



Health & Safety Policy - STAGE 2

Deep Blue Athletics Ltd.(DBA) is committed to a healthy and safe environment for everyone involved in our programs. DBA has developed a policy intended to reduce health risks in regards to COVID-19. All policies have been developed using the Alberta Governments guidelines however additional measures have also been added. We will be using both physical distancing and cohort groups to assist with preventing the spread of any illness. Further programs will be added to this list as we are able to offer them.

GENERAL GUIDELINES FOR ALL PROGRAMS

Drop off & Pick up

- Parents, please do not enter the main gym for drop off or pick up. You may enter the lobby area only for drop off and pick up however please wear a mask.
- The [Health Check Survey](#) must be completed each day. Coaches will verify the Health Check Survey for each participant and athletes may not enter the facility unless it has been completed. The survey must be completed prior to EACH and every visit to the facility. Please complete prior to arrival.
- All participants and staff are required to wash/sanitize hands upon entry and when leaving for the day.

Attendance

- Staff members, parents or guardians and children must not attend the program if they are sick, even if symptoms resemble a mild cold. Symptoms to look for include: fever, cough, shortness of breath, sore throat, runny nose, nasal congestion, headache, and a general feeling of being unwell.
- DBA will keep daily records of any one entering/attending the facility to assist with contact tracing in the event of an outbreak. This list WILL be provided to AHS if required due to a confirmed case.
- No visitors/spectators or special guests will be permitted at this time, unless required and approved by an owner. (Note: We are working on policies that may allow for modified opening of the viewing area)
- If any program is connected to a confirmed or probable case of COVID-19 we will close to allow for contact tracing, if directed to by AHS. DBA will then adhere to any further recommendations from Alberta Health.

Illness

- If a participant develops symptoms while at the program, the child will be isolated away from other children immediately and the parent or guardian will be notified and required to come and pick up the child immediately.
- Children remaining will immediately wash their hands and be moved to a separate space to allow for sanitization.
- All items used by the child will be cleaned and disinfected as soon as the child has been picked up. Items that cannot be cleaned and disinfected (e.g. paper, books, cardboard puzzles) will be removed from the program and stored in a sealed container for a minimum of 10 days.

PROGRAM: PHYSICALLY DISTANT CLASSES

Safety

- Classes sizes will be limited to reduce the number of contacts and physical distancing will be maintained.
- Athletes of the same household may share a space and equipment.
- Please do not bring food into the facility.
- No personal items may be shared between participants.
- For items that cannot be sanitized between uses participants will be required to sanitize their hands before and after use.

Drop off and Pick up Procedures

- Please arrive changed and ready to go, only bring a small bag with cheer shoes and a filled water bottle.
- Classes are staggered and 15 minutes will be left between classes to allow for cleaning and for each class to leave/enter. Please do not arrive more than 5 minutes prior to your start time.

Masks

- Coaches will wear a mask if they come within 2 meters of a participant. Ex when spotting a skill
- As per AHS masks should NOT be worn when conducting intense physical activities.
 - Masks and face shields cannot be assured to stay in place during the course of intense activity.
 - There is some evidence to suggest that wearing a mask during high intensity activities could have negative health effects.

Activities

- Activities in public spaces will maintain a physical distancing of at least 2 metres.
- Activities will not include the sharing of common equipment where possible. Each athlete will be designated a specific area and they will be the designated user of that spaces equipment for the duration of the class.
- All instructors will maintain a 2 meters distance from all participants or wear a mask, and if spotting is to take place the Coach is required to wear a mask and sanitize their hands.
- Each participant will be assigned a space on the mat that will be clearly marked.
- Both low and high intensity activities will take place.

Cleaning

- Equipment will be cleaned and disinfected prior to and after each use where possible and will be disinfected between programs using cohorts.
- Washrooms will be available during all classes but each team/class will be designated a specific washroom.
- All high touch points in the washrooms will be sanitized between classes.
- Hand washing stations and hand sanitizer stations will be provided

PROGRAM: TEAMS/CLASSES (COHORT GROUPS)

Safety

- Cohort groups to a maximum of 50 people, including coaches and staff, will be used for programs to reduce the number of contacts per participant.
- Athletes will come in contact with one another during team practices.
- Please do not bring food into the facility.
- No personal items may be shared between participants.
- For items that cannot be sanitized between uses participants will be required to sanitize their hands before and after use.

Drop off and Pick up Procedures

- Please arrive changed and ready to go, only bring a small bag with cheer shoes and a filled water bottle.
- Groups have staggered start and end times or alternate entrance points.
- 15 minutes will be left between classes to allow for cleaning. Please do not arrive more than 5 minutes prior to your start time.

Masks

- Coaches will wear a mask if they come within 2 meters of a participant. Ex when spotting a skill
- As per AHS masks should NOT be worn when conducting intense physical activities.
 - Masks and face shields cannot be assured to stay in place during the course of intense activity.
 - There is some evidence to suggest that wearing a mask during high intensity activities could have negative health effects.

Activities

- All instructors will maintain a 2 meters distance from all participants unless spotting, and if spotting is to take place the Coach is required to wear a mask and sanitize their hands.
- Both low and high intensity activities will take place.

Cleaning

- Equipment will be cleaned and disinfected prior to and after each use where possible and will be disinfected between programs using cohorts.
- Washrooms will be available during all classes.
- All high touch points in the washrooms will be sanitized between classes.
- Hand washing stations and hand sanitizer stations will be provided

PROGRAM: PLAY AND LEARN/DAY CAMPS (COHORT GROUPS)

Safety

- Day camp/Play and Learn programs will operate in cohorts, this includes both staff and children.
- A cohort is defined as a group of children and staff members assigned to them who stay together throughout the day, cohorts will remain the same for the duration of the week long camps.

Drop off and Pick up Procedures

- Cohorts will be separated for the duration of camp/class including pick up and drop off. Each group will be designated an entrance at the time of registration.
- Parents/care givers may only enter the lobby for drop off and may not remain in the building for more than 15 minutes. Children will be brought outside for pick up weather permitting.

Physical Distancing

- Cohorts will not mix with other cohorts or be within in the same room/space at the same time, including pickups and drop-offs, mealtimes, playtime, outdoor activities, staff rooms, etc.
- All efforts will be made to avoid close greetings like hugs or hand shakes and DBA will encourage physically-distant greetings such as “air fives” and waves.
- Staff will encourage and plan for as many physically distant activities such as shadow tag and avoid activities that require clustering around a particular item or small area. Be aware that not all activities will maintain physical distancing of 2 meters and some activity supplies will be shared (within the same cohort only).
- No food is to be shared with other participants. Participants will be required to wash hands before and after eating. Participants will be spaced out during all eating times.