

Airdrie Sky High Twirlers always have and always will put the safety, health, and well being of our athletes, coaches, and families as a top priority within the club. COVID-19 is a part of the “new normal” this season and so a group of volunteers from the club developed this document to give our ASHT family some guidance as to the expectations we will have moving into our new 2020/21 season. If you need to connect with the team for questions or concerns now and throughout the season, please contact:
airdrieskyhigh.covid@gmail.com

ASHT is following guidelines set out in the AHS ‘Return to Sport’ document in Phase 2 of the relaunch which can be accessed [here](#). We have also closely followed additional guidance from our governing body the Alberta Baton Twirling Association to come up with this relaunch document.

Please note this document will be subject to change depending on changes and adjustments made by the City of Airdrie, the government of Alberta and Alberta Health Services.

Symptoms, Self-Assessment, and Attendance

This is a tool that most of us will become very familiar with in many different situations. It is something we will need to complete for **each** class to ensure our athlete and coaches safety. Athletes need to remain at home if they have any of the COVID-19 symptoms and we will be asking for a self-assessment to be completed for each class. For more info on symptoms please go to: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

- ASHT will be providing a link to an online form that needs to be completed minimum 60 minutes before **the first class of the night**. We will send this out in various communications, but it will be best to keep it saved on your devices for quick reference
- Please complete the self-assessment for the athlete 60 minutes prior to the first class of the night (ASHT will send a text reminder)
- Please complete the daily screening **ONLY** the **day of** each class the athlete attends up to 60 min prior to the first class of the night
- Fill out our daily screening even if the athlete is not attending class (the form simplifies if you are not attending)
- Athletes showing any symptoms will not be able to attend class – we will be following the same standards as school so if they did not go to school please keep them home from baton as well
- Upon class entry coaches will check that the assessment has been completed before allowing the athlete to enter the training space
- We will also be keeping this data and attendance data on file in case it is required for contract tracing at a later time. Data will not be shared outside the club unless required by AHS for contact tracing purposes

Communication

We anticipate there are going to be times we will need to communicate a change in status for classes. We will do this through as many channels as possible, but we encourage families to follow us on social media and sign up for our newsletter and text reminder service for some of our last-minute communication. Classes will be assumed as green status if you have not received communication from ASHT. Yellow and red status will be communicated by text and email a minimum of 30 minutes before the start of that days' classes. Please stay connected!

- Find us on Facebook [here](#)
- Find us on Instagram [here](#)
- Sign up for text remind service by emailing us [here](#)

We will be using a Green/Yellow/Red system for communicating what status we are at for classes. In order for this to work most effectively we need parents/athletes to inform us (airdrieskyhigh.covid@gmail.com) right away if there are any changes related to the athlete's status (symptoms, in quarantine, close contact, etc.) even if your class is not for a few days. Also, it is very important that you fill out the screening 60 minutes before the start of that nights classes or we do not have the proper information to make changes and communicate status changes.

These are the descriptions of the system we will use:

- Green – Safe
 - Classes will proceed as usual
 - No known close contact within the athlete's training group
- Yellow – Caution
 - 1 athlete within the athlete's class in isolation for being in close contact with COVID-19 **outside of baton**
 - Increased hygiene and distancing measures will be in place and communicated with coaches
 - Classes still being held – if your athlete chooses not to attend please let us know ASAP
- Red – Stay home
 - AHS guidelines prohibit gathering
 - Positive results within your designated baton training group(s)
 - If numbers do not permit for regular classes due to COVID-19 restrictions, then:
 - In any of these circumstances we will make every effort to convert to Zoom classes so athletes do not miss training
 - COVID related absences from in person classes will be refunded however no refunds will be issued for missed Zoom classes

Athlete/Coach Positive Test in ASHT Program

If any athlete, coach, or volunteer test positive for COVID-19, the following steps must be taken:

- The athlete is removed from their class(es) immediately.
- Programming will be suspended, and all athletes are asked to self-isolate
- The local public health authority will provide further management recommendations which may include:
 - further testing and arranging 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 appropriate management

Programming could resume if:

- All athletes undergo self-isolation for 14 days and no other member has developed symptoms
- All athletes are cleared to return to group training by their physician in accordance with Provincial guidelines

Use of Masks

We do understand that this can be a controversial topic but ASHT has decided on the following guidelines for mask use in an effort to try to follow guidance from AHS as well as keep those around us as safe as possible. More information on wearing of face coverings can be found [here](#).

- Coaches and volunteers will wear masks and remain masked throughout all classes
- Masks will be required for arrival and departure for athletes who are 9+ years old
- Younger athletes are encouraged to wear masks for arrival/departure, but are not required at this time
- For the actual training, masks will not be required for any age (just coaches)
- ASHT understands that each family has its own comfort level in regard to masks being worn continuously throughout class. We want to do our very best to respect those wishes. If the athlete is not allowed to remove their mask for class, please communicate that with us beforehand so we can follow your guidance (please make sure this has been discussed ahead of time with the athlete).
- ASHT will have a small supply of disposable masks available if forgotten or misplaced

Class Facilities

At ASHT we use various venues and training spaces for the classes we offer and so we are unable to use permanent placement markers or dividers for our athletes. With this in mind we will be or have been implementing the following:

- Class sizes have been limited so we can ensure more than enough adequate social distancing within each training space
- In some cases (outside Genesis place) we have staggered class start and end times to limit close contact
- Coaches will assign a space for athletes to both place their equipment and/or use as their training space. For our younger classes we will use visual space reminders to ensure distancing
- Venues will be open spaces free of all unnecessary communal items
- Our two main facilities are Genesis and DayBreak Community Church. Please click on the facility name for more info on their COVID policies. (were not available yet at Aug 26 version)

Drop off/Pick up

- Masks will be required for arrival and departure for athletes who are 9+ years old, younger athletes masks are optional but encouraged – parents entering and exiting with their athletes are encouraged to wear masks
- DO NOT arrive at class location more than 5 minutes before the beginning or end of class
- Athletes to obey entrance and exit doors/procedures in place at each facility
- Line up (6 feet apart) to check-in with coach and ensure your self-assessment has been completed – when possible floor indicators will be positioned for line up areas
- Get your assigned “spot” from your coach
- Sanitize hands on arrival and departure
- Athlete will be given a disinfecting wipe to sanitize their baton before class begins.
 - A sanitized baton will be lent to Twirling Tots and 8 week session athletes at the beginning of the 8 week session and returned at the end of the 8 week session
- Pickup outside venue when possible
 - For younger athletes where this is not possible please wait in the lobby area outside the training space and maintain social distancing with others (do not arrive more than 5 minutes before the end of class)
- Only bring what is required for class as we are trying to limit items in the training space
- Parents and guardians are encouraged to stay outside in their vehicles for a few extra minutes after dropping their child to ensure there are no issues
 - For the twirling tots class, we recommend you stay close for the length of the class (in case your child needs the facilities, is nervous, etc.)

Equipment

- Athletes are NOT allowed to share any equipment (batons, tape, water bottles, yoga blocks, etc.) – the only exception is in group training and the guidelines for regular cleaning of batons is followed (see below)
- Athletes are asked to bring all belongings in a bag – we suggest the following:
 - Mask
 - Water bottle(s) enough for full length of training
 - Athletic tape/baton tape
 - Baton shoes
 - Batons
 - Personal hand sanitizer
 - Extra hair ties
 - Band-aids
- Do not forget your mat – or acro island – for your acro class

Symptoms While in Class

Even with the proper self-assessments in place it may happen that during the athlete's class they develop symptoms. If this happens, we will do the following:

- Emergency contact (from the athlete self-screening form) will be contacted for immediate pickup
- Athlete will be seated to maintain distance from other athletes and provided a mask if they do not have their own
- All remaining athletes will wash or sanitize their hands
- High touch surfaces that the athlete may have touched will be disinfected
- To return to class we require one of the following:
 - Doctors Note
 - Negative COVID test
 - 14 day absence from class

Participant Hygiene

We see and hear it all the time, but we want to make sure to mention it again and put it in black and white. Please make sure to review and encourage the following hygiene with your athlete:

- Clean/wash your hands frequently with soap and water for at least 20 seconds, or use a hand sanitizer - encourage athletes to carry and use their own hand sanitizer
- Athletes are encouraged to refrain from touching their eyes, nose, mouth, and face
- Athletes should be reminded to exhibit good respiratory etiquette (i.e. sneezing or coughing into the crook of their elbow or a tissue, no spitting, no clearing of nasal passages)

Restroom Use

Of course, bathrooms will always be available to our athletes, but we know that for everyone's safety it is best to try not to use public bathrooms when possible. With this in mind:

- Please use before arriving at class – available for emergencies only
- Please come fully dressed for class and avoid using changerooms

Water and Snacks

- Athletes NEED to bring their own water – enough for their full training period
- DO NOT share water bottles with other athletes (unless family)
- No water stations will be available at any of our venues
- Snacks as long as they are not shared will be permitted (outside the gym) and as long as athlete does not need assistance with their snack

Groups/Teams

- We will keep groups to 10 or less participants
- Batons must be sanitized before and after practicing a group practice – or at regular times if practicing group for an extended period of time
- Choreography will try to maintain distancing as much as possible

Spectators

We understand one of the hardest parts of sending kids back to sport is that we are no longer able to watch them. Unfortunately, at this time we cannot allow spectators due to both venue and AHS guidelines. With this in mind we will try our best to do the following:

- Post videos/picture on our social media to show what our classes are up to (with proper media release on file)
- Parents can contact the athlete's coach via email to check in on progress at anytime

Zoom Classes/Fees

As much as we are trying to avoid classes being disrupted this may happen due to the circumstances surrounding COVID-19. As best as possible we are going to attempt to remain having classes in these circumstances.

- If we are in a red zone, classes will convert to ZOOM
- Fees will remain the same as we need to still pay our facility and coaching costs
- Coaches will arrange for ZOOM classes to be appropriate for your at home space
- If the athlete needs to stay out of class for COVID-19 related circumstances but their program continues still in the yellow zone, you will receive a credit for the athletes two weeks of missed classes – this will be credited twice in the season (January and May)
 - The exception to this is if during the 14 day period classes do move to the red zone then the athlete will be expected to move with their class to online and fees credited will be adjusted accordingly – fee will not be credited for missed Zoom classes

Your Role

During the 6+ months of this pandemic we have all heard the phrase “we are all in this together,” and in order to run a successful season we share that same sentiment. We will **NEED** your help in ensuring everyone is kept safe. There is absolutely no shame in coming forward to say your athlete or someone in close contact with them is symptomatic or has tested positive. We need that information to make overall club decisions and if we need to switch to an online training format. In order to assist us in the process of keeping everyone safe we need you to:

- Keep your athlete home if they are unwell
- Contact us ASAP as soon as the athlete is symptomatic and/or has tested positive
- Fill out our daily screening checklist for every class – even if the athlete is not attending class (the form simplifies if you are not attending)
- Fill out the screening checklist a minimum of 60 minutes prior to the first class that night – we will send a reminder – if we do not have this in a timely manner we are unable to properly communicate status changes
- Reinforce good hygiene and these COVID guidelines with the athletes frequently
- Complete the acknowledgment form that you have read and understand these guidelines

Coaches' Role

At ASHT our coaches will play a vital role in our relaunch. Some of the things the coaches will be responsible for in addition to training will be:

- Completing education on COVID-19 and how it is transmitted
- Ensuring athletes follow the guidance set forth in this document
- Checking self-assessments and offering hand and baton sanitizer
- Coaches will disinfect high touch surfaces between classes (doors, “spots”, etc.)
- Following hand hygiene as both a safety precaution and example to the athletes
- Will be required to self-assess and isolate if needed
- Will have a COVID kit available at all classes in case of emergencies (masks, gloves, wipes, sanitizer, etc.)

General Notes

- Keep athletes at home if they are unwell - we will be following the same standards as schools so if they did not go to school please keep them home from baton as well
- If classes can move outdoors (lots of factors to consider) we may attempt to do so
- Doors will be propped open when possible to increase air flow
- Classes have been staggered (when possible) to allow for less contact between different classes
- Attendance awards will be suspended for this season due to COVID-19
- These guidelines and this overall document is subject to change

PLEASE CLICK [HERE](#) TO SIGN OUR ACKNOWLEDGMENT FORM

Attending Class Checklist

AT HOME:

- Complete your daily screening checklist a minimum of 60 minutes before the first class of the evening
- Get fully dressed for class
- Wash hands before leaving the house
- Use the washroom before leaving home
- Fill water bottles at home and bring what is required for full class time
- Complete the athlete online self-assessment
- Gather all required equipment/supplies for class (mat for Acro)

ARRIVAL:

- Use marked entrance doors
- Wear masks if athlete is 9+ years old, younger athletes' masks are optional but encouraged
- Check in with coach
- Sanitize hands at arrival
- Sanitize batons
 - Twirling Tots and 8-week classes with batons provided – you will be given a sanitized baton upon arrival for use – return at end of class
- Place gear at your designated spot
- Find your assigned distanced area to use as your training spot

DEPARTURE:

- Pack up ALL your gear at your designated spot
- Sanitize hands as leaving
- Use designated exit doors
- Maintain distance as leaving - do not gather in groups when leaving the training space