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As of June 15th, 2020, the RGA Board of Directors has approved the RGA Return to Play Strategy, including outdoor training, with some restrictions.

Clubs that are not yet able to provide INDOOR training can prepare to offer outdoor training by:

1. Reviewing all RGA Return to Play documentation. This document should be read in conjunction with the RGA Return to Play Strategy and it’s supporting documentation and [the Alberta Health Authority Relaunch Guidance for Outdoor Activities – Organized Sport.](https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-organized-sport-physical-activity-and-recreation.pdf)
2. Selecting an appropriate location for your outdoor training based on the guidance in this document.
3. Contacting RGA to book a one-on-one phone meeting with the Executive Director to review all guidance and have your questions about outdoor training answered
4. Submitting an ***Interim Return to Play*** ***Plan*** utilizing this document. Alternative plan can be submitted for review, but it must meet or exceeds RGA’s Guidelines. \*\*Due to the gravity of the situation and the associated liability, RGA advises the boards of our member clubs to officially approve and adopt their Interim Return to Play Plans via a formal motion.
5. Collecting applicable Waivers, Assumption of Risk Documents and Declarations and educate staff, parents and athletes on Risk Management Protocols and Permissible Outdoor activities

Please see the chart below for details of the allowable activities and considerations for Outdoor training.

Please note that there are two major considerations for Outdoor Training:

1. Our insurance provider has approved dryland training as an activity that qualifies for injury insurance coverage. Activities such as practicing routines, acrobatic movements, large throws, and risks are **NOT** considered dryland training and are therefore not permissible to ensure that our athletes have access to coverage, if needed.
2. Our insurance policy does not provide injury or general liability coverage for ANY claims related to COVID-19.

It is important for our clubs and participants to understand that our Health Authority has indicated that there has been no change to the COVID-19 virus itself since the beginning of the pandemic. We have merely found ways to limit and track transmission through physical distancing, personal hygiene measures and cohort principles. The ability to Return to Sport does not indicate that there is no longer a risk associated with offering or participating in sport activities

RGA Clubs must take the necessary time to prepare properly for outdoor training and be sure that they are able to meet or exceed the requirements as stated.

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| Requirement | Description/Application | Link to Resources if Applicable |
| Permitted Activities in **Phase A** | * Dryland style training/conditioning **is permitted** in an outdoor setting * Rhythmic apparatus may be used for conditioning purposes such as skipping or core work using the ball etc. * Rhythmic apparatus may also be used for ***STATIC*** handling practice (ex. mills, small tosses, hoop rotations in place) * Tumbling, acrobatics, large throws and risk ***are not*** permitted in the outdoor setting * The use of yoga mats, ankle weight and Thera Bands are permitted but must be brought to the activity by each participant and should not be shared. |  |
| Permitted Locations | * Areas with even ground, free of holes and sharp objects and must be inspected prior to every use * Must be located within reasonable proximity to washroom facilities * Must be located within reasonable proximity of shelter in inclement weather * Must be big enough to allow for proper physical distancing according to the activity (3 meters for High Intensity training, 2 meters for Low Intensity training |  |
| Participants | * Registered members of Rhythmic Gymnastics Alberta. * Should be of an age and stage that is able to adhere to physical distancing and COVID-19 risk management protocols and general safety considerations for open, public spaces. |  |
| Groups | * Clubs must adhere to the Rule of 2 and provide at least 2 coaches for every participant group * Participants groups can be as large as 50 people, providing required physical distancing is possible or cohort measures have been taken and there is an appropriate ratio of coaches to participants   *(Please refer to RGA Return to Play Strategy and the* [*Alberta Health Authority Relaunch Guidance for Organized Sport – Phase 2*](https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf) *for cohort guidance).*   * Spectators are permissible but they must not enter the ‘training area’ and must be able to maintain physical distancing requirements of 2 meters in the spectator area. Clubs are responsible for marking the spectator area and ensuring physical distancing is adhered to.      * Spectators should be known to the club, such as parents and club members. In the interest of Safe Sport, it is not advisable to allow spectators from the general public unless it is well managed and supervised. |  |
| Coaches | * Permissible outdoor training activities may only be led by current (2019-2020) RGA registered coaches that are 18 years of age and older. |  |
| First Aid | * The Health Authority advises that it is preferable that any injuries are attended to by members of the participants household.   *\*\*It is also advisable that at least one individual, 18 years of age or older, that has current first aid training must be present. This individual must be an RGA member and have submitted a Vulnerable Sector check to their club. This person should be wearing PPE if they must attend to an injured participant.*   * A Health and Safety Bin that minimally includes the following must be onsite:   + First Aid kit suitable for sport   + Personal protective equipment for at least 3 people to include masks (does not need to be medical grade), gloves and hand sanitizer |  |
| Safety | * All present must follow all isolation and physical distancing requirements set by the Province. * Clubs are required to provide coaches with Personal Protection Equipment such as masks, gloves, and hand sanitizer in case they are unable to maintain proper physical distancing in the case of injury or emergency. * All participants should bring their own hand sanitizer and personal protective equipment, if desired. ***Note:*** *Masks should NOT be worn during aerobic activity as it may result in breathing difficulties.* * Participants are required to bring their own sanitized equipment and apparatus. Clubs should avoid providing apparatus but if it is required, it must be fully sanitized between each use. * Clubs must designate a drop off and pick up areas as well as shelter for inclement weather and communicate their locations to parents/participants. * If multiple cohorts are attending practices on the same day, SEPARATE drop off and pick up areas must be designated to ensure that cohorts do not mix during these times. * Participants must not be left alone either in the training area or at the drop off/pick up locations. Two coaches must stay with all athletes until they have been picked up. * All minor participants must be accompanied by a coach to the washroom facilities in an outdoor setting. |  |
| Contact Tracing | * Club are required to maintain lists of attendees to outdoor practices and keep them on file for 2 weeks in the event that this information needs to be provided to the Health Authority for tracing purposes. * Clubs must also maintain a list of any parents or spectators of the training that enter the ‘training area’. * As per the RGA Return to Play Strategy document, a COVID-19 Safety Coordinator should be identified for each club |  |
| Waivers & Declarations | * Clubs must collect and retain updated RGA Waivers/Assumption of Risk and Facility Declaration documents from all participants, including coaches. |  |
| Education & Communication | * Clubs are required to submit an ***Interim Return to Play Plan*** to RGA for review and attend a One-on-One call with the Executive Director prior to starting outdoor programming. At least one club board member and two coaches must attend the phone call. * Clubs are required to educate parents and participants about their Interim Return to Play Plan and Risk Management protocols. * Clubs/coaches are required to educate parents and participants about the **permissible** outdoor activities.   \*\*Our insurance provider may not allow injury claims from participants who were participating in activities that are indicated as ***Not Permissible*** in this document.  Ex.) If an athlete breaks their ankle while trying to perform a large throw or an acrobatic element in an outdoor setting, the insurance company may allow a claim for injury coverage.  Alternatively, if the athlete was injured while participating in standard dryland training or static apparatus practice, our insurance policy provides for injury claims for our members.  **Please note:** *Our insurance policy does not provide injury or general liability coverage for ANY claims related to COVID-19.* |  |

I have reviewed and completed the above Checklist for and on behalf of the gymnastics club listed below. The completed Checklist represents a true and correct reflection of the organization’s approach to each of the considerations set out in the Checklist.

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| **Club Administrator** | **Designated COVID-19 Safety Coordinator** |
| Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Organization: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Organization: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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