



Cheer New Brunswick / Cheer Nouveau-Brunswick

RETURN TO PLAY TOOLKIT COVID-19

May 29, 2020



RETURN TO PLAY TOOLKIT COVID-19

BEFORE OPENING

- ◇ All CNB gyms must have a Covid-19 Operation Plan following the Government of NB and Worksafe NB Guidelines updated and available at all times
- ◇ Complete the Sport NB Risk Assessment spreadsheet and return to CNB
- ◇ Contact your insurance provider to check and see if there are any additional requirements
- ◇ Review your waivers to amend for Covid-19
- ◇ Amend your refund policy for Covid-19
- ◇ Appoint someone to be responsible for keeping up to date with the government's guidelines and address operation plan changes, training, and communication as needed
- ◇ Operation plan must be communicated and reviewed with all staff and gym members prior to opening
- ◇ All staff should be trained on new procedures and procedures should be tested
- ◇ Display all signage as required by Government of NB and Worksafe NB
- ◇ If at any point within the gym staff and/or athletes cannot guarantee physical distancing they must follow the Health Canada requirements on face masks including procedures and training
- ◇ All staff and athletes must be screened prior to entering gyms. Please see Worksafe NB's website on whether you need to actively or passively screen
- ◇ Taking comprehensive attendance is mandatory
- ◇ No spotting or stunting
- ◇ Stagger Class Times and request that athletes arrive at the designated time. If they are early, instruct them to wait in their vehicle
- ◇ Use contact-less payment and registration (e-transfers, direct deposit, credit cards online) when ever possible
- ◇ Have a plan in place for if a member of your program is diagnosed with or comes in contact with someone diagnosed with Covid-19. This plan should include communicating with the health authorities and your members. You should be able to precisely communicate all possible contacts and dates within your gym and during your practices.
- ◇ Have a plan in place for communication and strategies for if or when we are required to return to the orange phase or "phase 1" of the yellow phase
- ◇ If you plan to move your program online or outdoors, policies and safe practices must be implemented



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YOUR GYM

- ◇ Create separate entrance and exit points when possible
- ◇ Close lobby and congregation areas. Fountains should be closed
- ◇ Increase ventilation by opening windows and doors when possible
- ◇ Have at least one hand washing/sanitizing station which is clear from contact points
- ◇ Disinfect contact points between each class using an approved disinfectant. This includes training aids, door handles, and washrooms
- ◇ Any equipment not easily sanitized should be avoided
- ◇ Post proper hand washing poster in all bathrooms
- ◇ Once classes are over for the day, and all athletes have left, all surfaces should be cleaned and disinfected (mats, floors, counters, bathrooms). This needs to be done over and above cleaning the equipment between uses

ATHLETES & GYM STAFF

- ◇ Everyone must actively try to maintain 6 feet of distance
- ◇ All staff and athletes must be screened and this should be documented each and every day
- ◇ Focus on training and perfecting current skills. Avoid focus on new skills to avoid injury
- ◇ Minimal belongings are to be brought into the gym
- ◇ Disinfect phones, tablets and other coaching tools
- ◇ Do not share any belongings
- ◇ Athletes should bring their own filled water bottle —labeled with their name on it— and are not to share with anyone
- ◇ Clean your hands before and after training
- ◇ Avoid touching your face
- ◇ Cover cough/sneeze

FIRST AID

*Information Retrieved from Red Cross

- ◇ If first aid is required, try to limit the number of individuals in contact with the person in need of aid
- ◇ If possible, have the person requiring aid use a face mask over their nose and mouth
- ◇ First aid providers should perform hand hygiene after interaction with a person requiring aid
- ◇ Clean and dispose of any PPE used.
- ◇ The risk of disease transmission is extremely low while performing CPR--especially when using a breathing barrier
- ◇ Use protective gloves, if available
- ◇ If you are uncomfortable or haven't been trained to perform traditional CPR, have someone call 9-1-1 and start Hands-Only CPR (continuous chest compression without any mouth to mouth contact) until someone else takes over or emergency help arrives

RESOURCES

- ◇ <https://www2.gnb.ca/content/gnb/biling/coronavirus.html>
- ◇ https://www.worksafenb.ca/media/60984/covid-19_health_and_safety_measures_for_workplaces.pdf
- ◇ <https://www.worksafenb.ca/media/60944/covid-19-screening-questionnaire-english.pdf>
- ◇ <https://www.worksafenb.ca/media/60996/embracing-the-new-normal.pdf>
- ◇ <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>
- ◇ https://assets.aspeninstitute.org/content/uploads/2020/04/Calls-for-Coaches-Adapted-for-COVID-19-Response-FINAL_1.pdf
- ◇ <https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/CDCOVIDE.pdf>
- ◇ <https://www2.gnb.ca/content/dam/gnb/Departments/eco-bce/Promo/covid-19/covid-op-plan-guide.pdf>
- ◇ <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>
- ◇ <https://sportlaw.ca/maintaining-safe-sport-during-covid-19/>
- ◇ <https://sportlaw.ca/balancing-your-communications-approach-during-covid-19/>
- ◇ <https://sportlaw.ca/returning-to-participation-under-covid-19-updating-your-waivers-and-forms/>