



Operational Plan 2020-2021

Rhapsody Rhythmic Gymnastics Fredericton

Executive board Members: Carrie Peach, Rudy Dimayacyac, Angela Aziz.

Operational Plan Development: Martha Maloney (operations coordinator)

Operational Plan Implementation: Miruna Timotin, Hwany Kim, Milana Yaskevich, board members (when required) and volunteers (when required).

Martha Maloney will oversee that the disinfecting and sanitizing products are stocked for the club.

Physical Settings of Rhapsody RG Fredericton:

1. Gym: Main Entrance
3. Gym Hall
4. Gym: Bathroom

New Operational Plan for Rhapsody RG Fredericton:

The most effective way to prevent the spread of COVID-19 is to ensure employees and customers practice physical distancing.

Passive screening includes signage/self-screening survey for families and gymnasts to self-administer before entering the building.

This signage will be placed on the outside of the main door at the Gym center for parents to read and administer before dropping their child off.

Drop Off:

Parents will no longer be permitted to enter the gymnasium during classes.

1. A designated "Drop Off Greeter" (board member or parent volunteer) will arrive 10 minutes prior to class start. The greeter will post the "Screener" on the main door for families to read prior to drop off.
2. Greeter will be provided with a list of gymnast names and wait in the entrance to greet the girls. (This list will be sent to greeter prior for them to print off or access on their phone).
3. Parent(s) will drop gymnast off at door, greeter will then assume supervision of gymnast.

4. The Gymnast will then proceed to the gymnasium. From this entry way the greeter can supervise the gymnast until she enters the gym.
5. The Gymnast will proceed to the gymnasium.
6. Coach(es) will be in the gymnasium to greet and take over supervision of the gymnast.

Inside Gymnasium:

A sign will be posted on the gymnasium door directing gymnasts to drop off their bags at their designated spot and proceed to the hand sanitizing station.

1. The Gymnasts will enter the gymnasium, place their stuff at a designated spot along the wall and proceed to the sanitizing station.
2. The Gymnast will then sanitize hands with sanitizer provided by Rhythmic Gymnastics Club at the designated sanitizing station. This station only services one gymnast at a time. If a que forms, gymnasts will be required to stand 2 meters apart.
3. The gymnast will then proceed to their designated spot on the mat. All spots are two meters apart.
4. During the class gymnasts will remain 2 meters apart for their exercises. When running around the gymnasium during drills, gymnasts will be shown the distance they need to remain apart. Miruna/assistant coach will enforce this.
5. If a gymnast requires the use of the bathroom she will be required upon re-entering the gymnasium from the bathroom, to sanitize hands at the sanitizing station.
7. When class is finished gymnasts will leave their equipment on their designated spot for coach(es) to collect.
8. Gymnasts will collect their things and sanitize their hands at the station prior to dismissal. All these actions will require a distance of 2 meters within gymnasts.

Equipment/Apparatuses:

- All gymnasts will use their own equipment (chairs, balls, ribbons, etc.) and when class is finished these apparatuses will be disinfected by the coach(es) and if required a parent volunteer (this could be the greeter).
- Disinfected equipment will continue to be stored in sealed totes, and only accessed on a need basis by coaches. Gymnasts will no longer participate in handing out the apparatuses.

Pick up:

Parents will no longer be permitted to stay inside the gymnasium during classes or pick up after class at the gymnasium. GYMNASTS WILL BE DISMISSED ONE AT A TIME ON A FIRST COME FIRST SERVE BASIS.

1. A designated "Pick up Greeter" (board member or parent volunteer) will arrive 5 minutes prior to class finishing.
2. Greeter will be provided with a list of gymnast/guardian names. (This list will be sent to the greeter prior for them to print off or access on their phone.
3. When a parent arrives, the greeter will open the door for the parent to indicate which gymnast they are picking up.
4. The greeter will dismiss the appropriate gymnast.