



UPDATE JANUARY 17, 2021:

In addition to our safety plan, due to the rapid spread of Covid – 19. Club Aviva is requesting the following.

Please complete a self assessment prior to coming to Club Aviva

<https://bc.thrive.health/covid19/en>.

If you are presenting any symptoms of cold/flu/covid-19, have been exposed to covid-19, are awaiting an appointment or results for testing, do not come to Club Aviva. STAY HOME unless all symptoms are gone. Complete a self assessment at <https://bc.thrive.health/covid19/en> and follow the recommendation.

If you are unsure if you should come to Club Aviva, complete a self-assessment at <https://bc.thrive.health/covid19/en>. Follow any and all advise from the Self-assessment tool and/or any health authority.

Wear a mask to Club Aviva (Triple layered recommended/not applicable to 4yrs or less). Club Aviva does not supply masks, and any participant over the age of 4 will not be permitted entrance into our facility without a mask, unless a medical note is on file (not applicable to ES Services).

Spotting will be temporarily suspended; unless required for safety reasons.

Physical distancing has been reimplemented and will be encouraged at all times.

There is still no spectating.

Any non-participant over the age of 12 and/or adult must be vaccine checked prior to entrance with photo ID (teens are not required to show photo ID).



Club Aviva COVID-19 Safety Plan

Please note: this document is subject to change following Public, Provincial and Federal Health and Safety requirements.

In addition, our sport services are also insured and mandated by Gymnastics BC and via Sport. Whereas, our Empowering Steps Therapy Clinic services are insured privately and fall under a healthcare.

Principles

Personal Hygiene	Stay Home If Sick	Environmental Hygiene	Safe Social Interactions	Physical Modifications
<ul style="list-style-type: none"> • Frequent hand-washing/sanitizing • Cough/sneeze into your sleeve • Wear a non-medical mask (triple layered recommended) • No handshaking/high fives etc. 	<ul style="list-style-type: none"> • Routine daily screening https://bc.thrive.health/covid19/en • Anyone with any symptoms must stay home • Unvaccinated travelers must self-isolate • Follow direction from https://bc.thrive.health/covid19/en 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high-touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and others • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces • Occupancy limits

Changes may occur, according to the Government of BC regulations.

Club Aviva Safety Plan Requirements

Facility Access

To access Club Aviva please complete the following steps:

- Drop off is available at the following locations and signage is posted:
 - Empowering Steps programs and children 4 yrs. and under in all other programs will enter/exit via the front main entrance
 - Competitive and Instructional and Camps programs and children 5 yrs. and up will enter/exit through the back yard into Room 1 on the West side of the building: https://youtu.be/eZUWo_7cbDk
- Please line up at appropriate entrance of the facility, maintaining physical distancing from others.
- All participants will exit the building through the designated exits mentioned above and must not congregate in groups when they get picked up.
- Parents/guardians of **children 5yrs and up**, will be instructed to drop off and pick up their children **on time** without coming into the gym. There will be no parent viewing or spectators.
- Parents/guardians for **children 4yrs and under**; may stay with their child and enter the gym.
- Parents/guardians will be instructed to tell their children to follow instructions of all Club Aviva staff when entering and exiting the facility.

Prior to entering the facility, **all individuals** should complete a self assessment for the participant at <https://bc.thrive.health/covid19/en>

Club Aviva Safety Plan Requirements

- If a participant is presenting any signs of illness; keep them home until they are symptom-free
- If you feel your participant may need a Covid-19 test, keep your child home. Do not bring your child to Club Aviva while waiting for an appointment, results, or if presenting any symptoms of any illness
- Ensure your child arrives dressed and ready for class, as our change rooms remain closed until further notice.

Facility Operations

- Club Aviva's maximum occupancy is no more than 150.
 - Maximum Occupancy for the lobby is: 9
 - Maximum Occupancy for each change room and washroom is: 2
 - Maximum Occupancy for the Big Gym is: 70
 - Maximum Occupancy for the Small Gym is: 30
 - Maximum Occupancy for the Main Office is: 3
 - Maximum Occupancy for the Empowering Steps Office is: 2
 - Maximum Occupancy for the Viewing Room Office is: 2
 - Maximum Occupancy for the Management Office is: 2
 - Maximum Occupancy for Room 1 is: 12
 - Maximum Occupancy for Room 2 is: 10
 - Maximum Occupancy for Room 3 is: 12
 - Maximum Occupancy for the Kitchen is: 2
 - Maximum Occupancy for the Back Hallway is: 3
 - [Signs indicating these occupancy limits](#) are posted clearly in each space.

Cleaning

Club Aviva 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 be using a Cobalt Electric Atomizer Fogger with Vital Oxide regularly when the building is empty for extra sanitization.
- We have regular daily cleaning by a professional cleaner and maintenance staff in washrooms, main gym, small gym, rooms 1, 2 & 3, kitchen, and common areas.
- 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.) twice per day at minimum. Washrooms will be disinfected a minimum of twice per day.
- Gymnastics equipment will be disinfected regularly
- Equipment that cannot be cleaned (cloth-like surfaces, bars, foam pits, etc.) will be sanitized with a fogger daily.
- Communal gym tools such as tablets and conditioning equipment will be cleaned or sanitized regularly.
- 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

Please be aware of the ongoing Club Aviva protocols before your first visit to the gym, to foster confidence in the staff's commitment to keep everyone safe. This includes information on Club Aviva's:

- Screening protocols
 - Illness Policy (Appendix 1)
 - 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.)
- Club Aviva has posted resources and posters provided by the BC Centre for Disease Control (CDC), WorkSafeBC and GBC on our website, facility entrance, and in prominent places throughout the gym.
 - We have appointed Club Aviva Management as a point of contact to address all COVID-19-related communications, compliance, and coordination in the gym. [desiree \(at\) clubaviva \(dot\) ca](mailto:desiree@clubaviva.ca) for all programs other than Empowering Steps. [Esmt \(at\) clubaviva \(dot\) ca](mailto:Esmt@clubaviva.ca) for Empowering Steps.

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 Club Aviva will be provided to staff to address the COVID-19 Safety Plan and programming modifications. Including a virologist to review and discuss our safety plan with our key staff.
- Staff communication and updates will be given in person, zoom meetings, and emails.
- Staff should contact their immediate supervisor or manager if they have questions or concerns.

Screening

- Club Aviva requires that prior to entering the facility, all individuals must complete a self assessment at <https://bc.thrive.health/covid19/en>
- Individuals must stay home if they are unwell and follow recommendations from the BC Thrive Self Assessment. (Refer to Illness Policy – Appendix 1).
- If participants have travelled outside of Canada in the last 14 days, follow all recommendations from health authorities. At this time unvaccinated Individuals must self isolate and not enter the facility or participate in any activity for 2 weeks.

Personal Hygiene

- Club Aviva will provide hand-washing and/or sanitizing stations at entrance, exit, common area, and in between apparatus stations.
- Staff will be responsible for all participants to sanitize upon entrance and exit to our facility to ensure the participants hands are sanitized before they enter the gym and leave the gym.
- Hand-washing or sanitizing will be required at a minimum, entering, exiting, after using the washroom, and between apparatus station.
- All persons entering the facility should arrive dressed for participation and only bring what they need in a marked bag (e.g., chalk, grips, 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.
- Staff must wear masks at all times (triple layered).
- All Club Aviva Staff are double vaccinated at minimum and Club Aviva has Vaccine Policy
- Parents/Guardians must wear a mask at all times while in our facility.
- Participants aged 12 and over must wear masks at all times unless doing physical activity.
- Participants between the ages of 5 and up must wear masks while entering the facility, exiting the facility, and entering any common area (unless a medical note has been submitted/not applicable to ES Services).
- Participants aged 4 and under are not required to wear masks at any time.
- For mask use of Empowering Steps Clients, please refer to Appendix 2

Physical Distancing

- Everyone who enters Club Aviva should do their best to maintain physical distancing. For ES Clients, please refer to Appendix 2
- Coaching for all programs must be performed hands-free (no spotting). Spotting will only be done if a participant's safety is at risk. For ES Clients, please refer to Appendix 2
- Club Aviva will use the back yard, local park, trail, parking lot, outdoor space for conditioning and any other safe activities assuming physical distancing requirements and cleaning requirements can be maintained.
- Socializing and congregating by participants, parents, and guardians within Club Aviva is not permitted at this time.

Scheduling of Activities

- Club Aviva 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.
- To meet provincial health officer requirements, group sizes and scheduling may be adjusted at any time.
- Drop-in classes are cancelled until further notice.

Injury Protocol

- 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.
- Club Aviva will have personal protective equipment (PPE) on hand (gloves, masks), stored separately from first-aid kits in case of emergency.
- Club Aviva will maintain a well-stocked first aid kit in case of emergency.

Illness Policy

- Club Aviva Illness Policy is provided in Appendix 1.

Outbreak Response

Club Aviva 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, Desiree Armstrong desiree@clubaviva.ca will be the main point of contact for all parties. Management will meet and possibly 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, desiree@clubaviva.ca will implement enhanced cleaning measures to reduce risk of transmission. Desiree may communicate with the facility operator to notify the facility right away.
3. Desiree will implement the illness policy (see Appendix 1) and advise individuals to:
 - a. self-isolate
 - b. monitor their symptoms daily, report respiratory illness and not to return to activity for at least 5-10 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 or follow provincial health guidelines at the time.
 - c. use the COVID-19 self-assessment tool at <https://bc.thrive.health/covid19/en> 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.
4. In the event of a suspected case or outbreak of influenza-like-illness, Desiree Armstrong will immediately report and discuss the suspected outbreak with a Medical Health Officer (or delegate) from Fraser Health. Implement our Illness Policy and enhanced cleaning measures.

If Club Aviva 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: Club Aviva 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, difficulty breathing, shortness of breath, sore throat and painful swallowing, loss of sense of smell or taste, headache, muscle aches, fatigue, nausea, vomiting, diarrhea and loss of appetite.

2. Assessment

- a. Team members must complete a self-assessment <https://bc.thrive.health/covid19/en> 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>.

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

- a. They should remain at home and complete the <https://bc.thrive.health/covid19/en> self-assessment or 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 use the self assessment tool.
- c. No Team Member may participate in a practice/activity if they are symptomatic, waiting for a covid appointment, test results or sick in any way.

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 symptom-free.
- b. Any Team Members exposed will be contacted and must follow direction from <https://bc.thrive.health/covid19/en>.
- c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially been 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 conduct a self assessment: <https://bc.thrive.health/covid19/en>
- c. Other Team Members who may have been exposed must conduct a self assessment and follow direction at <https://bc.thrive.health/covid19/en>.
- 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 COVID-19 and follow direction from <https://bc.thrive.health/covid19/en>
- b. Once the contact is confirmed, the Team Member may be removed from the workplace/practice/activity following direction from <https://bc.thrive.health/covid19/en> and public health authorities. Team Members who may have come into close contact with the Team Member may also be removed pending direction from <https://bc.thrive.health/covid19/en> or public health authorities.
- 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 must comply with the current Provincial and Federal travel restrictions at the time of travel.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must follow direction at <https://bc.thrive.health/covid19/en> or from public health authority.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 must follow direction from <https://bc.thrive.health/covid19/en>.
- d. Any Team Member who is in quarantine or self-isolating because of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

Appendix 2: Empowering Steps (ES) Programs

Empowering Steps is a movement therapy and behavioural intervention program that assists children and youth with Autism and Neurodevelopmental Disabilities. ES clients have a wide range of physical, social and emotional capabilities, resulting in incidences when physical distancing measures will not be able to be enforced in order to protect the safety of the child and others within the shared environment.

As such, ES protocols will include but are not limited to:

- All ES therapists and supervisors will be wearing a face mask throughout private sessions within the facility.
- Disposable gloves will be worn by ES therapists and supervisors if necessary.
- Spotting: ES therapists and supervisors will strive to maintain physical distancing protocols. However, it is unsafe to maintain a physical distance of 3 metres or when a child requires physical assistance (i.e. mobility issues), ES staff will physically support their clients.
- Use of masks entering/exiting the facility, between rotations and in common areas are strongly encouraged by all participants.
- All ES participants must complete a self assessment prior to entering Club Aviva <https://bc.thrive.health/covid19/en>.

Some of these procedures may not work for your child; please contact an ES supervisor at esmt@clubaviva.ca if you feel that your child may have difficulty accepting any of the above protocols. We will work to the best of our capabilities to individualize a plan that will ensure your child's safety along with the safety of our staff and all others who share the Club Aviva facility.