Rosin, water bottles, stretching bands, yoga blocks, etc.).
- Participants are instructed to bring their belongings in a bag and come dressed for their activity as locker facilities will not be available.
- Protocols are in place to enable and encourage participants to perform frequent hand hygiene before, during and after the activity. Tip: Encourage participants to carry and use their own hand sanitizer.
- Participants will be reminded to cough and sneeze into their elbow and to refrain from touching their eyes, nose, mouth and face.
- Frequent cleaning/handwashing with soap and water for at least 20 seconds or use a hand sanitizer. Coaches and athletes are encouraged to carry a personal supply of hand sanitizer for use as needed before, during and after training.

## Coaches and Volunteers

- Coaches and Volunteers have been assigned equipment and supplies for individual use, and protocols are in place to avoid unnecessary sharing.
- Protocols are in place to ensure any coaches or volunteers exhibiting symptoms of COVID-19, who have travelled internationally in the past 14 days, or who have been in close contact with a case of COVID-19 in the last 14 days are identified and instructed to stay home and isolate.
- Coaches and Volunteers have been educated about COVID-19 and how it is transmitted.
- Hand hygiene is enforced among coaches and volunteers.

## Points of Entry and Controlling Access

- Hand sanitizer (>60% alcohol) is available at entry and exit points.  
Members to bring their own hand sanitizer, in addition to what is provided.
- Physical contact is limited through the use of online and **contactless** payment, registration and health checks. If contact with a device is required, an **appointed club member** will sanitize that device before each use.
- Participants are not to enter the gymnasium more than 10 minutes before class is starting.  
Hand Sanitizing is done before entry.
- Class times** are coordinated to allow for **sanitizing** between cohorts, to avoid crowding and to reduce wait times.
- Parents and guardians are **asked** to **remain** in their vehicles for a few extra minutes after dropping off their child to ensure there are no issues.  
Parents are not permitted to spectate during classes.

## Class Scheduling and Programming

- Classes will be divided by age, ability and level.
- Classes remain available for athletes of all ages and skill levels to participate in.  
Classes will initially be capped at a maximum of 25 participants.
- Physical distancing markers will be present and spaced appropriately in the gym to ensure 2m of distance is maintained at all times where possible.
- Staggered breaks will be offered to promote physical distancing.

## Food and Beverages

- All members have been notified that no food and beverage is to be shared between individuals.
- Food is not permitted in the gymnasium.
- Water fountains and vending machines are not permitted for use. All participants must bring their own water bottle.

## Locker and Changing Rooms

- To discourage the use of locker change rooms as much as possible, participants are encouraged to come dressed for their activity.
- Surfaces, sinks and toilets are cleaned and disinfected regularly. Rental facility will receive a copy of Return to Train plan.
- All self-serve and common-use items such as hair dryers, scrunchies, make up, showers etc. have been removed or closed.

## Spectators

- Spectators are not permitted in the gymnasium.

## Communication

- All athletes, coaches, volunteers and spectators have been communicated to about the risk of COVID-19 and practices that should be undertaken to mitigate risk.
- Appropriate Government of Alberta posters are prominently displayed throughout the facility, including Physical distancing expectations. Rental facility will receive a copy of Return to Train plan.
- Hygiene, respiratory etiquette, cleaning and disinfection practices have been communicated.

## Personal Protective Equipment

- Masks and gloves are available for coaches, volunteers and athletes in case emergency contact is required, such as tending to an injury.
- Coaches and volunteers are given the option to wear masks should they choose.
- Coaches and volunteers have been instructed on how to properly wear a mask should it be required.
- Athletes are not permitted to wear face masks during activity, as it can be a safety hazard.
- Masks are required for close contact spotting and any other situations where physical distancing cannot occur.

### Students MUST Bring the Following to EVERY Class:

- Baton
- Active Wear
- Appropriate Footwear (Jazz shoes for competitive athletes)
- Hair Tie/Ponytail
- Pen
- Personal Folder
- Water Bottle
- Hand Sanitizer
- Mask

## Competitions and Travel

- Competitions are not being scheduled as part of Phase 2.
- No regional competitions will occur in Phase 2; all activities and participants in the gym are from the local community.

## Emergency/First Aid Procedure

- Any member that may be required to provide first aid will be required to wear a mask and gloves.
- Masks and gloves are available for coaches, volunteers and athletes in case emergency contact is required, such as tending to an injury.

**We have developed the following COVID-19 Emergency Action Plans in an effort to ensure we are able to react quickly and respond to any of the following situations:**

## Public Health

- Athletes, coaches, volunteers and spectators who **display symptoms** are asked to leave immediately and instructed to isolate **themselves** from others.
- Club protocols are in place to keep records of all athletes, coaches, volunteers and spectators for a period of two weeks should contact tracing data be required by the Government of Alberta or Alberta Health Services, resulting from a case of COVID-19 being linked to the facility.

## Rapid Response to Symptomatic Individuals

- A rapid response plan is in place to manage symptomatic athletes, coaches, volunteers and spectators. (Details for this plan can be found in Alberta's General Relaunch Guidance document).  
**This plan** takes into consideration:
  - Immediate isolation of the symptomatic participant from others, including safe travel home.
  - Consideration of cancelling the current training session.
  - Immediate washing of hands by all other participants.
  - Immediate cleaning and disinfection of all equipment and surfaces that the symptomatic participant may have touched/come in contact with.

If an athlete, coach, member, volunteer, or guest begin to experience any of the symptoms listed on the COVID-19 Daily Screening Checklist during their time at our facility, the following will occur:

- Anyone experiencing any symptoms listed on the COVID-19 Daily Screening Checklist will be removed from class immediately and will be required to leave the facility as soon as possible. Once removed from class, the participant will be separated from contact with others in a designated space until a parent/guardian can be contacted and safe travel arrangements home can be made.
- Members in the same cohort will be required to wash and/or sanitize their hands and all of the equipment and surfaces that the symptomatic athlete may have been in contact with will immediately undergo appropriate cleaning and sanitation procedures.

- If a participant is sent home due to exhibiting symptoms of COVID-19, they must complete the online AHS Self-Assessment and be tested for COVID-19. Participants may not return to class for 14 days or until a negative COVID-19 test result is received.

#### SYMPTOMS CAUSED BY ALLERGIES & CHRONIC CONDITIONS:

- We request that anyone with allergies or a chronic condition that may cause them to exhibit any of the primary symptoms of COVID-19, as listed on the COVID-19 Daily Screening Checklist, informs the appropriate members of this condition prior to commencement of classes.
- We recommend that those with underlying conditions compromised immune systems, or those who may be more susceptible to the negative impacts of a COVID-19 infection due to a medical condition refrain from participating in activities at present.
- Any athlete or volunteer that is required to leave a training session as a consequence of experiencing signs or symptoms consistent with COVID-19 is required to contact their physician to consider the appropriateness of further investigations. Further investigations may include a test for COVID-19, which then may lead to the notification of appropriate public health officials regarding a positive test result.
- Public health officials will determine any requirements related to facility and/or group operations, as well as any requirements around contact tracing as it relates to managing the spread of the virus. The athlete or volunteer may not return until receiving clearance from the physician, and if a test for COVID-19 was completed, a negative test result will be required before further training is permitted. If home isolation is required, guidelines have been provided in a subsequent section below.
- Coaches, volunteers or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider prior to attending training sessions.
- Common underlying health conditions that may place an individual at higher risk would include hypertension, heart disease, diabetes, obesity, chronic respiratory diseases such as asthma and those who are otherwise immunocompromised.

#### Protocol for Positive Test

- If any athlete, coach or volunteer test positive for COVID-19, the following steps must be taken:
  - The athlete is removed from the training group immediately.
  - **Classes** will be suspended, and all members are placed in isolation.
  - The local public health authority will provide further management recommendations, which may include additional testing and arrange for contact tracing.
  - Any further team members who develop symptoms will be referred to the appropriate public health authority or helpline for guidance on testing and proper management.
- Training can resume if:
  - All members undergo self-isolation for 14 days, and no other member has developed symptoms.
  - All members are cleared to return to training by their physician in accordance with Provincial guidelines.
- Upon notification by AHS of any confirmed or probable case of COVID-19, or any other infectious disease, we will follow all of the AHS recommendations and guidelines.

- In the event that we need to cancel classes due to the notification by AHS immediately, the following steps will be taken:
- Immediately contact the parent/guardian of all participants for pickup via emergency contact information.
  - Immediately stop all activities and communicate with athletes.
  - Have all athletes/coaches wash/sanitize hands.
  - Athletes to return to their designated spots with physical distancing and prepare athletes to be picked up by gathering their personal belongings.
  - Follow up information will be communicated to all participants as further details become available.

## Isolation Recommendations

- If you find yourself ill with symptoms suggestive of COVID-19:
- Remain at home except to get urgent medical care.
  - Do not go to work, school or other public places.
  - Cancel non-urgent appointments.
  - Do not use public transport.
  - Notify your doctor or local health department by phone, as testing may be required.
  - Monitor your symptoms and seek medical attention if you are having difficulty breathing, are unable to drink fluids, or if your illness is significantly worsening.
  - Wear a face mask when around others, particularly when physical distancing cannot be maintained.
  - Separate from household members, **always keep at least 2 metres distance.**
  - Do not have visitors.
  - Stay in a well-ventilated room (open windows) and use your own bathroom if possible.
  - Sanitize common use surfaces frequently.
  - If close contacts are vulnerable in terms of their health, consider alternative accommodations.
  - Avoid sharing household items.
  - Maintain excellent hand hygiene.
  - Follow any other local health regulations

COVID -19 Daily Screening Checklist: <https://www.jotform.com/form/202198934484061>

**\*\*Please note that these policies are subject to change without further notice.\*\***