

Return to Play Guidelines

Approved: 5 Aug, 2020

OVERVIEW

In order to restart operations and return to sport during the COVID-19 pandemic, while maintaining compliance with the Provincial Health Officer, our club is following guidelines set out by our provincial sport organization, BC Speed Skating Association, in accordance with the viaSport Return to Sport Guidelines for BC by publishing this Return to Sport Plan for our club.

The five guiding principles of our return plan are as follows:

| Personal Hygiene: | Stay Home if You Are Sick: | Environmental Hygiene: | Safe Social Interactions: | Physical Modifications: |
|--|--|---|--|---|
| <ul style="list-style-type: none">• Frequent handwashing• Cough into your sleeve• Wear a non-medical mask• No handshaking | <ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travellers must self-isolate | <ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high touch areas• Touch-less technology | <ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and people• Size of room: the bigger the better• Outdoor over indoor | <ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces |

We require all members to read and understand this plan and sign a copy of the attached "SPORT PARTICIPANT COVID-19 AGREEMENT" prior to involvement in any club event.

Our club has appointed Karen Benn (President) as our primary point of contact regarding this document and our Covid-19 Return to Practice process. Any questions or communications around these matters including reports of cases of Covid-19 amongst participants should be directed to Karen Benn to ensure our policies are being fully adhered to.

These Guidelines have been approved by the Vernon Vortex SSC Board of Directors on 5 Aug, 2020.

1. PROCESS TO OPEN SAFELY

1. To ensure a safe opening we will not allow participation by the following individuals or groups:
 1. People who are currently infected with COVID-19.
 2. Anyone who is under quarantine or who has symptoms of respiratory infection such as fever, sore throat, runny nose, cough, or general disorders, or who has been in contact with a person who has tested positive for COVID-19.
 3. People who are immunocompromised or believed to be at-risk for COVID-19.
 4. Non-members of a sanctioned BC Speed Skating Association.
 5. Members who do not submit a properly signed "Sport Participant COVID-19 Agreement".
 6. Members who do not follow the instructions or guidelines provided in this Return to Sport Plan and/or the Sport Participant COVID-19 Agreement.
2. Every club activity will have a designated responsible organizer who will maintain a complete list of participants which will be made available to our club's COVID-19 RTS primary contact person. Paige McDicken has been appointed our COVID-19 Club host and will provide communication directly to the members, help direct traffic within the venue, collect waivers and be available to answer questions.
3. Club facilities have been thoroughly cleaned and new cleaning regimes have been put in place to maintain a high level of sanitization. There may be new signage at the club further explaining these procedures, as well as changes to maximum occupancy, and we ask that all members read and abide by the new rules.
4. High risk activities will be avoided. We will be focusing on skill development and fitness during this time.
5. There must be good hygiene practices in connection with the activity, e.g. access to hand sanitizer, routine hand washing and thorough cleaning of sports equipment before and after the activity.
6. We ask that any person/s participating monitor potential symptoms and use the COVID-19 self- assessment tool found at <https://bc.thrive.health/>
7. When an activity is being held at a facility (e.g. KTPN), our members must also agree to follow the venue's guidelines.

2. MEASURES TO KEEP PEOPLE SAFE TO AVOID FURTHER OUTBREAKS

1. All types of training activities must be carried out in a way that ensures the Government of BC's recommendations on distance between people and group gathering are complied with, i.e. keeping a 2- meter (6 feet) distance between participants at all times.
2. No sports activity or training involving a group of more than 50 people shall be carried out if at least 2 meters of distance between individuals cannot be properly maintained.
3. Participants are recommended to only use their own equipment. Any shared equipment needs to be properly sanitized immediately after each use. Participants must ensure that they bring their own labelled water bottle, filled from home as there may not be access to potable water at the facility.

4. Physical contact is not permitted.
5. In activities for children and adolescents, an adult who can ensure the activity is carried out in accordance with the requirements and recommendations of public health authorities and special sporting COVID-19 rules must be present.
6. No common change rooms or showers should be used. Participants are encouraged to arrive no sooner than 15 minutes earlier than practice start time and dressed ready to participate. Participants must also bring and be prepared to wear a face covering (mask or buff) pre- and post-activity, when seated in common areas and/or requiring assistance from others.
7. Participants are strongly encouraged not to use the bathroom during practice. If toilets are to be used, there will be good routines in place for frequent cleaning.
8. Participants are encouraged to avoid the use of public transport to and from sports activities.
9. Everyone attending an activity will have easy access to hand washing with soap and water or hand sanitizer.
10. Should, at any time, a participant require first aid, all first aid attendants must be wearing a mask, eye protection (goggles or safety glasses), and gloves. Personal protective equipment (PPE) will be readily available in the event of an emergency. PPE will be available in the club first aid kit and/or cut kits already used at club practice.
11. No skater shall attend or participate in practice or competition without providing to the Club COVID-19 Ambassador a signed wellness waiver stating they are healthy. These waivers shall also serve for contact tracing information purposes. This gathered information shall be kept available for 30 days and can be shared with the Health Authority if the need arises.

3. OUR PLAN IN THE EVENT THAT A CASE OR OUTBREAK SHOULD OCCUR

1. If someone shows symptoms of COVID-19 they must immediately let the organizer know and isolate themselves.
2. We will make decisions to cancel, postpone or modify any activity if one or more cases of potential infection are reported.
3. We will promptly communicate all information regarding reported cases at any event with everyone who has participated or been involved
4. Any person/s showing symptoms must self-isolate as per BCCDC guidelines.

Board Member Signatures:

SPORT PARTICIPANT COVID-19 AGREEMENT

Application - all athletes, coaches, members, volunteers, participants, and family members of participants while in attendance at club activities (“Participants”)

All members of the club agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response Plan and Return to Sport Protocol:

- I agree to daily symptom screening checks and will let club coaches know if I have experienced any symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting any training facility, with soap or sanitizer.
- I agree to sanitize the equipment I use during my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to follow social distancing protocols by staying at least 2m away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all the club COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in the temporary suspension of my club membership.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Participant Signature:

Date: _____

Signature: _____

Parent / Guardian Signature (If participant is a minor):

Date: _____

Signature: _____