

## **Manitoba Baton Twirling Sportive Association Return to Play Protocols – August 17, 2020**

### **General Description**

These guidelines follow the current Province of Manitoba Restoring Safe Services Phase 3. As any of the Manitoba public health restrictions relax, those changes will be allowable under these protocols. I.e. group size gathering restrictions.

#### **Stage 1**

- Place appropriate signage outside and inside the gym outlining the physical distancing guidelines in place and encouraging good hand washing and respiratory hygiene
- Increase the frequency throughout the day of cleaning, sanitation and disinfecting of all common areas, especially high traffic areas such as counter surfaces, tables, public restrooms, door handles, and more.
- Create a log sheet for cleaning frequency tracking.
- Athletes should come prepared for practice in practice clothes and should change and shower at home.
- Athletes should stay home if they feel unwell.
- Online coaching and resources encouraged.
- Group size may be restricted by rules provincial, municipal, or facility

#### **Stage 2**

- Use of outdoor or indoor, public facilities permitted with small groups (<12 athletes & coaches in total) and physical distancing.
- Can have multiple groups providing they are separate.
- Routines with no physical contact or insufficient distancing
- Online coaching and resources are encouraged

#### **Stage 3**

- Return to full group activity, including baton exchanges, lifting, holding, or other physical contact
- Modified competition
- Online coaching & resources encouraged
- Full group activity and group size may be restricted by provincial, municipal, or facility rules

### **Registrants**

#### **Stage 1**

- Current MBTSA registered coaches only (i.e., no external experts, or consultants)
- Unless physical distancing space available for spectators. do not permit parents/other spectators (other than designated adult supervisors to adhere to coaching Rule of Two) in the facility during practice/lesson
- Request athletes to arrive only 5 minutes ahead of their practice/lesson time to ensure a limited number of people are waiting and discourage loitering.

- Provide designated waiting area for next athlete/group. Stagger lesson times to allow for social distancing.
- **Before entering the practice facility, each athlete must be asked if they have any symptoms of COVID-19 prior to the start of practice even if they are feeling well. (using screening questions from Provincial Health).**
- **Each athlete must be asked if they have returned from travel outside of Canada within the last 14 days.**
- **If any of the above apply, they will be asked to leave the property immediately as they must self-isolate and contact Health Links (signage to be posted)**
- **These procedures apply to the coach and designated adult supervisors as well. Coaching staff will be asked to self screen and report to their designated supervisor.**

## Stage 2

- Same as Stage 1
- Returning and new athletes both competitive and recreational athletes
- Encourage online registration and contactless payment via etransfer

## Stage 3

- Continue with open registration for all age groups & competitive levels
- External experts & consultants and judges are permitted pending Provincial Health guidelines
- New MBTSA registered coaches are permitted

## General Hygiene & Physical Distancing Measures

### Stage 1

- Do not permit use of change rooms during practice/lessons. Athletes should arrive in practice clothes.
- Make available wash stations or hand sanitizer stations in common areas – request athletes and coaches clean and sanitize hands and batons before and after practice/lessons. All equipment must be disinfected between classes/use (mats etc.)
- Use visual markers to ensure appropriate athlete spacing, such as painted gym lines or similar markers on the floor (cones).
- Each athlete must clean and sanitize their batons and their hands before and after practice/lessons using the wash station/sanitizer provided by your convenor. Athletes encourages to carry personal hand sanitizer.
- Each athlete must bring their own batons, rosin, towels, and water bottles. Do not handle other people's batons, towels, water bottles or any other belongings, including music players/speakers/cell phones.
- Should a baton other than yours wind up in your space, don't handle it. Allow the other athlete space to retrieve it or use your feet to roll it back. **Twirlers must not participate in any group exchanges of batons in this stage.**

- Practice physical by staying a minimum of six (6) feet away from other people at all times including rest time.
- Practice proper hand washing and respiratory hygiene (coughing in to your elbow).
- If first aid is required, use of PPE should be used by coach. Available first aid kit should include gloves, masks/face shields.
- Avoid physical contact with athletes. Hands free coaching or wear a mask if physical distancing is not possible.
- Reduce class size to ensure social distancing practices.
- Permit athletes in public washrooms one at a time.

### Stage 2

- Only facilities given permission to re-open by a public health officer may be used.
- Personal hygiene & physical distancing measures as per Level 1
- No use of changerooms unless needed to use the washroom. Athletes come and leave in practice gear.
- Athletes have designated spots in the gym or facility for bags marked 6 feet apart.

### Stage 3

- Return to full use of facilities as per facility/Municipal/Provincial guidelines
- Personal hygiene measures as per Level 1 except, small group exchanges are allowed. Athletes and coaches separated into small, self-contained training groups or teams (<12), to limit transmission.

## Risk Mitigation Measures

### Stage 1

- CBTF Sanction, Assumption of Risk Waiver required
- Coach must remind each athlete of the physical distancing requirement and not to touch anything in the gym besides their own belongings.
- Do not permit sharing of music players/cell phones/speakers. Coach should operate any music playing device.
- Athletes and coaches separated into small, self-contained training groups or teams (<12), to limit transmission
- Clubs should consider having the same group of athletes stay with the same coach or have the same group of athletes rotate among coaches
- **Attendance records to be kept by the coach/club to facilitate contact tracing if required.**

### Stage 2

- CBTF Sanction, Assumption of Risk Waiver required
- Risk mitigation measures as per level 1
- Athletes and coaches separated into small, self-contained training groups or teams (<12), to limit transmission

- Clubs might consider having the same group of athletes stay with the same coach or have the same group of athletes rotate among coaches
- No socializing

### **Stage 3**

- CBTF Sanction, Assumption of Risk Waiver required
- Return to baton twirling activity in groups based on Provincial Health guidelines
- Consider maintaining some small group separation at training
- Athletes & coaches to be prepared for training prior to arrival at venue to minimize need to use facility change rooms or washrooms
- Limit unnecessary social gatherings

### **Spectators, non-essential visitors, volunteers**

#### **Stage 1**

- No one outside the training group is permitted in the training environment
- No external experts, or consultants
- For lessons and practices, no spectators in gym including parents unless the Rule of Two is required.
- Drop off and pick up happen outside of the building for athletes over twelve years old.

#### **Stage 2**

- No one outside the training group is permitted in the training environment
- No external experts, judges or consultants
- Spectators in gym including parents where space is available to maintain physical distancing at least 2M and within current Provincial Health guidelines for gathering sizes.

#### **Stage 3**

- For competition, spectators only where space is available. Spectators should maintain physical distancing of at least 2m
- Provincial, municipal or facility rules may place limits on the size of large gatherings