

# Manitoba Baton Twirling Sportive Association Return to Play Protocols –

August 23<sup>rd</sup>, 2021

## 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.
- Virtual competitions allowed as per the CBTF guidelines.
- Group size may be restricted by rules provincial, municipal, or facility

## Registrants

- Current MBTSA registered coaches only (i.e., no external experts, or consultants)
- Encourage online registration and contactless payment via etransfer
- 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.**

### **General Hygiene & Physical Distancing Measures**

- 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, do not 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.

### **Risk Mitigation Measures**

- 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.**

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

- 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**

- Masks required for 12 and under. Non-vaccinated participants encouraged to wear masks.
- 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. Small group exchanges of 3-6 athletes allowed, pairs and duet exchanges allowed.
- Virtual competitions as per the CBTF guidelines allowed.
- Blended online and in person coaching and resources are encouraged.

### **Registrants**

- Same as Stage 1
- Spectators allowed providing physical distancing space is available.

### **General Hygiene & Physical Distancing Measures**

- 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.
- 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, groups, duet and pairs (<6), to limit transmission.

### **Risk Mitigation**

- 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
- Limit unnecessary social gathering.

### **Spectators**

- No one outside the training group is permitted in the training environment
- No in person 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**

- Return to full group activity, including baton exchanges in large groups, lifting, holding, or other physical contact
- Full in person competitions allowed
- Full group activity and group size may be restricted by provincial, municipal, or facility rules

### **Registrants**

- Same as Stage 2 with external experts, consultants and judges permitted pending Provincial Health guidelines

### **General Hygiene & Physical Distancing Measures**

- Return to full use of facilities as per facility/Municipal/Provincial guidelines
- Personal hygiene measures as per Level 2 except, group exchanges in larger groups are allowed. Athletes and coaches separated into small, self-contained training groups or teams.

### **Risk Mitigation**

- 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 gathering.

**Spectators**

- 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