

COVID-19 SAFETY PLAN

CHETWYND & DISTRICT REC CENTRE

UPDATED MARCH 2021

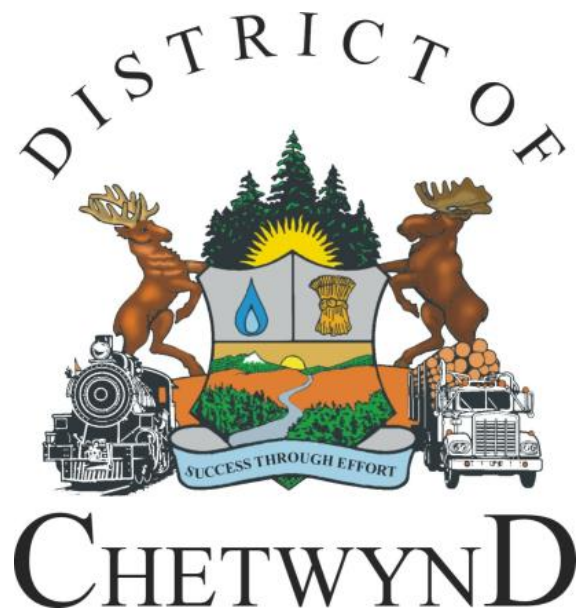


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MARCH 18, 2021 COVID-19 UPDATE

Source: [Government of BC Province-Wide Restrictions](#)

PHO ORDER ON PROVINCE-WIDE RESTRICTIONS

Provincial restrictions are in place to help stop the spread of COVID-19. Some restrictions are made by the Provincial Health Officer (PHO) under the Public Health Act and others are made under the Emergency Program Act (EPA). Most orders can be enforced by police and compliance and enforcement officials.

PHO ORDER ON GATHERINGS AND EVENTS

This content is a summary of the [PHO order – Gatherings and Events \(PDF\)](#) document. It is not legal advice and does not provide an interpretation of the law. In the event of any conflict or difference between this webpage and the order, the order is correct and legal and must be followed.

MARCH 2021 UPDATE

The PHO has amended the gathering and events order. Up to 10 people can gather outdoors. For example:

- Up to 10 people can gather at a park or beach
- Up to 10 people can gather in the backyard of a residence

Do not gather with several groups of new people. Stick to the same people. Continue to use COVID-19 layers of protection and maintain physical distancing.

All restrictions for indoor gatherings remain in place. No indoor gatherings of any size are allowed.

GATHERINGS INSIDE RESIDENCES OR VACATION ACCOMMODATIONS

No social gatherings of any size inside your residence with anyone other than your household or, if you live alone, your core bubble. For example:

- Do not invite friends or extended family into your residence or vacation accommodation.
- Do not host a party or event inside your house

CORE BUBBLE

For most people, their core bubble is their immediate household. An immediate household is a group of people who live in the same residence. For example:

- If you have a rental suite in your home, the suite is a separate residence
- If you live in an apartment or house with roommates, you are all members of the same household

For people who live alone, a core bubble is a maximum of two people you see regularly.

ACTIVITIES ALLOWED UNDER THE ORDER

These activities are not considered a social gathering:

- Going for a walk or hike
- Parents carpooling kids to and from school
- Grandparents providing child care
- Public pools and public skating rinks, when not associated with an event, are allowed to continue to operate with a COVID-19 Safety Plan

FORMAL MEETINGS

The order restricts most formal in-person meetings outside the workplace, with some exceptions including:

- The B.C. legislature and cabinet meetings
- City council meetings. It is recommended virtual meetings be held as much as possible. The public is not allowed to attend
- Support groups like Alcoholics and Narcotics Anonymous
- Critical service meetings

WORKPLACES

Employers must review and redouble their efforts on their COVID-19 Safety Plan, remind employees to monitor themselves daily and to always stay home if they have symptoms.

Employers must make every effort to provide work from home options.

Workplaces must ensure that all workers and customers maintain an appropriate physical distance and extra care should be taken in small office spaces, break rooms and kitchens

[Review the WorkSafeBC COVID-19 Safety Plan documentation](#)

DAILY HEALTH CHECK

A daily health check should already be included in every business's existing COVID-19 Safety Plan.

[Review WorkSafeBC information on daily health checks](#)

YOUTH EXTRACURRICULAR ACTIVITIES

Structured extracurricular activities and programs for children or youth 21 years of age and younger can continue to operate with a COVID-19 Safety Plan in place. They must be supervised by an adult. These include:

- Education programs
- Music
- Art
- Dance
- Drama
- Outdoor exercise
- Recreational programs

Structured extracurricular activities and programs for children or youth are subject to a 50 person limit.

Performances, recitals and demonstrations are not allowed.

EXERCISE

INDOOR HIGH INTENSITY GROUP EXERCISE

Indoor high intensity group exercise is prohibited. High intensity group exercise causes a sustained and accelerated rate of breathing and may involve close contact with other people. Businesses, recreation

centres or other organizations that organize or operate high intensity group exercise must suspend the following activities:

- Hot yoga
- Spin classes
- Aerobics
- Bootcamp
- High intensity aspects of circuit training
- High intensity interval training (HIIT)

INDOOR LOW INTENSITY GROUP EXERCISE

Indoor low intensity group exercise is allowed. Low intensity group exercise does not cause a sustained and accelerated rate of breathing and does not involve close contact with other people. These include:

- Yoga (Hatha)
- Low intensity exercise machines and cardio equipment
- Pilates
- Light weightlifting
- Stretching
- Tai-Chi
- Low intensity Barre classes

Businesses, recreation centres or other organizations that organize or operate low intensity group fitness activities must follow the restrictions in the order, including a COVID-19 Safety Plan developed following public health guidelines.

[Public Health Guidelines for Group Low Intensity Exercise – December 14, 2020 \(PDF, 490KB\)](#)

GYMS AND RECREATION FACILITIES

Gyms and recreation facilities that offer individual workouts and personal training sessions can remain open as long as they have a COVID-19 Safety Plan that is strictly followed.

SPORTS

The order places restrictions on adult and youth indoor and outdoor team sports.

HIGH PERFORMANCE ATHLETES

High performance athletes can train, travel and compete together. They must follow the COVID-19 safety protocols of the provincial or national sports organization they are affiliated with.

To qualify as a high-performance athlete, you must be identified by the Canadian Sports Institute Pacific as a high-performance athlete affiliated with an accredited provincial or national sports organization.

SPECTATORS

Spectators are not allowed at any sport activities. The only people allowed to attend sport activities are those that provide care to a participant or player. For example, providing personal care or first aid to a player.

TRAVEL FOR SPORT

Travel to, from and between communities for athletic activities like games, competitions, training and practice is prohibited. However, athletes can travel to their home club if their home club is outside of their immediate community. For example:

- A figure skater who lives in the Vancouver Coastal Health region but trains at their home club in Burnaby
- A soccer player who lives in the Fraser Health region but trains at their home club in Vancouver

ADULT INDOOR AND OUTDOOR TEAM SPORTS

Indoor and outdoor organized team sports for people 22 years of age and older are prohibited. These include:

- Basketball
- Cheerleading
- Combat Sports
- Floor Hockey
- Floor Ringette
- Road Hockey
- Ice Hockey
- Ice Hockey
- Ringette
- Martial Arts
- Netball
- Team Skating
- Soccer
- Volleyball
- Indoor Bowling
- Curling
- Lacrosse
- Hockey
- Ultimate
- Rugby
- Football
- Baseball
- Softball

While restrictions are currently in place related to adult team sports, some indoor and outdoor sports and activities, including drills and training activities, are permitted with a reduced number of participants:

- 2 people may engage in indoor sports with one another
- 10 people may engage in outdoor sports with one another

In both cases, participants must maintain a distance of 3 metres from one another unless everyone lives in the same private residence.

YOUTH INDOOR AND OUTDOOR TEAM SPORTS

All organized indoor and outdoor sports for people 21 years of age and younger should follow [viaSport's Return to Sport Phase 2 guidance](#) with respect to maintaining physical distance for participants. This means games, tournaments and competitions are temporarily suspended for teams.

Individual drills and modified training activities can continue

Amateur sports organizations and leagues may implement additional guidelines to ensure the health and safety of participants

All indoor and outdoor team sports for people 22 years of age and older are suspended.

EPA ORDER ON MASKS IN PUBLIC INDOOR SETTINGS

As outlined in the [EPA mask mandate order](#), masks are required for everyone in many public indoor settings. A face shield is not a substitute for a mask as it has an opening below the mouth.

There are exemptions for:

- People with health conditions or with physical, cognitive or mental impairments who cannot wear one
- People who cannot remove a mask on their own
- Children under the age of 12
- People who need to remove their masks to communicate due to another person's hearing impairment

Masks are required in many indoor public settings and all retail stores. This includes:

- Malls, shopping centres
- Grocery stores
- Airports
- Coffee shops
- On public transportation, in a taxi or ride-sharing vehicle
- Places of worship
- Libraries
- Common areas of post-secondary institutions, office buildings, court houses (except court rooms), hospitals and hotels
- Clothing stores
- Liquor stores
- Drug stores
- Community centres
- Recreation centres
- City Halls
- Restaurants, pubs and bars when not seated at a table

- Sport or fitness facilities when not working out

MASK ENFORCEMENT

You could be subject to a \$230 fine if you:

- Do not wear a mask in an indoor public setting, unless you are exempt
- Refuse to comply with the direction of an enforcement officer, including the direction to leave the space
- Engage in abusive or belligerent behaviour

MASKS AT WORKPLACES AND SHARED LIVING AREAS

- It is strongly recommended that masks be worn in the following areas:
 - Common areas in apartment buildings and condos, including:
 - Elevators
 - Hallways
 - Lobbies
 - Stairwells
- Shared indoor workplace spaces, including:
 - Elevators
 - Kitchens
 - Hallways
 - Break rooms

TRAVEL ADVISORY

At this time, all non-essential travel should be avoided. This includes travel into and out of B.C. and between regions of the province. For example:

- Do not travel for a vacation
- Do not travel to visit friends or family outside of your household or core bubble

WHAT IS ESSENTIAL TRAVEL?

Individual circumstances may affect whether a trip is considered essential or non-essential. Essential travel within B.C. includes:

- Regular travel for work within your region
- Travel for things like medical appointments and hospital visits

For example, if you live in Vancouver and work in Surrey you can continue to commute.

If you need to travel for essential reasons, take the same health and safety precautions you do at home.

- Wash your hands often
- Practice safe distancing, 2 m
- Travel only with yourself, household or core bubble
- Stick to the outdoors whenever possible
- Clean spaces often
- Wear a mask in indoor spaces

JANUARY 8, 2021 COVID-19 UPDATE

Source: [Government of BC Province-Wide Restrictions](#)

PHO ORDER ON PROVINCE-WIDE RESTRICTIONS

By order and direction of the Provincial Health Officer (PHO), all events and social gatherings are suspended to significantly reduce COVID-19 transmission related to social interactions and travel.

The order is in effect from November 19, 2020 at midnight to February 5, 2021 at midnight.

EVENTS AND SOCIAL GATHERINGS

In-person events and community-based gatherings as defined in the [PHO order – Gatherings and Events \(PDF\)](#) are suspended. For example:

- Activities, including indoor and outdoor events (with the exception of [drive-in and drop-off events](#))
- Musical or theatre performances
- Galas
- Silent auctions
- Movie viewings in cinemas

SOCIAL GATHERINGS

No social gatherings of **any size** at your residence with anyone other than your household or core bubble.

For example:

- Do not invite friends or extended family to your household
- Do not host gathering outdoors
- Do not gather in your backyard
- Do not have playdates for children

CORE BUBBLE

For most people, their core bubble is their immediate household. An immediate household is a group of people who live in the same dwelling. For example:

- If you have a rental suite in your home, the suite is a separate household
- If you live in an apartment or house with roommates, you are all members of the same household

For others, including people who live alone, their core bubble may also contain a partner, relative, friend or co-parent who lives in a different household. This should be a maximum of two people outside of those living in your immediate household.

ALLOWED ACTIVITIES

These activities are not considered a social gathering:

- Going for a walk. You must make sure a walk does not turn into a group of people meeting outside
- Parents carpooling kids to and from school
- Grandparents providing child care
- Public pools and public skating rinks, when not associated with an event, are allowed to continue to operate with a COVID-19 Safety Plan

FITNESS CENTRES, STUDIOS, EXERCISE AND GYMS

By order of the PHO, restrictions are in place for indoor group exercise. These temporary restrictions are in place to limit the amount of physical and social interactions and travel to help reduce the spread of COVID-19.

Review the [PHO Order – Gatherings and Events \(PDF\)](#)

HIGH INTENSITY GROUP EXERCISE

Businesses, recreation centres or other organizations that organize or operate high intensity group exercise must suspend the following activities:

- Hot yoga
- Spin classes
- Aerobics
- Bootcamp
- High intensity aspects of circuit training
- High intensity interval training (HIIT)

High intensity group exercise causes a sustained and accelerated rate of breathing and may involve close contact with other people.

LOW INTENSITY GROUP EXERCISE

Businesses, recreation centres or other organizations that organize or operate low intensity group fitness activities may resume activities providing they follow the guidelines.

[Public Health Guidelines for Group Low Intensity Exercise – December 14, 2020 \(PDF, 490KB\)](#)

An updated COVID-19 Safety Plan using the guidelines should be posted clearly at the facility for everyone to follow. Health authority approval to re-open is not required but safety inspections continue regularly. Low intensity group exercise does not cause a sustained and accelerated rate of breathing and does not involve close contact with other people. These include:

- Yoga (Hatha)
- Low intensity exercise machines and cardio equipment
- Pilates
- Light weightlifting
- Stretching
- Tai-Chi
- Low intensity Barre classes

GYMS AND RECREATION FACILITIES

Gyms and recreation facilities that offer individual workouts and personal training sessions can remain open as long as they have a COVID-19 Safety Plan that is strictly followed.

SPORTS AND EXTRACURRICULAR ACTIVITIES

By order of the PHO, restrictions are in place for adult and youth indoor and outdoor team sports. These temporary restrictions are in place to limit the amount of physical and social interactions and travel to help reduce the spread of COVID-19.

Review the [PHO Order – Gatherings and Events \(PDF\)](#)

ADULT INDOOR AND OUTDOOR TEAM SPORTS

Indoor and outdoor team sports for people 22 years of age and older are suspended. These include:

- Basketball
- Cheerleading
- Combat Sports
- Floor Hockey
- Floor Ringette
- Road Hockey
- Ice Hockey
- Ice Hockey
- Ringette
- Martial Arts
- Netball
- Team Skating
- Soccer
- Volleyball
- Indoor Bowling
- Curling
- Lacrosse
- Hockey
- Ultimate
- Rugby
- Football
- Baseball
- Softball

While restrictions are currently in place related to adult team sports, some indoor and outdoor sports and activities are permitted with a reduced number of participants:

- Two people may engage in indoor sports with one another
- Four people may engage in outdoor sports with one another

In both cases, participants must maintain a distance of 3 metres from one another unless everyone lives in the same private residence.

YOUTH INDOOR AND OUTDOOR TEAM SPORTS

All organized indoor and outdoor sports for people 21 years of age and younger must follow [viaSport's Return to Sport Phase 2 guidance](#) with respect to maintaining physical distance for participants. This means games, tournaments and competitions are temporarily suspended for teams.

- Individual drills and modified training activities can continue
- Amateur sports organizations and leagues may implement additional guidelines to ensure the health and safety of participants

All indoor and outdoor team sports for people 22 years of age and older are suspended.

SPECTATORS

Under the order, no spectators are allowed at any sport activities. The only people allowed to attend sport activities are those that provide care to a participant or player. For example, providing first aid.

TRAVEL FOR SPORT

Travel to, from and between communities for athletic activities like games, competitions, training and practice is prohibited. However, athletes can travel to their home club if their home club is outside of their immediate community. For example:

- A figure skater who lives in the Vancouver Coastal Health region but trains at their home club in Burnaby
- A soccer player who lives in the Fraser Health region but trains at their home club in Vancouver

SPORT EXEMPTIONS

High Performance athletes are now excluded from the adult sport prohibition, so they can travel and train together, and compete, but must still follow COVID-19 safety plans.

To qualify as a high-performance athlete, you must be:

- Identified by the Canadian Sports Institute Pacific as a high-performance athlete affiliated with an accredited provincial or national sports organization
- Continuing to follow the safety guidelines of your provincial sports organization

YOUTH EXTRACURRICULAR ACTIVITIES

Structured extracurricular activities and programs for people 21 years of age and younger can continue to operate with a COVID-19 Safety Plan in place and must be supervised by an adult. These include:

- Educational programs
- Music
- Art
- Dance
- Drama
- Outdoor exercise
- Recreational programs

Under the order, performances, recitals and demonstrations are not allowed.

MASK REQUIREMENTS IN PUBLIC INDOOR SETTINGS

As outlined in the [mask mandate order](#), masks are required for everyone in many public indoor settings. A face shield is not a substitute for a mask as it has an opening below the mouth.

There are exemptions for:

- People with health conditions or with physical, cognitive or mental impairments who cannot wear one
- People who cannot remove a mask on their own
- Children under the age of 12
- People who need to remove their masks to communicate due to a hearing impairment

Masks are required in many indoor public settings and all retail stores. This includes:

- Malls, shopping centres
- Grocery stores
- Airports
- Coffee shops
- On public transportation, in a taxi or ride-sharing vehicle
- Places of worship
- Libraries
- Common areas of post-secondary institutions, office buildings, court houses, hospitals and hotels
- Clothing stores
- Liquor stores
- Drug stores
- Community centres
- Recreation centres
- City Halls
- Restaurants, pubs and bars when not seated at a table
- Sport or fitness facilities when not working out

MASK ENFORCEMENT

You are subject to a \$230 fine if you:

- Do not wear a mask in an indoor public setting, unless you are exempt
- Refuse to comply with the direction of an enforcement officer, including the direction to leave the space
- Engage in abusive or belligerent behaviour

MASKS AT WORKPLACES AND SHARED LIVING AREAS

It is strongly recommended that masks be worn in the following areas:

- Common areas in apartment buildings and condos, including:
 - Elevators
 - Hallways
 - Lobbies
 - Stairwells

- Shared indoor workplace spaces, including:
 - Elevators
 - Kitchens
 - Hallways
 - Break rooms

DECEMBER 16, 2020 COVID-19 UPDATE

Source: [Government of BC Province-Wide Restrictions](#)

PHO ORDER ON PROVINCE-WIDE RESTRICTIONS

By order and direction of the Provincial Health Officer (PHO), all events and social gatherings are suspended to significantly reduce COVID-19 transmission related to social interactions and travel.

The order is in effect from November 19, 2020 at midnight to January 8, 2021 at midnight.

EVENTS AND SOCIAL GATHERINGS

In-person events and community-based gatherings as defined in the [PHO order – Gatherings and Events \(PDF\)](#) are suspended. For example:

- Seasonal activities, including indoor and outdoor holiday events (with the exception of drive-in and drop-off events)
- Musical or theatre performances
- Galas
- Silent auctions
- Movie viewings in cinemas

EVENT EXEMPTIONS BY SECTOR

DRIVE-IN EVENTS

Drive-in events may proceed with a limited number of people. Drive-in events can have a maximum of 50 cars in attendance. People must stay in their cars. Drive-in events must have a COVID-19 Safety Plan in place.

Examples of drive-in events:

- Religious services
- Holiday festival of lights

DROP-OFF EVENTS

Drop-off events may proceed with a COVID-19 Safety Plan in place.

Examples of drop-off events:

- Holiday hampers
- Toy drives

All drive-in and drop-off events must:

- Maintain physical distancing
- Control the entry and exit points
- Avoid congestion of cars and congregating of people

FORMAL MEETINGS

The order restricts most formal in-person meetings outside the workplace, with some exceptions including:

- The B.C. legislature and cabinet meetings

- City council meetings. It is recommended virtual meeting be held as much as possible. The public is not allowed to attend
- Support groups like Alcoholics and Narcotics Anonymous
- Critical service meetings

WORKPLACES

Employers must review and redouble their efforts on their COVID-19 Safety Plan, remind employees to monitor themselves daily and to always stay home if they have symptoms.

- Employers must make every effort to provide work from home options.
Workplaces must ensure that all workers and customers maintain appropriate physical distance and extra care should be taken in small office spaces, break rooms and kitchens
- [Review the WorkSafeBC COVID-19 Safety Plan documentation](#)

FITNESS CENTRES, STUDIOS, EXERCISE AND GYMS

By order of the PHO, restrictions are in place for indoor group exercise. These temporary restrictions are in place to limit the amount of physical and social interactions and travel to help reduce the spread of COVID-19.

- Review the [PHO Order – Gatherings and Events \(PDF\)](#)

HIGH INTENSITY GROUP EXERCISE

Businesses, recreation centres or other organizations that organize or operate high intensity group exercise must suspend the following activities:

- Hot yoga
- Spin classes
- Aerobics
- Bootcamp
- High intensity aspects of circuit training
- High intensity interval training (HITT)

High intensity group exercise causes a sustained and accelerated rate of breathing and may involve close contact with other people.

LOW INTENSITY GROUP EXERCISE

Businesses, recreation centres or other organizations that organize or operate low intensity group fitness activities may resume activities providing they follow the guidelines.

- [Public Health Guidelines for Group Low Intensity Exercise – December 14, 2020 \(PDF, 490KB\)](#)

An updated COVID-19 Safety Plan using the guidelines should be posted clearly at the facility for everyone to follow. Health authority approval to re-open is not required but safety inspections continue regularly. Low intensity group exercise does not cause a sustained and accelerated rate of breathing and do not involve close contact with other people. These include:

- Yoga (Hatha)
- Low intensity exercise machines and cardio equipment

- Pilates
- Light weightlifting
- Stretching
- Tai-Chi
- Low intensity Barre classes

GYMS AND RECREATION FACILITIES

Gyms and recreation facilities that offer individual workouts and personal training sessions can remain open as long as they have a COVID-19 Safety Plan that is strictly followed.

SPORTS AND EXTRACURRICULAR ACTIVITIES

By order of the PHO, restrictions are in place for adult and youth indoor and outdoor team sports. These temporary restrictions are in place to limit the amount of physical and social interactions and travel to help reduce the spread of COVID-19.

- Review the [PHO Order – Gatherings and Events \(PDF\)](#)

ADULT INDOOR AND OUTDOOR TEAM SPORTS

All indoor and outdoor sports for people 19 years of age and older are suspended. These include:

- Basketball
- Cheerleading
- Combat Sports
- Floor Hockey
- Floor Ringette
- Road Hockey
- Ice Hockey
- Ice Hockey
- Ringette
- Martial Arts
- Netball
- Team Skating
- Soccer
- Volleyball
- Indoor Bowling
- Curling
- Lacrosse
- Hockey
- Ultimate
- Rugby
- Football
- Baseball
- Softball

YOUTH INDOOR AND OUTDOOR TEAM SPORTS

All organized indoor and outdoor sports for people under 19 years of age must follow [viaSport's Return to Sport Phase 2 guidance](#) with respect to maintaining physical distance for participants. This means games, tournaments and competitions are temporarily suspended for teams.

- Individual drills and modified training activities can continue
- Amateur sports organizations and leagues may implement additional guidelines to ensure the health and safety of participants

SPECTATORS

Under the order, no spectators are allowed at any sport activities. The only people allowed to attend sport activities are those that provide care to a participant or player. For example, providing first aid.

TRAVEL FOR TEAM ACTIVITIES

Travel to, from and between communities for team athletic activities like games, competitions, training and practice is prohibited. For example:

- A team from Abbotsford cannot attend a training session in Chilliwack
- A team from Victoria cannot attend a practice in Richmond

SPORT EXEMPTIONS

High performance athletes, professional athletes and professional performers like dancers are not included in the order. To qualify as a high performance athlete, you must be:

- Identified by the Canadian Sports Institute Pacific as a high performance athlete affiliated with an accredited provincial or national sports organization
- Continuing to follow the safety guidelines of your provincial sports organization

YOUTH EXTRACURRICULAR ACTIVITIES

Structured extracurricular activities and programs for people under 19 years of age can continue to operate with a COVID-19 Safety Plan in place and must be supervised by an adult. These include:

- Educational programs
- Music
- Art
- Dance
- Drama
- Outdoor exercise
- Recreational programs

Under the order, performances, recitals and demonstrations are not allowed.

MASK REQUIREMENTS IN PUBLIC INDOOR SETTINGS

As outlined in the [mask mandate order](#), masks are required for everyone in many public indoor settings. A face shield is not a substitute for a mask as it has an opening below the mouth.

There are exemptions for:

- People with health conditions or with physical, cognitive or mental impairments who cannot wear one
- People who cannot remove a mask on their own
- Children under the age of 12

Masks are required in many indoor public settings and all retail stores. This includes:

- Malls, shopping centres
- Grocery stores
- Airports
- Coffee shops
- On public transportation, in a taxi or ride-sharing vehicle
- Places of worship
- Libraries
- Common areas of post-secondary institutions, office buildings, court houses, hospitals and hotels
- Clothing stores
- Liquor stores
- Drug stores
- Community centres
- Recreation centres
- City Halls
- Restaurants, pubs and bars when not seated at a table
- Sport or fitness facilities when not working out

MASK ENFORCEMENT

You are subject to a \$230 fine if you:

- Do not wear a mask in an indoor public setting, unless you are exempt
- Refuse to comply with the direction of an enforcement officer, including the direction to leave the space
- Engage in abusive or belligerent behaviour

MASKS AT WORKPLACES AND SHARED LIVING AREAS

It is strongly recommended that masks be worn in the following areas:

- Common areas in apartment buildings and condos, including:
 - Elevators
 - Hallways
 - Lobbies
 - Stairwells
- Shared indoor workplace spaces, including:
 - Elevators
 - Kitchens
 - Hallways
 - Break rooms

DECEMBER 7, 2020 COVID-19 UPDATE

Source: [Government of BC Province-Wide Restrictions](#)

PROVINCE-WIDE RESTRICTIONS

By order and direction of the Provincial Health Officer (PHO), all events and social gatherings are suspended to significantly reduce COVID-19 transmission related to social interactions and travel.

PHO ORDER ON PROVINCE-WIDE RESTRICTIONS

By order and direction of the Provincial Health Officer (PHO), all events and social gatherings are suspended to significantly reduce COVID-19 transmission related to social interactions and travel.

The order is in effect from November 19, 2020 at midnight to January 8, 2021 at midnight.

EVENTS AND SOCIAL GATHERINGS

In-person events and community-based gatherings as defined in the [PHO order – Gatherings and Events \(PDF\)](#) are suspended. For example:

- Seasonal activities, including indoor and outdoor holiday events (with the exception of [drive-in and drop-off events](#))
- Musical or theatre performances
- Galas
- Silent auctions
- Movie viewings in cinemas
- Outdoor skating events

FORMAL MEETINGS

The order does not restrict formal meetings. They can continue to operate with COVID-19 safety protocols and a maximum of 50 people in attendance. This includes:

- City council meetings
- Alcoholics Anonymous
- Group support meetings
- Business meetings

It is recommended that virtual meetings be held as much as possible.

WORKPLACES

Employers must review and redouble their efforts on their COVID-19 Safety Plan, remind employees to monitor themselves daily and to always stay home if they have symptoms.

- Employers must make every effort to provide work from home options.
Workplaces must ensure that all workers and customers maintain appropriate physical distance and extra care should be taken in small office spaces, break rooms and kitchens

[Review the WorkSafeBC COVID-19 Safety Plan documentation](#)

DAILY HEALTH CHECK

A daily health check should already be included in every business's existing COVID-19 Safety Plan.

[Review WorkSafeBC information on daily health checks](#)

CHRISTMAS AND HOLIDAY CELEBRATIONS

All December celebrations will look different this year. Celebrate with your immediate household or core bubble.

- Consider hosting virtual parties and religious services
- Unwrap gifts over Zoom or Skype
- If you must travel for essential reasons, [review the health and safety precautions](#)

PHYSICAL ACTIVITIES AND GYMS

By order of the PHO, restrictions are in place for indoor physical activities. These temporary restrictions are in place to limit the amount of physical interactions and travel to help reduce the spread of COVID-19.

Review the [PHO Order – Gatherings and Events \(PDF\)](#)

HIGH INTENSITY GROUP EXERCISE

Businesses, recreation centres or other organizations that organize or operate high intensity group exercise must suspend the following activities:

- Hot yoga
- Spin classes
- Aerobics
- Bootcamp
- High intensity aspects of circuit training
- High intensity interval training (HITT)

High intensity group exercise causes a sustained and accelerated rate of breathing and may involve close contact with other people.

LOW INTENSITY GROUP EXERCISE

Businesses, recreation centres or other organizations that organize or operate low intensity group fitness activities may resume activities providing they follow the guidelines.

- [Public Health Guidelines for Group Low Intensity Exercise – December 14, 2020 \(PDF, 490KB\)](#)

An updated COVID-19 Safety Plan using the guidelines should be posted clearly at the facility for everyone to follow. Health authority approval to re-open is not required but safety inspections continue regularly.

Low intensity group exercise does not cause a sustained and accelerated rate of breathing and do not involve close contact with other people. These include:

- Yoga (Hatha)
- Low intensity exercise machines and cardio equipment
- Pilates
- Light weightlifting
- Stretching

- Tai-Chi
- Low intensity Barre classes

GYMS AND RECREATION FACILITIES

Gyms and recreation facilities that offer individual workouts and personal training sessions can remain open as long as they have a COVID-19 Safety Plan that is strictly followed.

SPORTS AND EXTRACURRICULAR ACTIVITIES

By order of the PHO, restrictions are in place for adult and youth indoor and outdoor team sports. These temporary restrictions are in place to limit the amount of physical interactions and travel to help reduce the spread of COVID-19.

Review the PHO Order – Gatherings and Events (PDF)

ADULT INDOOR AND OUTDOOR TEAM SPORTS

All indoor and outdoor sports for people 19 years of age and older are suspended. These include:

- Basketball
- Cheerleading
- Combat Sports
- Floor Hockey
- Floor Ringette
- Road Hockey
- Ice Hockey
- Ice Hockey
- Ringette
- Martial Arts
- Netball
- Team Skating
- Soccer
- Volleyball
- Indoor Bowling
- Curling
- Lacrosse
- Hockey
- Ultimate
- Rugby
- Football
- Baseball
- Softball

YOUTH INDOOR AND OUTDOOR TEAM SPORTS

All organized indoor and outdoor sports for people under 19 years of age must follow [viaSport's Return to Sport Phase 2 guidance](#) with respect to maintaining physical distance for participants. This means games, tournaments and competitions are temporarily suspended for teams.

- Individual drills and modified training activities can continue
- Amateur sports organizations and leagues may implement additional guidelines to ensure the health and safety of participants

SPECTATORS

Under the order, no spectators are allowed at any sport activities. The only people allowed to attend sport activities are those that provide care to a participant or player. For example, providing first aid.

TRAVEL FOR TEAM ACTIVITIES

Travel to, from and between communities for team athletic activities like games, competitions, training and practice is prohibited. For example:

- A team from Abbotsford cannot attend a training session in Chilliwack
- A team from Victoria cannot attend a practice in Richmond

SPORT EXEMPTIONS

High performance athletes, professional athletes and professional performers like dancers are not included in the order. To qualify as a high performance athlete, you must be:

- Identified by the Canadian Sports Institute Pacific as a high performance athlete affiliated with an accredited provincial or national sports organization
- Continuing to follow the safety guidelines of your provincial sports organization

YOUTH EXTRACURRICULAR ACTIVITIES

Structured extracurricular activities and programs for people under 19 years of age can continue to operate with a COVID-19 Safety Plan in place and must be supervised by an adult. These include:

- Educational programs
- Music
- Art
- Dance
- Drama
- Outdoor exercise
- Recreational programs

Under the order, performances, recitals and demonstrations are not allowed.

MASK REQUIREMENTS IN PUBLIC INDOOR SETTINGS

As outlined in the [mask mandate order](#), masks are required for everyone in many public indoor settings. A face shield is not a substitute for a mask as it has an opening below the mouth.

There are exemptions for:

- People with health conditions or with physical, cognitive or mental impairments who cannot wear one
- People who cannot remove a mask on their own
- Children under the age of 12

Masks are required in many indoor public settings and all retail stores. This includes:

- Malls, shopping centres
- Grocery stores
- Airports
- Coffee shops
- On public transportation, in a taxi or ride-sharing vehicle
- Places of worship
- Libraries
- Common areas of post-secondary institutions, office buildings, court houses, hospitals and hotels
- Clothing stores
- Liquor stores
- Drug stores
- Community centres
- Recreation centres
- City Halls
- Restaurants, pubs and bars when not seated at a table
- Sport or fitness facilities when not working out

MASK ENFORCEMENT

You are subject to a \$230 fine if you:

- Do not wear a mask in an indoor public setting, unless you are exempt
- Refuse to comply with the direction of an enforcement officer, including the direction to leave the space
- Engage in abusive or belligerent behaviour

MASKS AT WORKPLACES AND SHARED LIVING AREAS

It is strongly recommended that masks be worn in the following areas:

- Common areas in apartment buildings and condos, including:
 - Elevators
 - Hallways
 - Lobbies
 - Stairwells
- Shared indoor workplace spaces, including:
 - Elevators
 - Kitchens
 - Hallways
 - Break rooms

DECEMBER 3, 2020 COVID-19 UPDATE

Source: [Government of BC Province-Wide Restrictions](#)

PHYSICAL ACTIVITIES AND GYMS

By order of the PHO, restrictions are in place for indoor physical activities. These temporary restrictions are in place to limit the amount of physical interactions and travel to help reduce the spread of COVID-19.

HIGH INTENSITY GROUP EXERCISE

Businesses, recreation centres or other organizations that organize or operate high intensity group exercise must suspend the following activities:

- Hot yoga
- Spin classes
- Aerobics
- Bootcamp
- High intensity aspects of circuit training
- High intensity interval training (HITT)

High intensity group exercise causes a sustained and accelerated rate of breathing and may involve close contact with other people.

LOW INTENSITY GROUP FITNESS ACTIVITIES

Businesses, recreation centres or other organizations that organize or operate low intensity group fitness activities must temporarily suspend them or move to virtual options, until guidance is developed to allow these activities to resume. These include:

- Yoga (Hatha)
- Low intensity exercise machines and cardio equipment
- Pilates
- Light weightlifting
- Stretching
- Tai-Chi

Low intensity fitness activities do not cause a sustained and accelerated rate of breathing and do not involve close contact with other people.

SPORTS AND EXTRACURRICULAR ACTIVITIES

By order of the PHO, restrictions are in place for adult and youth indoor and outdoor team sports. These temporary restrictions are in place to limit the amount of physical interactions and travel to help reduce the spread of COVID-19.

ADULT INDOOR AND OUTDOOR TEAM SPORTS

All indoor and outdoor sports for people 19 years of age and older are suspended. These include

- Basketball
- Cheerleading

- Combat Sports
- Floor Hockey
- Floor Ringette
- Road Hockey
- Ice Hockey
- Ice Hockey
- Ringette
- Martial Arts
- Netball
- Team Skating
- Soccer
- Volleyball
- Indoor Bowling
- Curling
- Lacrosse
- Hockey
- Ultimate
- Rugby
- Football
- Baseball
- Softball

YOUTH INDOOR AND OUTDOOR TEAM SPORTS

All organized indoor and outdoor sports for people under 19 years of age must follow [viaSport's Return to Sport Phase 2 guidance](#) with respect to maintaining physical distance for participants. This means games, tournaments and competitions are temporarily suspended for teams.

- Individual drills and modified training activities can continue
- Amateur sports organizations and leagues may implement additional guidelines to ensure the health and safety of participants

SPECTATORS

Under the order, no spectators are allowed at any sport activities. The only people allowed to attend sport activities are those that provide care to a participant or player. For example, providing first aid.

YOUTH EXTRACURRICULAR ACTIVITIES

Structured extracurricular activities and programs for people under 19 years of age can continue to operate with a COVID-19 Safety Plan in place and must be supervised by an adult. These include

- Educational programs
- Music
- Art
- Dance

- Drama
- Recreational programs
- Outdoor fitness
- Social Activities

MASK REQUIREMENTS IN PUBLIC INDOOR SETTINGS

As outlined in the [mask mandate order](#), masks are required for everyone in many public indoor settings. A face shield is not a substitute for a mask as it has an opening below the mouth.

There are exemptions for:

- People with health conditions or with physical, cognitive or mental impairments who cannot wear one
- People who cannot remove a mask on their own
- Children under the age of 12

Masks are required in many indoor public settings and all retail stores. This includes:

- Malls, shopping centres
- Grocery stores
- Airports
- Coffee shops
- On public transportation, in a taxi or ride-sharing vehicle
- Places of worship
- Libraries
- Common areas of post-secondary institutions, office buildings, court houses, hospitals and hotels
- Clothing stores
- Liquor stores
- Drug stores
- Community centres
- Recreation centres
- City Halls
- Restaurants, pubs and bars when not seated at a table
- Sport or fitness facilities when not working out

MASK ENFORCEMENT

You are subject to a \$230 fine if you:

- Do not wear a mask in an indoor public setting, unless you are exempt
- Refuse to comply with the direction of an enforcement officer, including the direction to leave the space
- Engage in abusive or belligerent behaviour

MASKS AT WORKPLACES AND SHARED LIVING AREAS

It is strongly recommended that masks be worn in the following areas:

- Common areas in apartment buildings and condos, including:

- Elevators
 - Hallways
 - Lobbies
 - Stairwells
- Shared indoor workplace spaces, including:
 - Elevators
 - Kitchens
 - Hallways
 - Break rooms

NOVEMBER 19, 2020 COVID-19 UPDATE

Source: Government of BC Province-Wide Restrictions

By order and direction of the PHO, all individuals, places of work and businesses in BC must significantly reduce social interaction and travel.

The order is in effect from November 19, 2020 at midnight to December 7, 2020 at midnight.

ATHLETIC ACTIVITIES

Gyms and recreation facilities that offer individual workouts and personal training sessions can remain open as long as they have a COVID-19 Safety Plan that is strictly followed.

High risk indoor group physical activities must be suspended:

- *Spin classes*
- *Hot yoga*
- *High Intensity Interval Training (HITT)*

Lower intensity and low risk exercise is still allowed at this time, some of our services like Seniors Waterfit and regular individual gym use are still operating as per our established COVID-19 Safety Plan.

Public skating and swimming are still allowed under the latest PHO.

Minor Hockey and Figure Skating have received new restrictions. Specifically, *“games, completion, and practices can continue with no spectators and no travel.* The only people allowed to attend sport activities are those that provide care to a participant or player. For example, providing first aid.

MANDATORY FACE MASKS

Masks are now required for everyone in all public indoor settings and workplaces.

Masks are required in all workplaces for shared work areas and areas where physical distancing cannot be maintained. This includes:

- *Elevators*
- *Kitchens*
- *Hallways*
- *Customer counters*
- *Break rooms*

Gym Attendants will wear a mask at all times while on duty and Lifeguards on deck have the option of wearing the provided ball cap and shields approved by the Lifesaving Society.

There are exceptions to this rule and we will be as fair and reasonable as we can be, while still exercising abundant caution and strictly conforming to the direction received from all relevant regulatory agencies.

- Anyone providing an exemption note from a Physician stating that they are unable to wear a mask is exempt. Note that reasons do not need to be provided to ensure that personal privacy is respected.

- Anyone who *“cannot put on or take off their own mask”* or patrons under the age of two (2) are also exempt from this restriction
- Workers working alone in the building ie. alone in an office or cleaning a vacant space are exempt from wearing a mask
- Workers on break or eating a meal are exempt from wearing a mask providing that they are at least 2 metres from each other at all times.
- Patrons using cardio equipment are also exempt from wearing a mask while engaged in the activity, providing they are at least 2 metres from each other at all times.
- Patrons using the pool and hot tub are prohibited from wearing a mask while engaged in the activity.

“Employers are expected to enforce the mandatory mask policy with employees and customers” and anyone refusing to comply with the COVID-19 restrictions will be asked to leave the facility.

INTRO

COVID-19 remains a concern in our community. Dr. Bonnie Henry has allowed BC to enter into Phase 3 of pandemic recovery and this allows the arena to re-open with specific restrictions and new rules in place. All facility patrons and staff must behave with abundant caution and appropriate care must still be taken while visiting the facility in order to protect yourself and others.

MONITORING THE WORKPLACE & UPDATING THE PLANS AS NECESSARY

As COVID is rapidly evolving, we have a plan in place to monitor risks and make changes to our policies and procedures as necessary and this document will be updated as new information becomes available. All staff are asked daily if they have any COVID-19 related questions or concerns and know who to go to for any health and safety concerns.

ADEQUATE CONTROLS NEED TO BE MAINTAINED

The Maintenance Staff are responsible for the arena during all operational hours. Reliable and consistent oversight on the implementation of new policies and procedures must be in place to prevent the transmission of COVID-19.

CLOSE SUPERVISION AND EMERGENCY SITUATIONS

Physical distancing in an arena environment is not relevant under the following circumstances:

- When providing close supervision of children for whom one is responsible
- When providing assistance to a person in distress
- When providing first aid, or carrying out lifesaving activities
- When providing assistance to those with disabilities

USE CAUTION WHEN APPLYING PHYSICAL DISTANCING MARKINGS

Physical distancing measures must not undermine important safety features:

- Fire exits access must be maintained at all times
- Hallways, entrances, and points of egress must be accessible at all times
- Care will be used when applying “2 metre” markings as there is a wide disparity in size with ice patrons.

COVID-19 GENERAL INFORMATION

WHAT IS COVID-19?

COVID-19 is a respiratory infection caused by a newly identified virus (SARS-CoV-2). The infection has symptoms similar to other respiratory illnesses, including the common flu and common cold: cough, sneezing, fever, sore throat and difficulty breathing. Other symptoms can include fatigue muscle aches, diarrhea, headache, or lost sense of smell. While most people infected with COVID-19 experience only mild illness, severe illness can occur in some people, especially in those with weaker immune systems, the elderly and those with chronic medical conditions.

HOW COVID-19 SPREADS

COVID-19 is spread through liquid droplets when an infected person coughs or sneezes. The virus in these droplets can enter the body directly through the eyes, nose or mouth of another person if they are in close contact with the person who coughed or sneezed. COVID-19 is not transmitted through viral particles floating in the air and is not something that can enter the body through skin.

WHERE CAN I GET MORE INFORMATION ABOUT COVID-19?

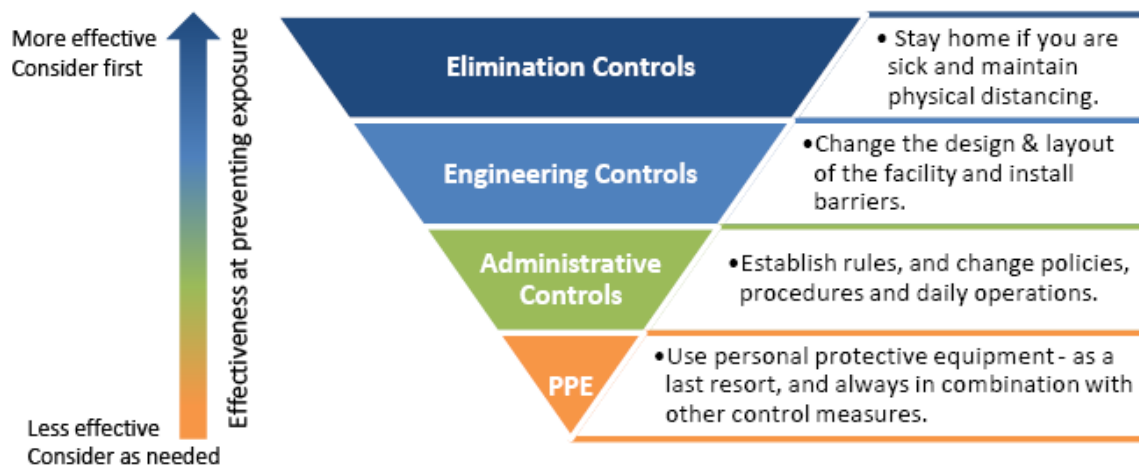
The province of British Columbia has created a phone service to provide non-medical information about COVID-19 which is available from 7:30 am – 8 pm at 1.888.COVID19 (1.888.268.4319) or via text message at 604.630.0300.

More information on COVID-19 can also be found online:

- BC Centre for Disease Control
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
- BC Provincial Health Officer – Orders, Notices and Guidance
<https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>
- WorkSafe BC – COVID-19 and the Workplace
<https://www.worksafebc.com/en/about-us/news-events/announcements/2020/March/covid-19-and-the-workplace>

RISK ASSESSMENT

LEVELS OF PROTECTION



Elimination and engineering controls are designed to prevent people from coming into contact with an infectious person or contaminated surface in the first place and should be considered first. Following this model normally leads to the implementation of inherently safer systems, where the risk of illness exposure and/or transmission can be substantially reduced.



ELIMINATION PROTOCOLS

FIRST LEVEL OF PROTECTION

- Policies and procedures to limit the number of people in the workplace at any one time
- Rearrange work spaces or reschedule work tasks to ensure workers are social distancing from co-workers, patrons, and others

ENGINEERING CONTROLS

SECOND LEVEL OF PROTECTION

- Installation of barriers, such as sneeze guards, when physical distancing cannot be maintained

ADMINISTRATIVE CONTROLS

THIRD LEVEL OF PROTECTION

- Rules and guidelines, such as occupancy limits for shared spaces, designated delivery areas, and one-way doors or walkways to keep people physically separated

PPE

FOURTH LEVEL OF PROTECTION

- Use of masks if the first three levels of protection aren't enough to control risk

POTENTIAL RISKS AND PROTOCOLS

EXPOSURE THROUGH BEING IN CLOSE PROXIMITY TO OTHER EMPLOYEES

LOCATIONS WHERE EMPLOYEES GATHER	PROTOCOLS
<ol style="list-style-type: none"> 1. Maintenance Shop 2. Lunchrooms 3. Reception Area 4. Meeting Rooms 5. Washrooms 	<ul style="list-style-type: none"> • Social distancing • Sneeze guards in reception area • Frequent hand cleaning • Hand sanitizers • Use of masks if social distancing is not possible • Employees bring own food and drinks in own containers and take home each day • Limiting the amount of personal items brought in each day • Avoid sharing items • Staggered shifts and break times • No working if experiencing COVID symptoms or recent travel • Daily employee questionnaire • Space furniture and work stations for correct social distancing • Organizing and preplanning tasks for risk mitigation

JOB TASKS AND PROCESSES WHERE WORKERS ARE CLOSE TO ONE ANOTHER

JOB TASKS AND PROCESSES WHERE WORKERS ARE CLOSE TO ONE ANOTHER	PROTOCOLS
<ol style="list-style-type: none"> 1. Reception 2. Maintenance tasks requiring team efforts ie. lifting equipment 3. Room set ups 4. Lifeguard rescue procedures 	<ul style="list-style-type: none"> • Tailgate safety meetings / pre-job planning • Social distancing and use of masks if social distancing is not possible • Ergonomic controls – rearranging work stations where possible • Organizing and preplanning tasks for risk mitigation

EXPOSURE TO CONTACT WITH TOOLS, MACHINERY, AND EQUIPMENT THAT WORKERS SHARE

TOOLS, MACHINERY, AND EQUIPMENT THAT WORKERS SHARE WHILE WORKING	PROTOCOLS
<ol style="list-style-type: none"> 1. Ladders 2. Man-Lift 3. Custodial Carts 4. Cleaning Equipment – brooms, mops, spray bottles, brushes, auto scrubbers, squeegees, snow removal, shovels, racks, etc. 5. Some hand tools – power tools, paint brushes, wrenches, saws, hammers, screw drivers, diagnostic equipment 6. Ice Resurfacer 7. Work Stations 8. Radios 	<ul style="list-style-type: none"> • Rubber / Nitrile gloves • Social distancing and use of masks if social distancing is not possible • Frequent cleaning of common touch points, surfaces, and cleaning tools after each use

EXPOSURE THROUGH INTERACTION WITH / BEING IN CLOSE PROXIMITY TO MEMBERS OF THE PUBLIC	
JOB TASKS AND PROCESSES WHERE WORKERS ARE IN CLOSE PROXIMITY TO MEMBERS OF THE PUBLIC	PROTOCOLS
<ol style="list-style-type: none"> 1. Reception 2. Aquatic Staff 3. Gym Attendants 4. Maintenance Workers 5. Custodians 6. Program Attendants 7. Common Area (washrooms & hallways) 8. Pool Water Testing Station 9. First Aid 10. AED's 11. Laundry 12. Customer Service 	<ul style="list-style-type: none"> • Social distancing and use of masks if social distancing is not possible • Ergonomic controls – rearranging work stations where possible • New COVID response lifeguard protocols from BC Lifesaving Society • Sneeze guards and utilizing them correctly • Frequent cleaning of common touch points • Frequent hand washing • Hand sanitizers • Educate patrons – attendants, signs, social media • Appropriate PPE for task • Patron attendance number limits • Line markings for patron physical distancing • Closed areas in facility when not in use • Alternative entry and exit points and doors • Separate washrooms for patron use and employee use – cleaned after use by employee

MATERIALS THAT MAY BE EXCHANGED DURING JOB TASKS AND PROCESSES	PROTOCOLS
<ol style="list-style-type: none"> 1. Money 2. Paper products 3. Potential products 4. Potential body fluids 5. Tool and equipment surfaces 6. Common touch surfaces 7. Maintenance and cleaning materials 	<ul style="list-style-type: none"> • PPE's as appropriate – gloves, glasses, masks, respirators • Frequent hand washing • Frequent disinfection of common touch surfaces • "Own" tools / equipment – hand tools, pens, paint brushes, etc. cleaned after each use

EXPOSURE THROUGH CONTACT WITH "HIGH-TOUCH" SURFACES	
SURFACES THAT PEOPLE TOUCH OFTEN	PROTOCOLS
<ol style="list-style-type: none"> 1. Patron equipment – weight room equipment, pool toys, lane ropes, rental skates, vending machines, items for resale, balls, toys, chess game, climbing wall 2. Doors and gates – knobs, handles, panic hardware, elevator buttons 3. Benches, chairs, and tables 4. Desk and counter tops 5. Sink taps, bathroom fixtures, towel dispensers, hand dryers, soap dispensers 6. ATMs and debit machines 7. Office equipment – phones, keyboards, copiers, staplers, pens, pencils, till drawers, files and file cabinets, TV remotes 8. Light switches, alarm panels 9. Stair railings 10. Pool equipment – dolphin, chemical mixing, control panels 11. Lost and Found items 12. Lifeguard equipment 	<ul style="list-style-type: none"> • Disinfection protocols • Regular cleaning

CORONAVIRUS (COVID-19) DISTRICT POLICY

The following are guidelines employees are required to follow during the coronavirus outbreak and the temporary alterations of existing sick leave and work from home policies

POLICY BRIEF & PURPOSE

This District policy includes the measures we are actively taking to mitigate the spread of coronavirus. You are kindly requested to follow all these rules diligently, to sustain a healthy and safe workplace in this unique environment. It's important that we all respond responsibly and transparently to these health precautions, we assure you that we will always treat your private health and personal data with high confidentiality and sensitivity.

This coronavirus (COVID-19) policy is susceptible to change as the circumstances evolve. The District will continue to be guided by directives and recommendations from WorkSafeBC, the BC Centre for Disease Control, and the BC Public Health Officer and Ministry of Health. Updates will be provided promptly via email.

SCOPE

This coronavirus policy applies to all District employees.

POLICY ELEMENTS

Here, we outline the required actions employees should take to protect themselves and their co-workers from a potential coronavirus infection.

ILLNESS & ABSENCE

- If you are ill, stay home
- If you have COVID-19 symptoms, such as cough, sneezing, fever, chills, shortness of breath, sore throat, stuffy or runny nose, muscle aches, headaches, loss of sense of smell, fatigue or loss of appetite, you must stay home and request sick leave or work from home. You are required to self-isolate at home for a minimum of 10 days and longer if you are still symptomatic. You may only return to work if you are asymptomatic.
- If you are sick for any other reason, stay home and Human Resources will follow up with you and go through a questionnaire with you.
- If you fall ill and are tested for COVID-19 and the results of the test are negative, you will be able to return to work as soon as you have recovered from your illness.
- If you test positive for COVID-19 or have a diagnosis from a medical professional that presumes you have COVID-19, your return to work will depend on the advice of a physician.
- If you have recently returned from international travel or areas with a high number of COVID-19 cases you will be required to self-isolate for a period of 14 calendar days. You may return to the office only after the self-isolation period ends and you are fully asymptomatic.
- If you have been in close contact with someone infected by COVID-19, you will be required to self-isolate for a period of 14 days from your last contact with that person. You will be permitted to return to the office only after the 14-day self-isolation period ends and you are fully asymptomatic.

- For further information about self-isolation and self-monitoring, please go to <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>

WORK FROM HOME REQUESTS

- If you are feeling ill, but you are able to work, you may request to work from home.
- If you are a parent and you have to stay at home with your children because of COVID-19 related closures, you may request work from home or request time off. If you need to provide care to a person infected by COVID-19, you may request work from home or request time off.
- The District will consider each work from home request on an individual basis. However, working from home may not be possible depending upon the nature of your job or available work. If a work from home request is granted, follow up with your manager or supervisor to make arrangements and set expectations.

TRAVELLING & MEETING MEASURES

- All work trips and events have been cancelled / postponed until further notice.
- In-person meetings should be done virtually where possible, especially with persons who do not work for the District (e.g. candidate interviews, etc.).
- If you are planning to voluntarily travel internationally or to areas with a high number of COVID-19 cases, you will be required to self-isolate as set out above. Please note that if you choose to travel internationally or to COVID-19 hotspots, you will not be entitled to paid sick leave for the self-isolation period.

GENERAL HYGIENE RULES

- If you are sick, stay home.
- Take preventative measures to stay healthy.
- Wash your hands with soap after using the toilet, before eating, after blowing your nose and if you cough/sneeze into your hands (follow the 20 second rule). You can also use the sanitizers you'll find around the office.
- Cough/sneeze into your sleeve, preferably into your elbow. If you use a tissue, discard it properly and clean/sanitize your hands immediately.
- Avoid touching your face, particularly eyes, nose, and mouth with your hands to prevent from getting infected.
- Keep frequently touched common surfaces (telephone, computer, etc.) clean.
- Try not to use other workers' phones/desks/offices/work tools, and if you do, sanitize immediately after use.
- Be mindful of social distancing.
- Avoid shaking hands.

If you have any concerns regarding this information, please contact Deanne Way, Human Resources Manager DWay@gochetwynd.com

FACILITY STAFF & EQUIPMENT

SELF-MONITORING FOR SYMPTOMS OF COVID-19

Staff who have symptoms of illness (fever, cough, or difficulty breathing) must not work.

All staff will be questioned daily, at the start of their shift, regarding COVID symptoms. Any employees experiencing the above symptoms must go home. We trust our employees to know their own health. As an example, employees who have seasonal allergies and are experiencing familiar allergy symptoms may not be required to go home. Each individual will be treated individually and will discuss with a supervisor when deciding the course of action.

FACILITY STAFF

- All employees must stay home if ill or experiencing COVID-19 symptoms
 - Most common symptoms: fever, dry cough, tiredness
 - Less common symptoms: aches and pains, diarrhea, conjunctivitis, headache, loss of taste or smell, unusual rash on skin, or discolouration of fingers or toes
- Daily Staff Questionnaire
 - At the start of each shift, all staff completes the electronic questionnaire located on the spare computer in the Rec office. The computer, mouse, keyboard, & etc. must be disinfected before and after use with the provided disinfecting wipes.
 - Staff will be asked the following questions:
 - Do you have any of the following symptoms: coughing, sneezing, fever, sore throat, or difficulty breathing?
 - If yes, do you have a pre-existing medical condition that would explain this symptom? ie. Seasonal allergies.
 - Are you, or anyone you're living with, sick, self-isolating, or quarantined?
 - Have you travelled outside of Canada in the last 14 days?
 - Do you have any COVID related concerns, or have you identified any hazards that need to be corrected?
- Higher risk employees of severe illness from COVID-19 (ie. older adults and people of any age with serious underlying medical conditions) should inform the employer of their condition to determine if it is safe for them to resume work. Such individuals should not reintegrate into the workplace until their provincial/territorial health authority confirms it is safe to do so.
- Human resource policies are fully compliant with existing workplace health and safety regulations and labour codes
 - See *District of Chetwynd 2020 Pandemic Control & Response (Appendix A)*
- The JOSH committee will meet at two week intervals during the pandemic to quickly address any concerns that may arise
 - Staff are reminded and encouraged to forward any concerns or identify hazards immediately to a supervisor for resolution.
 - JOSH committee is included in the development of workplace prevention and preparation strategies dealing with the virus

- Return to work policies are communicated to all facility and aquatic staff
- All facility staff training day on May 25, 2020 introducing the new policies and procedures related to COVID-19
- Daily check-in with staff
- Weekly COVID-19 update / crew-talk
- Reorientation training sessions for Aquatic Staff
- Employees must wash their hands when arriving and leaving the facility, and before and after:
 - Eating, breaks, smoking, blowing nose, coughing, sneezing, going to the toilet, being in contact with animals or pets, using shared equipment, providing routine care for another person who needs assistance, and etc.
- Personal items and clothing brought in by staff to be kept to a minimum and stored in personal locker, ensuring disinfecting safety protocol is followed
- Physical distancing of 2 meters enforced at all times
- Any events or meetings are held where physical distancing measures can be achieved
- Consistent work teams to decrease number of interactions between staff

EQUIPMENT & SUPPLIES

- Equipment should not be shared between employees
 - When possible, each employee has their own equipment needed for each shift
 - All lifeguards have their own fanny pack with necessary equipment
 - No sharing of equipment (pen, stopwatch, etc.), condiments and common use food dispensers (ketchup, mustard, salt, pepper, etc.)
 - No shared cups, glasses, plates, utensils – wash in hot water with soap
 - Any shared equipment or tool needs to be cleaned with soap and disinfected after each use and at the end of each shift
- Staff rooms
 - Table is cleaned and disinfected with sanitizer before and after each use
 - Staff room, as well as appliances and accessories (fridge, microwave, chairs, handles, etc.) cleaned and disinfected with sanitizer every shift to avoid cross contamination
 - Non-essential items removed from common areas

Equipment, first aid and resuscitation equipment, PPE, and etc. stored in first aid room at the leisure pool

FACILITY ACCESS & ADMISSION

FACILITY ACCESS

- Separate entry and exit doors, clearly marked with signage, arrows, and physical barrier leading into/out of the facility
- Physical markers on floor and walls indicating appropriate physical distancing spacing when waiting in line at the Rec Desk
- Separate entry and exit point leading to / from pool – enter leisure pool from the boot room to the change rooms; once changed, patrons to leave via the pool deck to the viewing area, leading back to the boot room
- Separate entry and exit point leading to / from ice surface areas. Patrons enter the dressing room areas from South side entries and exit from the North side entries.
- All ice user groups are responsible for implementing their own individual safety plans that meet the needs of their group and follow all relevant restrictions and legislation.

CONTROLLED ACCESS

Attendants will be present when patrons are present. When attendants are on break, the on-shift maintenance worker will relieve them. Teamwork and communication are essential for success.

FACILITY ADMISSION

- Signs posted at entrance of the facility and leisure pool informing patrons that:
 - Patrons must not enter if they suspect they have COVID-19 or if they have any of the known COVID-19 symptoms
 - Patrons must maintain physical distance of 2 metres from other patrons and staff
 - Cough into bent elbow, or into a tissue that is thrown away immediately after use, then wash hands immediately
- Hand sanitizer stations or handwashing stations are available for patrons and their use is encouraged. *Environment Health – Version # 1 – 02 May 2020*
 - We have three stations at this time and will order more as soon as they are available. Our supplier states that there is no word as to when these will be available. All staff should encourage our patrons to wash hands frequently with warm water and soap as well as using the hand sanitization stations
- Patrons are screened when checking in (electronic questionnaire completed by Rec Clerks)
- Minimal contact between employees and patrons for checking in and admission payment
 - Plexiglass sneeze guards installed on the front counter
- Whenever possible, contactless forms of payment and check-in are to be used.
 - Use of cash is discouraged, but accepted – when handling cash, employees are to wear gloves or wash hands before and after handling money
- For gym use, only patrons with memberships will be allowed to attend, and drop-ins regretfully will be declined. This is to reduce “one-off” attendance by people passing through our community
- For swimming, public skate, and parent and tot skate we will be using a combination of reservation times and drop-ins

- Reservation times will be available to book over the phone or in person, with staggered times to ensure steady flow through the facility and change rooms, supplemented with drop-ins if space allows
- Reservations for Saturday and Sundays are open to the public every Thursday
- Bookings of eight (8) people or more are required to pre pay; this is to help minimize the occurrence of “no shows”

SCREENING PATRONS

When arriving at the facility, patrons must be asked the following questions by a Rec Clerk or their group “host” as per viaSport “Return to Sport” guidelines:

1. Do you have any of the following symptoms: coughing, sneezing, fever, sore throat, or difficulty breathing?
2. Are you, or anyone you’re living with, sick, self-isolating, or quarantined?
3. Have you travelled outside of Canada in the last 14 days?
4. Are you a resident or have you been in the community for the last 14 days?

Any patron who answers yes to any of the questions above will not be permitted to enter. Anyone who has the symptoms of COVID-19 is recommended to call Northern Health’s COVID-19 Online Clinic and Information Line: 1.844.645.7811

In the case of negative behaviours from patrons, employees are directed to seek the assistance of a supervisor immediately. Patrons refusing to answer these questions, or refusing to follow the established guidelines, will be asked to leave the facility until they agree to abide by these rules.

FACILITY MAINTENANCE, CLEANING, & DECONTAMINATION

IMPORTANT REMINDERS ABOUT CORONAVIRUSES AND REDUCING THE RISK OF EXPOSURE

- Coronavirus on surfaces and objects naturally die within hours to days – warmer temperatures and exposure to sunlight will reduce the time the virus survives on surfaces and objects
 - Detectable on copper up to 4 hours
 - Detectable on cardboard up to 24 hrs
 - Detectable on plastics & stainless steels up to 2-3 days
- Normal routine cleaning with soap and water removes germs and dirt from surfaces – it lowers the risk of spreading COVID-19 infection
- Disinfectants kill germs on surfaces – by killing germs on a surface after cleaning, you can further reduce the risk of spreading infection

CLEANING PROCEDURE

Using the appropriate disinfectants, attendants will maintain the spaces in use by frequently cleaning high touch points and surfaces. During the closed period between gym and pool times, maintenance and attendants will perform a deep clean of the spaces that were used, ensuring thorough cleaning and air exchange.

Frequently touched surfaces will need to be cleaned and then disinfected to further reduce the risk of germs on surfaces and objects, as per below:

1. Clean the surface / object with soap and water
2. Disinfect the surface /object using the EPA-approved disinfectant or chlorine disinfectant solution

Frequently touched surfaces that are most likely to be contaminated:

- Doorknobs
- Handrails
- Elevator buttons
- Light switches
- Handles
- Faucet handles
- Tables
- Countertops
- Electronics
- Toilets
- Desks
- Keyboards
- Phones

HOW TO CLEAN

- Hard (Non-Porous) Surfaces:
 - If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection
 - For disinfection, the facility provided properly dispensed ammonium quaternary disinfection solution will be used
- Soft (Porous) Surfaces:
 - For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces
 - After cleaning, if the items can be laundered, launder items in accordance with the manufacturer's instructions using the warmest appropriate water setting for the items and then dry the item completely
- Linens, Clothing, And Other Items That Go In The Laundry:
 - In order to minimize the possibility of dispersing the virus through the air, do not shake dirty laundry
 - Wash items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely.
 - Dirty laundry that has been in contact with an ill person can be washed with other people's items.
 - Clean and disinfect hampers or other carts for transporting laundry according to guidance above for hard or soft surfaces.
- Rescue Equipment
 - Clean and disinfect rescue equipment at the end of the day or during an exchange between lifeguards
 - After cleaning, leave rescue equipment immersed in the water during disinfection
- Training Accessories, and Recreational Toys & Games
 - Clean and disinfect training accessories after use by a bather or daily
 - After cleaning, leave the rescue equipment immersed in the water during disinfection and store to dry overnight
- Personal Floatation Devices
 - Clean and disinfect PFDs after use by a bather or daily
 - After cleaning, leave PFD immersed in the water during disinfection and store to dry overnight
- Deck Equipment
 - Clean and disinfect all surfaces of deck equipment that are frequently touched with hands during the deep clean when the pool is closed
- Gym
 - One hour down time after each gym session for gym floor and all equipment to be thoroughly cleaned and disinfected

- At the end of each day maintenance fogs the entire gym with the electrostatic disinfectant cleaner
- Indoor Playground
 - Common touch points are continually cleaned and disinfected by program staff while indoor playground is in use
 - Program staff fog indoor playground daily with the electrostatic disinfectant cleaner

DAILY GYM CLEANING & DISINFECTING CHECKLIST

THE FOLLOWING TASKS MUST BE COMPLETED EVERY 2 HOURS	DEEP CLEAN #1	DEEP CLEAN #2	DEEP CLEAN #3	DEEP CLEAN #4	DEEP CLEAN #5
Clean / Disinfect – Weights					
Clean / Disinfect – Plates					
Clean / Disinfect – Machines					
Clean / Disinfect – Benches					
Clean / Disinfect – Cardio Equipment					
Clean / Disinfect – Mats					
Clean / Disinfect – Door Handles					
Clean / Disinfect – Exit Door Button					
Clean / Disinfect – Lockers					
Clean / Disinfect – Attachments					
Clean / Disinfect – Mats					
Clean / Disinfect – Bathrooms					
Clean / Disinfect – Floors					
Fogged Daily With Electrostatic Disinfectant Cleaner					

DAILY LEISURE POOL DAILY CLEANING & DISINFECTION CHECKLISTS

AQUATIC STAFF CLEANING & DISINFECTING DUTIES

THE FOLLOWING TASKS MUST BE COMPLETED EVERY 2 HOURS	DEEP CLEAN # 1	DEEP CLEAN # 2	DEEP CLEAN # 3	DEEP CLEAN # 4			
Clean / Disinfect – Women’s Change Room Lockers							
Clean / Disinfect – Men’s Change Room Lockers							
Clean / Disinfect – Family Change Room Lockers							
Clean / Disinfect – Women’s Change Room Floors							
Clean / Disinfect – Men’s Change Room Floors							
Clean / Disinfect – Family Change Room Floors							
Clean / Disinfect – Women’s Change Room Benches							
Clean / Disinfect – Men’s Change Room Benches							
Clean / Disinfect – Baby Change Tables							
Clean / Disinfect – Women’s Change Room Stalls							
Clean / Disinfect – Men’s Change Room Stalls							
Clean / Disinfect – Family Change Room Stalls							
Clean / Disinfect – All Door Handles							
Clean / Disinfect – Staff Room & Area							
Clean / Disinfect – Chrome							
Clean / Disinfect – Pool Test Area							
Clean / Disinfect – Viewing Area							
Clean / Disinfect – Viewing Area Chairs (before & after use)							
Clean / Disinfect – Water Fountain (before & after use)							
Clean / Disinfect – Pool Deck (chlorine disinfection solution) <i>*must be done during first deep clean of the day</i>							
THE FOLLOWING DUTIES MUST BE DONE ONCE A DAY (WHEN NEEDED)							
Laundry – Put in Washer							
Laundry – Switch							
Laundry – Fold & Put Away							
Windows – Hot Tub							
Windows – Viewing Area							
Clean / Disinfect – Logs & Fences							
THE FOLLOWING DUTIES MUST BE DONE ONCE A WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
First Aid Supplies – Checked / Stocked							
Gutters – Bottom Deck							
Gutters – Men’s							
Gutters – Top Deck							
Gutters – Women’s							
Scrub Deck Lines							
Scrub Lines in Hot Tub							
Windows – Waterslide							
Fish Tank (when necessary)							

MAINTENANCE CLEANING & DISINFECTING DUTIES

THE FOLLOWING TASKS MUST BE COMPLETED EVERY 2 HOURS	DEEP CLEAN # 1	DEEP CLEAN # 2	DEEP CLEAN # 3	DEEP CLEAN # 4
WOMEN'S CHANGE ROOM				
Clean / Disinfect – Toilets				
Clean / Disinfect – Mirrors, Soap & Towel Dispensers				
Clean / Disinfect – Counters & Sinks				
MEN'S CHANGE ROOM				
Clean / Disinfect – Urinals				
Clean / Disinfect – Toilets				
Clean / Disinfect – Mirrors, Soap & Towel Dispensers				
Clean / Disinfect – Counters & Sinks				
FAMILY WASHROOM				
Clean / Disinfect – Toilets				
Clean / Disinfect – Mirrors, Soap & Towel Dispensers				
Clean / Disinfect – Counters & Sinks				
WOMEN'S WASHROOM – POOL ENTRANCE				
Clean / Disinfect – Toilets				
Clean / Disinfect – Mirrors, Soap & Towel Dispensers				
Clean / Disinfect – Counters & Sinks				
MEN'S WASHROOM – POOL ENTRANCE				
Clean / Disinfect – Toilets				
Clean / Disinfect – Mirrors, Soap & Towel Dispensers				
Clean / Disinfect – Counters & Sinks				
STAFF WASHROOM				
Clean / Disinfect – Toilets				
Clean / Disinfect – Mirrors, Soap & Towel Dispensers				
Clean / Disinfect – Counters & Sinks				

PERSONAL PROTECTION

The risk of exposure to cleaning staff is inherently low, however, staff responsible for cleaning and disinfecting the facility will be provided with adequate PPE and must practice personal hand hygiene.

- All staff will be provided with training on site including when to use PPE, what PPE is necessary, how to properly put on and take off PPE, and how to properly dispose of PPE.
- Cleaning staff should immediately report breaches in PPE, such as a tear in gloves or any other potential exposures to their supervisor
- Cleaning staff and others should clean hands often, including immediately after removing gloves and after contact with an ill person, by washing their hands with soap and water for 20 seconds

- If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.

APPROPRIATE DISINFECTANTS

- Zep Dyna Quat – Ammonium Quaternary Cleaner
 - *Our supplier was contacted on May 22, 2020 to confirm it is an adequate disinfectant for both bacteria and all known viruses*
- 500 parts per million chlorine disinfectant solution using bleach and water
 - 1 part bleach to 100 parts water (ie. mix 10 ml bleach (5.25%) with 990 ml water)

SAFE WATER MANAGEMENT

The management of safe water is imperative during viral outbreaks like COVID-19. We know through the work of the United States Centers for Disease Control and Prevention that:

“There is no evidence that COVID-19 can be spread to humans through the water. Proper operation, maintenance, and disinfection (with chlorine or bromine) of pools should kill COVID-19”

To ensure the disease is killed in swimming pool water, water testing must take place as required by regulation or more frequently if required.

CHLORINE / BROMINE

Free Available Chlorine (FAC) levels should be carefully maintained at levels recommended by regulation or provincial guidelines. Operators may choose to enhance disinfection levels by raising levels above minimum until COVID-19 virus is no longer present in the community.

OTHER TESTS

The control of other variables in the swimming pool water will ensure disinfection is effective. Careful monitoring of pH, Total Alkalinity, Calcium Hardness, and Cyanuric Acid levels will enhance water quality

IF SOMEONE GETS SICK...

In the event of someone getting sick, the following steps will occur:

1. Those who are sick will be isolated in a vacant meeting room until transportation can be provided
 - Staff, patrons, and swimmers with COVID-19 symptoms will be separated
 - Family, household member, or EMS will be contacted to safely transport anyone who is sick to their home or to a healthcare provider
2. Health officials and close contacts will be notified
 - Local health officials, staff, patrons, and swimmers will be immediately notified on any case of COVID-19 while maintaining the utmost confidentiality and sensitivity
 - Contact tracing will be conducted to determine those who have had close contact with a person diagnosed with COVID-19 and they will be asked to stay home and self-monitor for symptoms, and follow CDC guidance if symptoms develop
3. Any areas that were used will be cleaned and disinfected
 - Any areas that were used by a sick person will be closed off and will not be used until proper cleaning and disinfection has occurred
 - The area will be closed off for at least 24 hours before cleaning and disinfection occurs
 - Any outside doors and windows will be opened and ventilating fans will be used to increase air circulation in the area
 - Proper disinfectants and PPE will be used

ARENA & AMENITIES

Occupancy limits are reduced to allow appropriate physical distancing and may be increased in time based on provincial / territorial health authority recommendations –*5m² per person in the dressing rooms and 3m² per person throughout the ice facility*. The main rink occupancy limit will be 18 people unless alternative agreements are made between facility management and individual ice user groups during this first phase of reopening.

An on-site attendant will be patrolling the facility, regularly cleaning and disinfecting high touch points and educating patrons on our new COVID-19 specific safety measures.

Each user group is required to provide “hosts” for their group and activity that ensure physical distancing requirements are met as per viaSport “Return to Sport” guidelines.

See Appendix B for viaSport “Return to Sport” guidelines.

OCCUPANCY LIMITS

Room *	MAXIMUM OCCUPANCY**
Dressing Room #1	5
Dressing Room #2	14
Dressing Room #3	21
Dressing Room #4	25
Dressing Room #5 and #6	17 (each)
Penalty Boxes and Scorekeeper’s Booth	1 (each)
Referee’s Room	1
Player’s Benches	4 on bench with coach standing***
Washrooms	2 individuals OR 1 household

*Occupancy signs will be posted on each entrance

**Note that this is maximum occupancy ONLY. Bench capacity will vary from room to room based on the physical size of the participants, and if caregivers are present. Each group must decide the individual room occupancy in co-operation with facility management that recognizes the unique needs of each group.

***additional space is available adjacent to the ends of the benches for players

GENERAL RULES

- All patrons must complete the questionnaire when checking in
- Patrons will not spit or blow their noses without tissue anywhere in the facility. Users spitting in inappropriate areas like player's boxes or dressing room floors will forfeit their ice times until compliance can be assured.
- People at higher risk of COVID-19 should not participate in programmed activities until approved
- Participants should not share water bottles, towels, or any other equipment
- Water bottles should be filled at home
- Patrons in need of assistance should receive help from a family member
- Patrons are encouraged to arrive prepared and suited up to skate to minimize dressing room use.
- All activities will have a reduced number of participants to ensure physical distancing is maintained in all areas of the facility.
- The concession and similar food services will not be available during Phase 3.

CHANGE ROOMS

- Separate entry and exit point leading to / from ice surfaces – enter from South entrances and leave through North or Central entrances
- Regularly monitored, cleaned and disinfected by on-site attendants and deep cleaned after each use
- Unnecessary items removed to facilitate the cleaning of these areas
- Signage advising patrons to maintain physical distance between lockers in use
- Maintain physical distancing at all times and remain mindful of pinch points like doorways, hallways, and viewing areas. If pinch points are occupied, please wait until it is your turn to proceed
- Arena Change Room showers are not to be used at this time

PATRON EQUIPMENT

- Use own equipment – please do not share equipment with other patrons
- Signage will be posted around the facility reminding and educating patrons not to share water bottles, towels, tape, or any other equipment other than with family members
- Patrons are encouraged to bring their own equipment
- Only essential equipment will be available for use during the first stage of opening and will be handed out by the Maintenance Staff (i.e. Nets and skate aids)
- Skate rentals will not be available during this phase of reopening
- All shared equipment will be disinfected between users
- Any equipment left in Change rooms will be either disposed of or disinfected before storing and/or next use

BLEACHERS AND VIEWING AREAS

- To maintain physical distance, limited bleacher space will be available.
- Physical distancing must be practiced at all times – stay inside your bubble
- Bleachers will be disinfected after each use.
- Patrons must obey signs indicating closed spaces at all times in the facility.
- Patrons will be directed on where to sit to adhere to physical distancing guidelines
- Signs posted indicating occupancy limits and at chokepoints leading to the bleachers and viewing areas advising patrons to wait if someone is already in the space
- The area will be regularly cleaned and disinfected by attendants and during down times

USER GROUPS

- Must have a safe viaSport “Return to Sport” plan in place before using any part of the facility
- Must assign “hosts” for each use
- Must follow the viaSport “cohort” protocols as per “Return to Sport”.
- Change rooms will be cleaned before and after each use
- Physical distancing rules must be followed while in the facility – applies to users, spectators, and staff
- Anyone sick, having recently travelled out of Canada, or having the symptoms of COVID-19 must not attend the facility
- Some areas in the facility may need to remain closed and all signs indicating closed areas must be respected
- Patrons will not spit or blow their nose without tissue anywhere in the facility. Users spitting in inappropriate areas like player’s boxes or floors will forfeit their ice times until compliance can be assured.
- Maintenance staff will report any violations of established protocols, immediately after identification, via incident report to a Manager or the Director of Recreation.
- Patrons should not share water bottles, towels, or any other equipment
- Water bottles should be filled at home

BATHROOMS

- Limited bathrooms available throughout the facility for patron use, disinfected and cleaned regularly (2-4 hours)
- Separate bathrooms available for staff, stocked with cleaning supplies, and cleaned after use
- Hand washing signage posted in each bathroom
- Occupancy limits posted on each washroom entrance

WATER FOUNTAINS

- As per the Health Act, patron self-serve drink stations, water dispensers and water fountains are required to be open on the pool deck. Limited water bottle dispensing stations will be also available around the facility. Patrons are asked to refrain from using drinking fountains at this time. Signs are posted regarding this request on the fountains
- Patrons are encouraged to fill up their water bottles at home
- Water dispensing stations will be cleaned and disinfected after each use and at regular intervals during the day

GYM & AMMENITIES

Occupancy limits are reduced to allow appropriate physical distancing and may be increased in time based on provincial / territorial health authority recommendations – *5m² per person in the fitness areas and 3m² per person throughout the facility.*

An on-site attendant will be patrolling the facility, regularly cleaning and disinfecting high touch points and educating patrons on our new COVID-19 specific safety measures.

OCCUPANCY LIMITS

AREA / SWIM TYPE	MAXIMUM OCCUPANCY
Gym	10
Court	5
Walking Track	*6

** Exception made for the Monday Wednesday Friday Seniors Fitness group – max 10 participants allowed on the walking track*

GENERAL RULES

- All patrons must respect the minimum 2 meters, or 6 feet, of physical distancing while at the facility
- Only patrons with memberships are allowed to attend the gym and court
- Existing memberships have been suspended from March 18, 2020 and reactivated upon the patrons first visit back to the gym
- The gym will be operating at reduced hours; from 4:30 AM to 10:30 PM – no afterhours access at this time
- All equipment must be cleaned by the patrons before and after use with the provided disinfectant wipes
- The gym will be open for three hours, then down for one hour to allow for thorough cleaning and air exchange. To help make this easier on our patrons, we have moved some equipment to the walking track and court. This will allow us to rotate through the different areas so there will always be an option open for our patrons during operational hours
- The pool change rooms are not available for gym users at this time, unless they have a reservation for the pool
- Some washrooms will be open and cleaned frequently during the day
- On-site attendant will be in the areas in use at all times to ensure protocols are followed and to provide continual cleaning of common touch points
- Gym lockers are available for use and are cleaned and disinfected between uses
- The walking track is available at all times the facility is open; with the exception of when Seniors Fitness is using the space on Monday, Wednesday, and Friday afternoons

LEISURE POOL & AMMENITIES

There is no evidence that COVID-19 can be spread to humans through the pool water. Proper operation, maintenance, and disinfection of pools and hot tubs with chlorine or bromine, should inactivate the virus that causes COVID-19. Nevertheless, appropriate care must still be taken both in and outside the pool, to protect yourself and others.

The Aquatic and Maintenance Staff are responsible for the pool during all operational hours. If any of the Aquatic Staff are unable to perform the pool tests, they are to advise the Maintenance Staff asap. Reliable and consistent oversight on the implementation of new policies and procedures must be in place to prevent the transmission of COVID-19.

Bather loads are reduced to allow appropriate physical distancing and may be increased in time based on provincial / territorial health authority recommendations – *5m² per person in the pool and 3m² per person throughout the aquatic facility*. The pool is 405 m² and we will have an occupancy limit of 30 people during the first phases of reopening to reduce the number of patrons using the change rooms.

An on-site attendant will be patrolling the aquatic facility, regularly cleaning and disinfecting high touch points and educating patrons on our new COVID-19 specific safety measures.

OCCUPANCY LIMITS

AREA / SWIM TYPE	MAXIMUM OCCUPANCY
Viewing Area	6
Family Change Room (8.1 m ²)	2 individuals OR 1 household
Women's Change Room (31 m ²)	10
Men's Change Room (25.5 m ²)	8
Waterfit	12
Lane Swim	12
Senior Swim	12
Family Swim	30
Public Swim	30

GENERAL RULES

- All patrons must complete the questionnaire when checking in
- Patrons will not spit, urinate or blow their nose in the water
- People at higher risk of COVID-19 should not participate in programmed activities until approved
- Participants should not share water bottles, towels, goggles, or any other equipment
- Water bottles should be filled at home
- Patrons in need of assistance should receive help from a family member
- Patrons must shower and wash hands with soap for at least 20 seconds before entering the pool deck
- Patrons are encouraged to come prepared and suited up to keep people moving quickly through the change rooms

- All swims will have a reduced number of bathers to ensure physical distancing is maintained in the pool and change rooms

CHANGE ROOMS

- Separate entry and exit point leading to / from pool – enter leisure pool from the boot room to the change rooms; once changed, patrons to leave via the pool deck to the viewing area, leading back to the boot room
- Regularly monitored, cleaned and disinfected by on-site attendants and deep cleaned after each swim time
- Unnecessary items removed to facilitate the cleaning of these areas
- Signage advising patrons to maintain physical distance between lockers in use

PATRON EQUIPMENT

- As there is currently no evidence that COVID-19 survives in treated pool water, there is no special disinfection procedures to put in place for all equipment that are regularly in contact with chlorinated water – toys, railings, slides, etc.
- Signage will be posted along the pool deck reminding and educating patrons not to share water bottles, towels, goggles, or any other equipment other than with family members
- Use of goggles will be encouraged to avoid mucus contamination
- Snorkels are prohibited
- Patrons are encouraged to bring their own equipment
- Only essential equipment will be available for use during the first stage of opening and will be handed out by the Aquatic Staff (ie. kick boards, PFD, etc.)
- All shared equipment will be disinfected between users
- Any equipment left on the deck will be deemed as “expired” and disinfected before next use

LANE SWIMS

- To maintain physical distance, the pool will be organized into two double lanes – swimmers will swim down one lane and return on the other, and when passing, swimmers will be advised to pass in the middle of the double lane
- Patrons encouraged to bring their own equipment – no shared equipment amongst swimmers, unless in the same household

WATER FIT

See Appendix G for January 2021 Revised COVID-19 Safety Plan for Low-Intensity Group Fitness

- Patron waiver and questionnaire upon entry to the facility
- The following should not participate in organized activities:
 - People over 65 years and
 - People who live in a nursing home or long term care facility
 - People of all ages with underlying medical conditions, particularly if not well controlled
- Instructor will give safety guidelines to all participants before starting a class, educating participants on physical distancing, hygiene, and respiratory etiquette

- Instructor should be outside of the water, except for demonstrations
- No shared equipment amongst participants, unless in the same household
- All equipment disinfected after each class

SWIMMING LESSONS

New safety measures are in place to ensure the safety of all staff and participants:

- Instructors will teach out of the water, wearing the appropriate PPE and rescue aids, only entering the water for demonstrations and emergency situations
- Preschool to Swim Kids 4 require one caregiver/parent to participate in the water
- Asking participants to come into the facility prepared and dressed for lessons in order to have everyone moving through the change rooms quickly
- Limited spots available in the viewing area
- Reduced class sizes for all levels to help accommodate physical distancing in the pool
- All participants a in at the Rec Desk to answer our COVID-19 Questionnaire
- Lesson coordinators to help facilitate and answer questions on deck
- Equipment is limited to one piece per household
- Staff are to clean the equipment after use as per our cleaning protocols
- Skills for each level are modified to ensure the safety of the participants, especially in deep water
- All participants are to go through the family showers before entering the pool

SWIM CLUB

- Must have a safe “Return to Play” plan
- Change rooms will be cleaned before and after each use
- Physical distancing rules must be followed while in the facility – applies to users, spectators, and staff
- Anyone sick, having recently travelled, or having the symptoms of COVID-19 must not attend the facility
- Some areas in the facility may need to remain closed and all signs indicating closed areas must be respected
- Swimmers will not spit, urinate or blow their nose in the water
- Swimmers should not share water bottles, towels, goggles, or any other equipment
- Water bottles should be filled at home

VIEWING AREA

- The viewing area will be used as an exit point from the change rooms back to the boot room
- Chairs will be given out by lifeguards / attendants upon request and disinfected between uses
- Patrons will be directed on where to sit to adhere to physical distancing guidelines
- Signs posted indicating occupancy limits and at chokepoint leading to the viewing area from the boot room advising patrons to wait if someone is already in the space
- The area will be regularly cleaned and disinfected by attendants and during down times

HOT TUB & SAUNA

- Sauna will remain closed – the space is too small to accommodate social distancing measures and disinfecting/cleaning protocols
- Hot tub will be available for use at reduced capacity to maintain physical distancing measures, as long as there is no ongoing community spread of COVID-19 in the region in accordance with provincial/territorial health authority recommendations
- Markers will be placed 6 feet apart along the hot tub for where patrons can sit

BATHROOMS

- Limited bathrooms available throughout the facility for patron use, disinfected and cleaned regularly (2-4 hours)
- Separate bathrooms available for staff, stocked with cleaning supplies, and cleaned after use
- Hand washing signage posted in each bathroom

WATERSLIDES

- Waterslide will be closed during early phase of reopening– too many touch points to keep clean and disinfected
- Baby waterslide will be available for use with touch points being regularly disinfected and monitored by staff

TOWELS & SWIM SUITS RENTALS

- No towel and swim suit rentals during COVID-19
- Emergency use towels will be stored in a sealed container – when being laundered they will be handled with gloves and a mask, and folded on a disinfected surface

WATER FOUNTAINS

- As per the Health Act, patron self-serve drink stations, water dispensers and water fountains are required to be open on the pool deck
- Patrons are encouraged to fill up their water bottles at home
- Water fountain will be cleaned and disinfected after each use

PROGRAMS

Occupancy limits are reduced to allow appropriate physical distancing and may be increased in time based on provincial / territorial health authority recommendations –*5m² per person in the programs and 3m² per person throughout the facility*. A program attendant will be supervising the program, regularly cleaning and disinfecting high touch points and educating participants on our COVID-19 specific safety measures.

OCCUPANCY LIMITS

AREA	MAXIMUM OCCUPANCY
Birch Room & Area	10
Indoor Playground	8

GENERAL RULES

- All patrons must complete the questionnaire when checking in
- People at higher risk of COVID-19 should not participate in programmed activities until approved
- Participants should not share water bottles, food, or any other equipment
- Water bottles should be filled at home
- All activities will have a reduced number of participants to ensure physical distancing is maintained in all areas of the facility.
- Hand sanitize before and after program

BATHROOMS

- Limited bathrooms available throughout the facility for patron use, disinfected and cleaned regularly (2-4 hours)
- Separate bathrooms available for staff, stocked with cleaning supplies, and cleaned after use
- Hand washing signage posted in each bathroom
- Occupancy limits posted on each washroom entrance

WATER FOUNTAINS

- Patrons are encouraged to fill up their water bottles at home
- Water dispensing stations will be cleaned and disinfected after each use and at regular intervals during the day

PUBLIC / PARENT & TOT SKATE

Occupancy limits are reduced to allow appropriate physical distancing and may be increased in time based on provincial / territorial health authority recommendations.

A program attendant will be patrolling the facility, regularly cleaning and disinfecting high touch points and educating patrons on our new COVID-19 specific safety measures.

OCCUPANCY LIMITS

Type of Skate	MAXIMUM OCCUPANCY**
Public Skate	15
Parent & Tot/Adult Skate	15

GENERAL RULES

- All patrons must complete the questionnaire when checking in
- Patrons will not spit or blow their noses without tissue anywhere in the facility
- People at higher risk of COVID-19 should not participate in programmed activities until approved
- Participants should not share water bottles, towels, or any other equipment
- Water bottles should be filled at home
- Patrons in need of assistance should receive help from a family member
- Patrons are encouraged to arrive prepared and suited up to skate to minimize dressing room use.
- All activities will have a reduced number of participants to ensure physical distancing is maintained in all areas of the facility
- The concession and similar food services will not be available during Phase 3.

CHANGE ROOMS

- No change rooms access

PATRON EQUIPMENT

- Use own equipment – please do not share equipment with other patrons
- Signage will be posted around the facility reminding and educating patrons not to share water bottles, towels, tape, or any other equipment other than with family members
- Patrons are encouraged to bring their own equipment
- Only essential equipment will be available for use during the first stage of opening and will be handed out by the Maintenance Staff (i.e. Nets and skate aids)

BLEACHERS AND VIEWING AREAS

- To maintain physical distance, limited bleacher space will be available.
- Physical distancing must be practiced at all times – stay inside your bubble
- Bleachers will be disinfected after each use.
- Patrons must obey signs indicating closed spaces at all times in the facility.
- Patrons will be directed on where to sit to adhere to physical distancing guidelines

- Signs posted indicating occupancy limits and at chokepoints leading to the bleachers and viewing areas advising patrons to wait if someone is already in the space
- The area will be regularly cleaned and disinfected by attendants and during down times

BATHROOMS

- Limited bathrooms available throughout the facility for patron use, disinfected and cleaned regularly (2-4 hours)
- Separate bathrooms available for staff, stocked with cleaning supplies, and cleaned after use
- Hand washing signage posted in each bathroom
- Occupancy limits posted on each washroom entrance

WATER FOUNTAINS

- Patrons are encouraged to fill up their water bottles at home
- Water dispensing stations will be cleaned and disinfected after each use and at regular intervals during the day

INDOOR PLAYGROUND

Occupancy limits are reduced to allow appropriate physical distancing and may be increased in time based on provincial / territorial health authority recommendations –*5m² per person in the indoor playground and 3m² per person throughout the facility*. A program attendant(s) will be supervising the indoor playground, regularly cleaning and disinfecting high touch points and educating participants on our COVID-19 specific safety measures.

OCCUPANCY LIMITS

AREA	MAXIMUM OCCUPANCY
Indoor Playground	8

GENERAL RULES

- Program attendant will be in the indoor playground at all times when it's in use to ensure rules are followed and to provide continual cleaning of common touch points
- Participants must pre-register
- No food or drinks inside the indoor playground
- Closed for one hour between every use and thoroughly cleaned and disinfected
- All patrons must complete the questionnaire when checking in
- People at higher risk of COVID-19 should not participate in programmed activities until approved
- Participants should not share any equipment
- All activities will have a reduced number of participants to ensure physical distancing is maintained in all areas of the facility
- Hand sanitize before and after program

BATHROOMS

- Limited bathrooms available throughout the facility for patron use, disinfected and cleaned regularly (2-4 hours)
- Separate bathrooms available for staff, stocked with cleaning supplies, and cleaned after use
- Hand washing signage posted in each bathroom
- Occupancy limits posted on each washroom entrance

WATER FOUNTAINS

- Patrons are encouraged to fill up their water bottles at home
- Water dispensing stations will be cleaned and disinfected after each use and at regular intervals during the day

SAFETY EDUCATION & RULE ENFORCEMENT

- Safety plans and staff manuals have been updated with COVID-19 adapted policies and procedures
- Initial Return to Work training day (*May 25, 2020*), daily check-ins with staff, weekly crew update
- Public is informed of the implemented changes through our Facebook page, signage around the building, and on-site attendant
- An attendant will be on duty at all times the facility is in use; responsibilities include the following:
 - Rotating through the areas in use (gym, change rooms, pool, etc.)
 - Informing and educating the public concerning COVID-19 specific protocols
 - Regularly cleaning and disinfecting common touch points, maintaining cleanliness throughout the facility

FACILITY SIGNAGE

The following signage will be posted around the facility:

- At entrance of the facility and leisure pool informing patrons that:
 - Patrons must not enter if they suspect they have COVID-19 or if they have any of the known COVID-19 symptoms
 - Patrons must maintain physical distance of 2 metres from other patrons and staff
 - Cough into bent elbow, or into a tissue that is thrown away immediately after use, then wash hands immediately
- Occupancy limits for areas and rooms in use
 - Washrooms, Gym, Arena pad, Hallways & choke points, Boot room, Etc.
- Hand washing and self-hygiene etiquette

ARENA SIGNAGE

The following signage will be posted around the arena:

- Max occupancy limits of dressing rooms, washrooms, penalty boxes, players boxes, scorekeepers box, referees room, and pinch points
- Do not use this facility if you are sick or feel unwell
- Everyone must either wash hands when entering the facility with liquid soap and water for at least 20 seconds OR disinfect their hands with the provided hand sanitizer
- User groups are strongly encouraged to provide their own hand sanitizer for their participants to help defray costs
- Practice physical distancing by keeping 2 m from one another
- Reminding and educating patrons not to share water bottles, towels, or any other equipment other than with family members
- Occupancy limits for change rooms, washrooms, viewing areas, and choke points

LEISURE POOL SIGNAGE

The following signage will be posted around the leisure pool:

- Chlorinated pool water is an effective disinfectant and the risk of transmission from contact with properly treated pool water is considered minimal
- Do not use the pool if you are sick or feel unwell
- Everyone must wash hands when entering the pool area with liquid soap and water for at least 20 seconds
- Everyone must shower before and after using the pool
- Do not spit or blow your nose in the water
- Practice physical distancing by keeping 2 m from one another
- Reminding and educating patrons not to share water bottles, towels, goggles, or any other equipment other than with family members
- Occupancy limits for change rooms, washrooms, viewing area, and choke points

How to safely remove PPE posted in first aid room

AQUATIC STAFF TRAINING & CERTIFICATIONS

After a prolonged absence from work, aquatic staff must be ready to provide effective safety supervision to the public participating in aquatic activities with a minimum of risk of transmission of COVID-19.

STAFF TRAINING GUIDELINES FOR SAFETY SUPERVISION, FIRST AID & RESUSCITATION

- During training, staff will be supplied with their own PPE and personal first aid equipment – see *Personal Protective Equipment Section* for more details
- No person-to-person contact should occur during first aid or resuscitation skill assessments or practice situations
 - In-water rescue breathing or victim assessments will not be used at this time
- In order to maintain physical distancing measures, manikins will be used for CPR and first aid demonstrations when the employee is not able to demonstrate the treatment on themselves
- All training equipment will be disinfected before, during, and after training
- Those who have the prerequisites for the Mandatory COVID-19 Instructor Update will complete it once it becomes available.
- All Aquatic Staff with their NL will complete the NL Fast Track AMOA Module once it becomes available and be evaluated by a FAI

ONBOARDING FOR RETURNING STAFF

- Review of COVID-19 adapted Facility Safety Plans
- Review COVID-19 adapted Facility Operations protocols – disinfection, facility amenities, and amended schedules
- Review COVID-19 personal health and physical distancing requirements for staff
- Review physical distancing measures for patrons within the facility
- Review safety education and rule enforcement practices
- Review COVID-19 adapted in-water rescue protocols
- Review COVID-19 adapted first aid and resuscitation protocols
- Review COVID adapted PPE for all aquatic and facility staff
- Conduct a Rescue Ready Assessment of safety supervision staff
- Update instructors on COVID-19 training program guidelines

All training will have documentation records with date, name and signature for those who receive training

Lifesaving Society COVID-19 Update June 17, 2020

Extension of Lifesaving Society Certifications: In follow-up to extensions provided in our March 26 Update, we have now modified that to state that all Lifesaving Society certifications expiring as of March 1, 2020, through to October 31, 2020 will now expire on October 31, 2020. This date was chosen to allow a reasonable period for recertification's to take place following anticipated August/September opening of most aquatic facilities.

As the new Bronze Medals launch has been postponed until January 4, 2021 all Lifesaving Instructors (LSIs) who qualified for the LSI extension will remain certified to December 31, 2020.

National Lifeguard Recertification's: The Lifesaving Society recommends that Affiliates offer lifeguard recertification prior to reopening facilities to the public. Additional extensions will not be granted beyond October 31, 2020.

All NL-certified candidates must obtain the Airway Management & Oxygen Administration (AMOA) certification as a prerequisite to attending an NL Recertification. This training includes education on the use of a BVM and other COVID-19 precautions and will be available not later than July 1. National Lifeguard Recertification's can then be scheduled after that date.

Lifeguard Training for Reopening: *If you are reopening prior to August 1 or are unable to recertify staff before reopening, it is strongly recommended that Affiliates require staff to present proof of recertification within 90 days of their return to work.*

We are finalizing materials to assist you in training your staff prior to reopening. A sample Staff Reorientation for COVID-19 document will be available not later than June 24 including:

- A list of documents staff should review prior to arrival at the reorientation
- Activities (complete with times) based on the Guidelines for Reopening BC & Yukon Pools & Waterfronts document
- Equipment needed
- Who is able to teach each section based on their training?
- Scenarios to practice the Decision Tree and use of the bag valve mask

READY RESCUE ASSESSMENT

After an extended period of absence from work, aquatic staff must be ready to provide effective safety supervision to the public participating in aquatic activities. This does not replace National Lifeguard or First Aid recertification courses.

The following rescue skills & aerobic requirements will be assessed:

1. Object recovery: starting in the water, swim 15 m and surface dive to recover a 20 lb object; surface and carry the object 5m – all within 40 seconds
2. Demonstrate anaerobic fitness: starting in the water, swim 50 m head-up – within 60 seconds
3. Demonstrate endurance and strength for a submerged manikin or victim recovery and rescue: starting in the water, swim to recover a submerged manikin or victim located 25 m away; carry the manikin or victim 25 m – all within 90 seconds (COVID-19 protocols: use a training manikin, family member, etc.)
4. Demonstrate aerobic fitness and endurance: swim 400 m within 10 minutes
5. Demonstrate endurance and strength for a distressed victim rescue: starting in the water, approach 15 m head-up to contact a distressed victim in deep water; carry the victim 5 meters supporting the victims head and shoulders above the surface (COVID-19 protocols: use a training manikin, family member, etc.)
6. Demonstrate an understanding of different rescue techniques appropriate for specific pool features and special situations in a pandemic context
7. Demonstrate effective management of a distressed or drowning victim in deep water in a pandemic context (COVID-19 protocols: use a training manikin, family member, etc.)
8. Demonstrate effective management of a submerged, non-breathing victim and perform 10 cycles of 30 compressions on a CPR manikin (COVID-19 protocols: use a training manikin, family member, etc.)
9. Demonstrate effective management of a suspected spinal-injured victim in a pandemic context:
 - a. Enter and approach a face-down victim in deep water; roll victim over, immobilize and carry 15 ,
 - b. With the assistance of one back-up lifeguard and one bystander, manage a spinal-injured victim on land or in shallow water
10. Respond to emergency situations as a single lifeguard and as both a member and a leader of the lifeguard team in a pandemic context

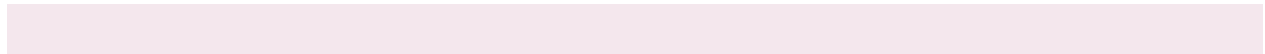
COVID-19 LIFEGUARD PROCEDURES

When the process of drowning begins, the outcomes are often fatal. Unlike other injuries and many diseases, survival from drowning is determined almost exclusively at the scene of the incident and depends on two variable factors: how quickly the person is removed from the water, and how quickly effective resuscitation is performed.

In the COVID-19 era, lifeguard now face a decision about how to balance their own safety while providing life-saving care. Several factors must be considered:

- Individuals with moderate or severe infections are unlikely to be participating in water-related activities. Bather assessment by operators prior to entering the facility will reduce the exposure to those who are exhibiting symptoms of the disease
- Most individuals who become infected will experience only mild or no symptoms
- Proper personal equipment, hand hygiene and screening at sites can help decrease the risk to rescuers
- Rescuers should always assess the risk of providing care. This includes an assessment of their own health status. Rescuers with other health problems are more likely to contract severe forms of the disease, and during times with high infection rates should consider doing other duties that do not involve direct public interaction
- The frequency of response requiring direct contact by aquatic staff with bather is low, therefore the likelihood is minimal
- Employers have the duty to provide appropriate protective equipment so that rescuers can respond safely

Since risk aversion is impossible, any attempt at first aid or resuscitation, may result in self-contamination. As there is no one-size-fits-all solution to how we manage this new issue, this document will provide principles to ensure staff safety



MITIGATING RISK OF INFECTION WHEN ADMINISTERING CPR FOR A DROWNING VICTIM

In consideration of rescuer safety, many lay-rescuer training organizations are recommending a shift in resuscitation procedures to using compression-only CPR. As drowning is a hypotoxic event, delay in ventilation increases the likelihood that the victim's condition will deteriorate or they may not survive. Drowning is considered a "special circumstance" where ventilations should be prioritized to positively affect victim outcome.

Due to risk of transmission, mouth-to-mouth ventilations and in-water ventilations (with or without a mask) should not be performed (viral filters must remain dry to be effective).

Rescuers should put on gloves for all first aid interventions or at the latest, immediately after removing a victim from the water. It would be reasonable for rescuers to wear facemasks with eye protection when performing first aid if available.

During a resuscitation event, rescuers should minimize the number of people in direct contact with the victim.

To minimize exposure to the rescuer, the following are ventilation techniques in order of preference:

1. Bag-valve-mask (BVM) with a viral filter; two rescuers with one rescuer maintaining a tight seal during ventilations and compressions – *we have three available BVM for use*
2. If no BVM is available, or insufficient training, rescuers may consider mouth-to-mask ventilations with a viral filter; two rescuers with one rescuer maintaining a tight seal during ventilations and compressions
3. If only one rescuer is responding, a pocket mask with a viral filter and head strap may be tightly placed on the victim's face to create a seal
4. If family members or close contacts are nearby and trained, it is reasonable to see if they would be willing to provide the ventilations – as there is an increased likelihood that they are already infected themselves

Rescuers should properly discard all protective equipment after the rescue and wash their hands before continuing with their duties.

MITIGATING RISK OF INFECTION WHEN ADMINISTERING CPR FOR A NON-DROWNING VICTIM

If there is no history of drowning, it is reasonable for the rescuer to do compression-only CPR until the arrival of appropriate equipment (if not immediately available). During compression-only CPR, rescuers may use a protective covering over the victim's mouth and nose such as a towel or light clothing. When the equipment arrives, use the same precautions as for a drowning victim.

Lifeguards not on duty with no access to personal protective equipment should place a protective covering over the victim's mouth/nose and perform compression-only CPR.

MITIGATING RISK OF INFECTION WHEN ADMINISTERING FIRST AID

When administering first aid, apply the following principles to help reduce the risk of disease transmission. These principles do not replace first aid assessment and treatment skills, but rather provide supplemental considerations for use throughout the rescue process.

- Rescuers should put on gloves for all first aid interventions or at the latest, immediately after removing a victim from the water
- It would be reasonable for rescuers to wear facemasks with eye protection when performing first aid if available
- Maintain physical distancing (2m) whenever possible
- Rescuers should minimize the number of people in direct contact with the victim
- Victims should be encouraged to wear a mask if tolerated

Rescuers should properly discard all protective equipment after the rescue and wash their hands before continuing with their duties.

LIFESAVING SOCIETY COVID-19 GUIDELINES FOR IN-WATER RESCUE

Includes any water-related incident (spinals, DNS, seizures, submerged victims)

Rescuers should consider the use of non-contact rescue where appropriate

- For in-water rescues, whenever possible, approach the victim in a manner to avoid face-to-face proximity
- For all rescues, minimize the number of rescuers who have direct contact with victims
- At each focal point, a dry container will be available with hand sanitizer and PPE for two rescuers, a victim, and a bystander
- After each rescue, all rescuers, victims, and bystanders should practice hand hygiene, shower with soap, change their clothes, bag clothes worn during the rescue (to be washed)
- Follow the disinfection protocols for all rescues and equipment used by staff when providing care

The following guidelines are COVID-19 adaptations of assessment and treatment actions to be performed in conjunction with specific interventions required by a victim's condition

1. Scene & Risk Assessment

- Ensure scene is safe
- Minimize the number of rescuer contacts with victim (where possible maintain physical distance of 2 m)
- Don appropriate PPE
- Manage/mitigate any hazards/risks
- Victim health history – COVID-19
- Mechanism of injury
- Request additional resources as required
- Continuous and dynamic scene assessment

2. Primary Assessment

- ABCs
- EMS
- Treat for shock
- Preparing for transport

3. Secondary Assessment (promote self-treatment or treatment by a family member)

- Vital signs
- History – functional inquiry
- Head-to-Toe exam
- Treatment
- Victims who can walk to the ambulance or access point should be encouraged to do so to reduce the risk of COVID-19 transmission

Respiratory hygiene measures for victims

- Offer a facemask/face-cover to all victims
- Ensure that all victims cover their nose and mouth with a tissue or elbow when coughing or sneezing

First aid for children and minors

- Whenever possible initiate first aid for children and minors by asking parents or caregivers to provide aid
- Provide appropriate PPE (ie. face mask and gloves) for those providing aid and the victims

Examples of how these guidelines may be applied:

- Rescuers should consider the use of non-contact rescues where appropriate
- The First Aid designate is highlighted in blue

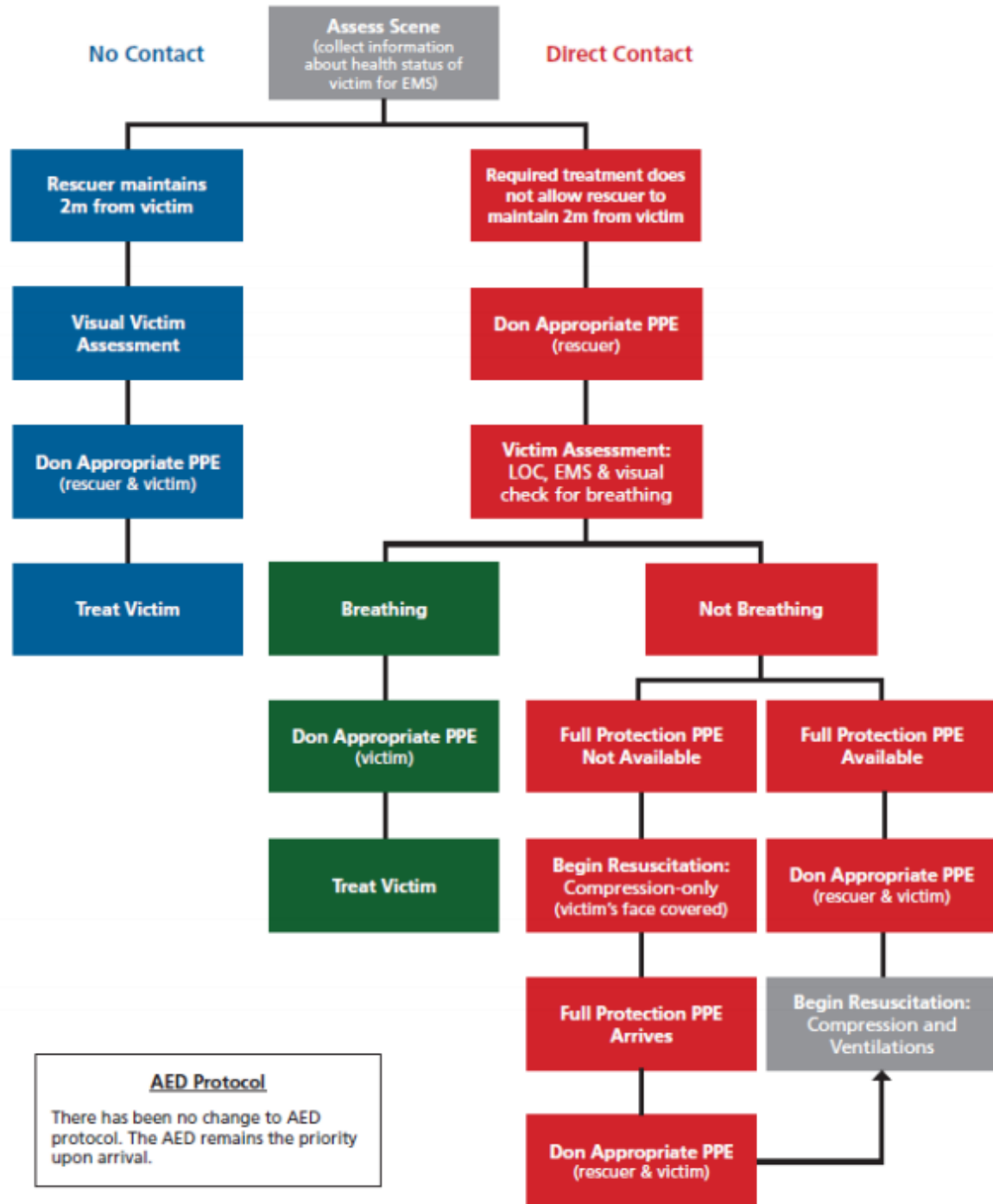
<p>Example: 1 lifeguard & trained backup ie. trained back-up or attendant</p>	<ol style="list-style-type: none"> 1. Lifeguard signals and enters water with rescue aid 2. Other staff providing backup, clear the water, get equipment, don PPE 3. If needed – assists in victim removal 4. All rescuers involved with victim care should dry off and don appropriate PPE before continuing victim care 5. Provide face mask to victim during care 6. If available, direct other facility staff or bystander <ul style="list-style-type: none"> • To assist in complex rescues • To call EMS 7. Follow disinfection protocols post-rescue
<p>Example: 2 lifeguards ★ ie. 2 LGs or 1 LG & 1 attendant</p>	<ol style="list-style-type: none"> 1. Rescuer 1: signals and enters water with rescue aid 2. Rescuer 2: initiates clearing the water, provides backup, assists with victim removal <ul style="list-style-type: none"> • Where not needed in water, get equipment and don PPE 3. All Rescuers involved with victim care should dry off and don appropriate PPE before continuing victim care 4. Provide face mask to victim during care 5. If available, direct other facility staff or bystander <ul style="list-style-type: none"> • To assist in complex rescues • To call EMS 6. Follow disinfection protocols post-rescue
<p>Example: 3 (or more) lifeguards ie. 3 LGs or 2LGs & 1 attendant</p>	<ol style="list-style-type: none"> 7. Rescuer 1: signals and enters water with rescue aid 8. Rescuer 2: initiates clearing the water, provides backup, assists with victim removal <ul style="list-style-type: none"> • Where not needed in water, get equipment and don PPE 9. Rescuer 3 / First Aid Designate: upon removal assume primary victim care 10. All Rescuers involved with victim care should dry off and don appropriate PPE before continuing victim care 11. Provide face mask to victim during care 12. If available, direct other facility staff or bystander <ul style="list-style-type: none"> • To assist in complex rescues • To call EMS Follow disinfection protocols post-rescue

FIRST AID AND RESUSCITATION GUIDELINES FOR COVID-19

Principles of Mitigating Risk of Infection when Administering First Aid and Resuscitation

- **Scene Assessment**
 - Maintain physical distancing (2m) whenever possible
 - Collect information about the health status of the victim with regard to COVID-19
 - Important to pass this information on to EMS, allowing them to provide optimal treatment to the victim
 - Information may be obtained from the victim, victims caregiver, bystanders, etc.
 - Determining the victims health status and COVID-19 infection can be accomplished by asking common questions
- **Primary Assessment**
 - Maintain physical distancing (2 m) whenever possible
 - Determine if the victims condition requires the lifeguard to make direct contact with the victim
 - Alternative options may include victim's caregiver or family member administering first aid treatment with lifeguard direction (ie. direct pressure to a wound, cleaning and bandaging, providing ventilation when resuscitation is required, etc.)
 - Don PPE appropriate to the level of victim contact and first aid treatment required – both victim and rescuer
 - When victim's history indicated positive or suspected COVID-19, inform EMS
 - Regardless of direct or indirect contact, proper hand hygiene is important following all first aid treatment
- **Secondary Assessment**
 - Maintain physical distancing (2 m) whenever possible
 - Only take vital signs that can be observed from a distance (ie. skin colour, visual breathing check) or are required for victim treatment decisions (ie. skin temp of possible heat stroke victim)
- **Post Rescue Process**
 - Take care to remove and dispose of PPE in a safe manner
 - Disinfect all surfaces that may have come in contact with the victim or rescuer during treatment (ie. chair, clipboard, pen, etc.)
 - Where required, practice personal decontamination

DECISION TREE FOR FIRST AID & RESUSCITATION



PERSONAL PROTECTIVE EQUIPEMENT

AQUATIC STAFF PPE

Rescues and lifeguard interventions may provide a source of COVID-19 transmission. Infection prevention and control during rescues is essential to prevent or limit transmission

1. All staff will be provided with their own PPE and personal first aid equipment (pocket mask with viral filter, gloves, hat with face shield, etc.)
2. Assume all victims requiring first aid are COVID-19 positive
3. Designated staff member for each shift to take the lead during first aid and resuscitation
 - a. Equipped with appropriate PPE to safely manage victim care and provide the required follow-up
 - b. The designate should permit in-water rescuers time to dry-off and don PPE before they continue victim care
4. Access to first aid room is limited to essential personnel
5. If unable to adhere to physical distancing requirements, staff are to don face masks to prevent COVID-19 transmission
6. Any shared PPE will be disinfected between use/exchange
7. When wearing gloves, avoid touching the face
 - a. Follow procedure prescribed by the World Health Organization when removing gloves (Appendix F - WHO procedure to remove gloves)
 - b. Follow procedure prescribed by the WHO in order to remove PPE while avoiding contamination (Appendix G - WHO procedure to remove PPE)
8. Personal first aid equipment, such as fanny packs, will not be shared between employees

LEVELS OF RISK AND PPE

Due to the nature of COVID-19 as an aerosol transmitted pathogen, first aid protocols have been categorized into low-risk and high-risk categories. High-risk protocols include all treatments that generate aerosols, while protocols that do not generate aerosols fall under the low-risk category. Rescuers don PPE in accordance with the level of risk they encounter.

Identified high-risk (aerosol-generating) protocols are as follows:

- Chest compressions
- Ventilations
- High-flow oxygen administration (greater than 5 lpm)
- Suction
- Abdominal thrusts/back blows

All rescuers within 2 meters of the victim must don appropriate PPE for high-risk protocols.

Oxygen

The use of high flow oxygen is considered high-risk as it generates aerosols and therefore should be reserved for:

- Victims in need of resuscitation
- Children and infant victims
- Drowning victims

Suction

The use of suction is considered high-risk as it generated aerosols. Clearing an airway using suction is not recommended at this time. Instead, roll the victim to allow drainage and utilize a finger sweep (with proper PPE) is required.

ITEMIZED LIST OF PERSONAL PROTECTIVE EQUIPMENT FOR LIFEGUARDS

- **Respiratory Protection** – N95 or surgical mask
 - N95 Mask (non-valve): reduce transmission of aerosol by 70%, protects from contracting aerosol route infection from others by 99%. N95 masks must be NIOSH approved and CE certified. Due to lack of availability, fit testing surgical masks can be work to reduce risk. N95 masks must be dry to be effective
 - Surgical Mask (3-layered): reduces transmission of aerosol by 50% and protects from contracting aerosol route infection from others by 75%-80%. Surgical masks must be dry to be effective.

Mask and face coverings are prohibited in the water for lifeguards and patrons at all times

- **Eye Protection** – where necessary, face shields or personal protective goggles may be used
 - Both face shields and personal protective goggles prevent virus exposure of the eye mucosa
 - Protective goggles must fit the users facial features and be compatible with the respiratory protection
 - Corrective lenses or safety glasses do not provide adequate protection
 - Protective eyewear may be reused one disinfected
- **Hand Protection** – non-latex medical exam gloves should be used
 - Practice hand hygiene after gloves are removed
- **Body Protection** – where possible, long-sleeved water-resistant gowns should be used to prevent body contamination
 - If water-resistant gowns are not available, remove and launder all clothing once treatment is finished
 - Practice personal hygiene following use
- **Bag-Valve-Mask with Viral Filter** (ie. HEPA)
 - Viral filter or high-efficiency particulate air (HEPA) filter minimizes the risk of virus spread during ventilations
 - Viral filters must remain in their original packaging and be dry to be effective
- **Pocket Mask with Viral Filter** (ie. HEPA)
 - Viral filter or high-efficiency particulate air (HEPA) filter minimizes the risk of virus spread during ventilations
 - Viral filters must remain in their original packaging and be dry to be effective

TEAM ACTIVITY

When should the aquatic staff wear PPE?

- Masks and face shields at all times when on deck?
 - As long as the Aquatic Staff are adhering to physical distancing requirements, they do not have to wear masks and face shields at all times when on deck, however, if they do not follow the required 2m physical distancing, they must be worn
- PPE will be worn for all first aid and resuscitation scenarios

Lifesaving Society COVID-19 Update June 17, 2020

Personal Protective Equipment: In response to the high demand for PPE, the Branch has sourced out most items required; however we continue to experience a shortage of gowns and gloves as is common with most suppliers. Orders will be filled based on when they were placed, however we are trying to ration large quantities to allow more orders to be filled. Your cooperation and patience is appreciated.

Viral Filters: There has been much confusion around the viral filters needed for pocket masks and BVMs to help prevent transmission of COVID-19. At this point, our best information is:

- The large square green viral filter previously in the Shop provides 99.99% filtration; our price was \$9 and one was to be included in the price of any BVM and pocket mask sold.
- The smaller clear filter is also known as 'viral' and provides 99.2% at a price of \$3.
- We have consulted several experts in the field and have been told that anything over 99% is definitely adequate to help prevent the transmission of viruses such as COVID19, so we decided not to carry the \$9 model and instead will include the \$3 model with each pocket mask.
- We have now been told there is a viral filter specifically for BVMs that is priced at \$5 and will be included with the purchase of each BVM.
- We have followed up with anyone who has purchased the \$9 model and adjusted their invoice.

Suffice to say that we are trying to source out the most appropriate and least expensive option for our Affiliates while still ensuring it is adequate to address COVID-19 concerns.

KEEPING PPE ORGANIZED, CLEAN AND DRY

Certain PPE, such as viral filters and masks, must remain dry to be effective; therefore:

- Each lifeguard will have first contact PPE on their person including gloves and 2 surgical masks. The gloves and surgical masks will be kept in a resealable zip-lock bag to avoid getting wet.
- Each focal point will have a dry storage container that includes towels, PPE for 2 rescuers and a bystander, resuscitation equipment (BVM with viral filter, etc.), hand sanitizer and disinfection wipes.

PPE DISINFECTION

Proper disposal of single-use equipment and proper disinfection of reusable equipment is necessary for ensuring the safety of both staff and patrons. For proper disinfection of reusable equipment, see manufacturer's specifications. Where no specifications exist, the following ratios are recommended.

- The Centres for Disease Control and Prevention (CDC) recommend a 1:10 dilution ratio for household bleach, or a 1:20 ratio for commercial sodium hypochlorite solution to disinfect PPE, and then let air dry. Typically, 1 to 10 minutes contact time is recommended.

LIFEGUARD PPE – NO CONTACT VS DIRECT CONTACT

NO CONTACT	DIRECT CONTACT	
2m physical distancing is maintained between rescuer and victim	LOW-RISK Non-aerosol-generating treatment 2m physical distancing will compromise victim outcome	HIGH-RISK Aerosol-generating treatment 2 m physical distancing will compromise victim outcome
RESCUER: Face Shield / Goggles Gloves Surgical Mask VICTIM: Surgical Mask	RESCUER: Face Shield / Goggles Gloves Surgical Mask VICTIM: Surgical Mask	RESCUER: Face Shield / Goggles Gloves N95 / Surgical Mask Gown VICTIM: (in order of preference) BVM with viral filter & continuous seal OR Pocket mask with viral filter & continuous seal OR Non-rebreather face mask with supplemental oxygen and open airway OR Pocket mask with viral filter and tight head strap (single-rescuer only) OR Surgical mask (compression-only CPR)

RESOURCES

The following documents were used in the development of the Safety Plan.

Center for Disease Control and Prevention

- [Cleaning and Disinfection for Community Facilities](#)
- [Considerations for Public Pools, Hot Tubs, and Water Playgrounds During COVID-19](#)
- [Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes](#)

BC Recreation and Parks Association

- [The Recreation & Parks Sector Guideline for Restarting Operations – May 20, 2020](#)

BC Recreation and Parks Association & Recreation Facilities Association of BC

- [COVID-19 Considerations for Restarting Swimming Pool Operations – June 18, 2020](#)

Lifesaving Society – BC & Yukon

- [Guidelines for Reopening BC & Yukon Pools and Waterfronts – Revised June 15, 2020](#)

Red Cross

- First Aid and Swimming & Water Safety Safe Classroom (in-person) Training COVID-19 Protocols – June 11, 2020
- Swimming & Water Safety Program Training – COVID-19 Protocols – June 2020

Regional Health Authorities, Ministry of Health and the BC Centre for Disease Control

- [Coronavirus Disease \(COVID-19\) Guideline for Swimming Pools – Version 1, June 3, 2020](#)

Vancouver Coastal Health

- [Coronavirus Disease \(COVID-19\) Guideline for Swimming Pools – May 5, 2020](#)

WorkSafeBC

- [WorkSafeBC COVID-19 Returning to Safe Operations – Sports & Recreation](#)
- [WorkSafeBC Returning to Safe Operation](#)
- [WorkSafeBC Municipalities and COVID-19 Safety](#)
- [WorkSafeBC Helping Employers Address COVID-19 in the Workplace](#)

ViaSport

- [Return to Sport Guidelines for BC – September 2020](#)

APPENDICES

Appendix A – District of Chetwynd 2020 Pandemic Control & Response

Appendix B – Signage

Appendix C – Arena Occupancy Limits

Appendix D – Bather Loads & Occupancy Limits – BCRPA Guide

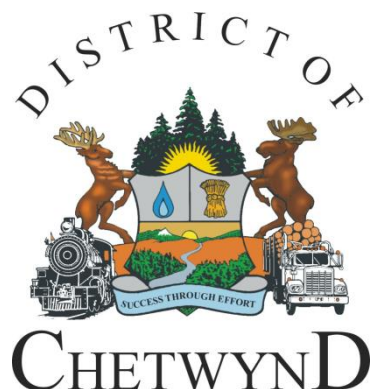
Appendix E – WHO Procedure to Remove Gloves

Appendix F – WHO Procedure to Remove PPE

Appendix G – January 2021 Revised COVID-19 Safety Plan for Low-Intensity Group Fitness

APPENDIX A

DISTRICT OF CHETWYND 2020 PANDEMIC CONTROL & RESPONSE



District of Chetwynd

Pandemic Control & Response Plan

Summary:

The District of Chetwynd has a legal obligation to protect employees from infection to the extent it is a real or potential hazard to them.

Reasonable steps to prevent and contain the spread of COVID-19 include the following, although the District of Chetwynd will follow Provincial guidelines and recommendations in addition to what is outlined in this plan as deemed necessary:

- Notifying and educating exposed employees about COVID-19 risks, symptoms and available prevention measures;
- Requiring employees to wash their hands before starting work, after sneezing and coughing and after touching potentially infected surfaces or objects, e.g., doorknobs or equipment handled by sick co-workers;
- Implementing effective cleaning and disinfection procedures;
- Requiring employees to report if they've traveled to a high risk area or knowingly been exposed;
- Requiring employees to stay home when they're sick;
- Limiting personal contact and space between employees;
- Preparing for potential COVID-19 work refusals; and
- Ensuring we have an overall infectious illness exposure control and response policy or plan in place.

SECTION 1: PANDEMIC INFLUENZA EXPOSURE CONTROL PLAN

HEALTH HAZARDS OF COVID-19

According to the BC Centre for Disease Control, a novel coronavirus is the cause of an outbreak of respiratory infections, now known as COVID-19. The number of cases worldwide is changing quickly. B.C. and the Northern Health region have confirmed cases of coronavirus.

SYMPTOMS

Seasonal flu affects people to varying degrees, with symptoms including headache, fever, fatigue, muscle aches, sore throat, and runny nose. The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and common cold. They include cough, fever, sore throat, runny nose and difficulty breathing.

TRANSMISSION

According to the BC Centre for Disease Control, there is still a lot we don't know about COVID-19 and there are studies underway to better understand it.

Transmissions can occur before the person became sick or the symptoms were so mild that the person did not know they were sick. However, most people became ill from being in close contact with someone who showed symptoms such as coughing and sneezing, therefore transmitting the virus through droplets. This is why B.C. health officials are focused on putting protection around people who are ill and showing symptoms, in order to decrease the spread to others.

Exposure to the virus may occur in a variety of ways, including the following:

- shaking hands with an infected person or touching a surface contaminated with the virus, followed by touching one's eyes, nose, or mouth
- Infectious droplets from a coughing or sneezing person landing in the eye or onto the moist inner surfaces of the nose or mouth
- Breathing infectious airborne droplets or particles (from coughing, sneezing, or aerosol- generating medical procedures on infected patients)
- Sharing food items or utensils with an infected person
- Exposure to the virus in sewage

STATEMENT OF PURPOSE

The World Health Organization (WHO), Health Canada, and in British Columbia, the BC Centre for Disease Control (BCCDC), have recommended that all jurisdictions and workplaces develop influenza pandemic preparedness plans to reduce the potential for adverse effects arising from a pandemic. The District of Chetwynd is committed to providing a safe and healthy work environment for all of its employees. A combination of measures will be utilized to minimize worker exposure to COVID-19, including the most effective control technologies available. Our work procedures will be in place to protect not only our workers, but also other workers or members of the public who enter District facilities. All employees must follow the procedures outlined in this plan to prevent or reduce exposure to COVID-19.

RESPONSIBILITIES

Employer Responsibilities

The District of Chetwynd will:

- Support the implementation of this exposure control plan.
- Ensure that the materials (for example, gloves, alcohol-based hand rubs, masks and washing facilities) and other resources such as worker training materials required to implement and maintain the plan are readily available where and when they are required.
- Select, implement and document the appropriate site-specific control measures.
- Ensure that supervisors and workers are educated and trained to an acceptable level of competency.
- Ensure that workers use appropriate personal protective equipment – for example, gloves, eye protection and N95 masks or non-medical grade masks where required
- Conduct a periodic review of the plan's effectiveness. This includes a review of the available control technologies to ensure that these are selected and used when practical.
- Maintain records of training and inspections.
- Ensure that a copy of the exposure control plan is available to workers.
- Close facilities or limit services to the public if warranted.
- Communicate with District of Chetwynd employees regarding pandemic events.
- Communicate educational and awareness information regarding COVID-19.

Supervisor responsibilities

Supervisors will:

- Ensure that workers are adequately instructed on the controls for the hazards at the location, which may include administrative controls and personal protective equipment (PPE).
- Ensure (where identified as required) that workers use proper respirators, for which they have been fit tested, and the results are recorded.
- Direct work in a manner that eliminates or minimizes the risk to workers.
- Send workers home if they are ill.

Worker Responsibilities

Employees will:

- Know the hazards of the workplace.
- Follow established work procedures as directed by the employer or supervisor.
- Use any required PPE as instructed.
- Report any unsafe conditions or acts to the supervisor.
- Report any travel to high risk areas or any suspected or known exposure.
- Self-monitor for symptoms of COVID-19 and report any symptoms to supervisor and health care professionals.
- Leave work if suffering from flu-like symptoms and stay home until the symptoms are gone.

RISK IDENTIFICATION AND ASSESSMENT

Three primary routes of transmission are anticipated for COVID-19, all of which need to be controlled. These include contact, droplet, and airborne transmission.

Contact transmission, both direct and indirect

Direct contact involves skin-to-skin contact, such as patient care or emergency response activity that requires direct personal contact. First Aid Attendants or Fire Department first responders could be exposed by direct contact. Indirect contact involves a worker touching a contaminated intermediate object such as a table, doorknob, telephone, or a computer keyboard, and then touching the eyes, nose, or mouth. Contact transmission is important to consider because the COVID-19 virus can persist some time on hands and surfaces.

Droplet transmission

Large droplets may be generated when an infected person coughs or sneezes, and also during certain medical procedures such as cough induction. Droplets travel a short distance through the air, and can be deposited on inanimate surfaces (leading to indirect contact transmission), or in the eyes, nose, or mouth.

Airborne transmission

Airborne (inhalable) particles can be generated from coughs and sneezes. Coughs and sneezes produce both large droplets and smaller airborne particles. The smaller particles remain suspended in air for longer periods, and can be inhaled. The large droplets can also evaporate quickly to form additional inhalable particles. As the distance from the person coughing or sneezing increases, the risk of infection from airborne exposure is reduced, but it can still be a concern in smaller, enclosed areas, especially where there is limited ventilation. As the number of infected people in a room increases, the risk of infection can increase.

The following risk assessment table is adapted from WorkSafeBC Occupational Health and Safety Regulation Guideline G6.34-6. Using this guideline as a reference, we have determined the risk level to our workers, depending on their potential exposure in the workplace.

Table 01: Risk Assessment for Pandemic Influenza

	Low Risk	Moderate risk	High risk
	Workers who typically have no contact with people infected with pandemic influenza	Workers who may be exposed to infected people from time to time in relatively large, well-ventilated workspaces	Workers who may have contact with infected patients or with infected people in small, poorly ventilated workspaces
Hand Hygiene	Yes (washing with soap and water, using an alcohol-based hand rub, or using hand wipes that contain effective disinfectant)	Yes (washing with soap and water, using an alcohol-based hand rub, or using hand wipes that contain effective disinfectant)	Yes (washing with soap and water, using an alcohol-based hand rub, or using hand wipes that contain effective disinfectant)
Disposable gloves	Not required	Not required, unless handling contaminated objects on a regular basis	Yes , in some cases, such as when working directly with pandemic influenza patients
Aprons, gowns, or similar body protection	Not required	Not required	Yes , in some cases, such as when working directly with pandemic influenza patients

Eye protection – goggles or face shield	Not required	Not required	Yes , in some cases, such as when working directly with pandemic influenza patients
Airway protection – respirators	Not required	Not required unless likely to be exposed to coughing and sneezing	Yes (minimum N95 respirator or equivalent)

RISK CONTROL

The Regulation requires us to implement infectious disease controls in the following order of preference:

1. Elimination
2. Engineering controls
3. Administrative controls
4. Personal Protective Equipment (PPE)

Elimination

Elimination of face-to-face contact is the best control possible, and has been implemented where other measures have been considered and deemed to be ineffective to keep employees and members of the public safe. This included closing facilities and reception counters, relying on phone, email, social media and/or regular mail to answer public questions. Meetings have been limited in person and reliance has been on conference or electronic calls, mail or messenger tools. Financial transactions have been conducted by electronic or via mail rather than cash or cheque at the municipal counter.

Engineering Controls

Engineering controls include working from inside an enclosure when receiving bill payments in the Finance Department or selling passes at Recreation facilities. This will not prevent all exposure so Administrative and/or PPE may be required.

Administrative Controls

Administrative controls include hand washing, not touching one's face, physical distancing and cough/sneeze etiquette. A policy of no hand shaking at meetings is also a suitable control.

Personal Protective Equipment

Personal Protective Equipment would include wearing N95 respirators or non-medical grade masks as task appropriate, coveralls/turnout gear, gloves, goggles and/or faceshields.

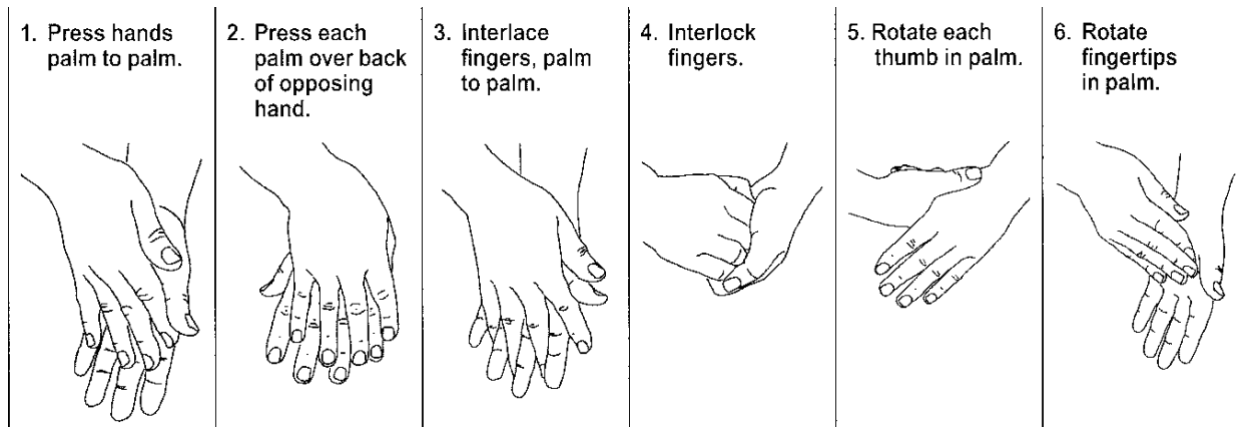
HAND WASHING

Hand washing is one of the best ways to minimize the risk of infection. Proper hand washing helps prevent the transfer of infectious material from the hands to other parts of the body – particularly the eyes, nose and mouth – or to other surfaces that are touched.

Wash your hands immediately:

- Before entering or leaving a work area.
- After handling materials that may be contaminated.
- Before eating, drinking, smoking, handling contact lenses, or applying makeup.

Hand Washing Procedure



Use soap and warm running water. (It does not have to be hot to do the job.) Wash and rinse your hands for at least twenty seconds. If water is unavailable, use a waterless hand cleanser that has at least 70% alcohol. Follow the manufacturer's instructions on how to use the cleanser.

PHYSICAL DISTANCING

District of Chetwynd employees are expected to utilize physical distancing from each other or members of the public at the work site, during meetings or in staff rooms, etc. The Provincial Health Officer has indicated that maintaining a distance of 2 meters or 6 feet from others is adequate to avoid transmission of the COVID-19 virus.

COUGH/SNEEZE ETIQUETTE

District of Chetwynd employees are expected to follow cough/sneeze etiquette, which is a combination of measures that minimizes the transmission of diseases via droplet or airborne routes. Cough/sneeze etiquette includes the following components:

- Cover your mouth and nose with a sleeve or tissue when coughing or sneezing.
- Use tissues to contain secretions, and dispose of them promptly in a waste container.
- Offer (waterproof) surgical masks to people who are coughing.
- Turn your head away from others when coughing or sneezing.
- Wash hands regularly.

RESPIRATORS

N95 Respirators, non-medical grade masks and other personal protective equipment (gloves, eye protection and gowns) may be supplied for employees based on a risk assessment. If respirators are provided then appropriate fit testing and documentation must be completed. Any employee using personal protective equipment must follow established work procedures. Groups likely in this category include Fire Fighters who are in direct contact with patients exhibiting influenza-like symptoms, and Public Works employees who have contact with sewage.

IF EMPLOYEES SHOW SYMPTOMS OF INFLUENZA

If employees are ill with influenza-like symptoms, they should stay home. If they develop symptoms of influenza while at work, they should leave the workplace. Employees should only return to the workplace once they have recovered from influenza and no longer show symptoms. Employees should inform their supervisor if they are ill and seek medical help as necessary.

IF EMPLOYEES ARE REQUIRED TO RETURN TO WORK

Under some circumstances (for example, an emergency), some employees who have influenza symptoms but are able and willing to may be required to return to work. These employees should wear N95 respirators and practice cough/sneeze etiquette to avoid infecting other workers.

Employees who develop symptoms of influenza, or suspect that they might have COVID-19, and must remain at work, must wear N95 respirators in the workplace. N95 respirators are available from the employee's supervisor.

EMPLOYEE EDUCATION AND TRAINING

District of Chetwynd employees will receive training in the following:

- The risk of exposure to COVID-19, and the signs and symptoms of the disease.
- Safe work procedures to be followed, including *hand washing, physical distancing* and *cough/sneeze etiquette*.
- Location of washing facilities, including dispensing stations for alcohol-based hand rubs.
- Proper use of masks.
- How to seek and where to obtain first aid.
- How to report an exposure to, or symptoms of, pandemic influenza.
- Training on proper use of PPE, if required based on risk assessment.

HEALTH MONITORING

District of Chetwynd employees will promptly report any symptoms of COVID-19 to their manager, first aid attendant and also seek medical assistance as needed.

RECORD KEEPING

The District of Chetwynd will keep records of instruction and training provided to workers regarding pandemic influenza, as well as exposure reports and first aid records.

ANNUAL REVIEW

The District of Chetwynd/Joint Health and Safety Committee will review the exposure control plan every year and update it as necessary, in consultation with our Joint Health and Safety Committee.

RISK CHART FOR COVID-19

POSITION	LEVEL OF RISK	CONTROL PROCEDURES
Office & Administrative Staff (eg. Cashiers/Clerks at District Office, Rec Centre, and Engineering)	Moderate	Regular and effective hand hygiene; physical distancing (2 meters or 6 feet apart) from other employees and members of the public; plexiglass shields to separate members of the public from employees working at the front counter; enhanced cleaning of contact points (light switches, ATM machine, pens, telephones, computer keyboards, counters, washrooms, door knobs etc); no sharing of coffee pots, cream/sugar, utensils or food in staff room
First Aid Attendants	Moderate	Regular and effective hand hygiene; N95 masks, disposable gloves and aprons; physical distancing (2 meters or 6 feet apart) where practicable; enhanced cleaning of contact points (light switches, ATM machine, pens, telephones, computer keyboards, counters, washrooms, door knobs etc)
Firefighters	High	Physical distancing (2 meters or 6 feet apart) where practicable and hand hygiene, disposable gloves, turnout gear, goggles and/or face shield, (N95 respirator or equivalent); enhanced cleaning of contact points (light switches, ATM machine, pens, telephones, computer keyboards, counters, washrooms, door knobs etc) and interior of vehicles; no sharing of coffee pots, cream/sugar, utensils or food in staff room
Public Works employees who have contact with sewage	High	Physical distancing (2 meters or 6 feet apart) where possible; hand hygiene including washing hands; using disposable gloves, disposable coveralls, rubber boots, goggles and face shield (N95 respirator or equivalent); enhanced cleaning of contact points (interior of vehicles, tools, office areas and communication devices); no sharing of coffee pots, cream/sugar, utensils or food in staff room

Engineering employees, Building Inspector, Bylaw Officer – those who have contact with the public	Moderate	Regular and effective hand hygiene; physical distancing (2 meters or 6 feet apart) from other employees and members of the public or use of non-medical grade mask where physical distancing cannot be maintained; plexiglass shields to separate members of the public from employees if answering inquiries at the front counter;
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		enhanced cleaning of contact points (light switches, ATM machine, pens, telephones, computer keyboards, counters, washrooms, door knobs etc); utilizing telephones and electronic meetings where possible); no sharing of coffee pots, cream/sugar, utensils or food in staff room
Labourers, Equipment Operators, Rec Centre Maintenance	Moderate	Physical distancing (2 meters or 6 feet apart), use of non-medical grade mask where physical distancing not possible; hand hygiene including washing hands; using disposable gloves, disposable coveralls, rubber boots, goggles and face shield (N95 respirator or equivalent) if cleaning body fluids; enhanced cleaning of contact points (interior of vehicles, tools, office areas and communication devices); no sharing of coffee pots, cream/sugar, utensils or food in staff room
Aquatic Staff, Fitness Instructors, Program Instructors, Skate Patrol	High	Regular and effective hand hygiene; physical distancing (2 meters or 6 feet apart) where practicable, use of non-medical grade mask where physical distancing not possible; enhanced cleaning of contact points (pool deck, pool toys, windows, dressing rooms, pens, phones, computer keyboards, countertops, chairs); reduced hours and number of patrons allowed in facility

SECTION 2: PANDEMIC EXPOSURE RESPONSE PLAN

RECREATION SERVICES DEPARTMENT

CORE AND ESSENTIAL SERVICES

Essential services are loosely defined as those that are essential to community health and safety. Core services are defined as fundamentals that must be provided by the District, the internal services necessary to support their delivery, services needed to protect or preserve valuable District assets, and/or services that are critical to the District's pandemic response.

The Chetwynd & District Rec Centre (Rec Centre) provides non-essential services that enhance the quality of life for residents. There are very few core and no truly essential services provided by the Rec Centre. In the event of a serious pandemic, virtually all services can be discontinued without an impact on community health, life and safety.

The core services in the Rec Centre are identified as follows:

1. Daily checking and maintenance of the ice plant, as long as the plant is operational.
2. Daily checking of the swimming pool, as long as the water remains in the pool.
3. Maintaining basic sanitary standards in facilities that are open (cleaning washrooms, removing garbage etc).
4. Critical communications related to the Pandemic Event

The Rec Centre has been closed to members of the public since March 27, 2020 as a precautionary measure to prevent the spread of COVID-19.

BUSINESS CONTINUATION DURING PANDEMIC SITUATION

*Note: The following is only intended as a guideline. Actual situations may vary. Decisions to reduce services should be adjusted to reflect public demand (which will decrease as the pandemic spreads) and staffing levels (our ability to maintain services). **Provincial Health Orders and Ministerial Orders will take precedence over any protocols in this plan and will be relied upon for specific measures.***

STAGE 1 (Absenteeism less than 10%)

All work places: Promote awareness programs among employees at all work locations. Allow employees who can, to work from home where possible and practical. Avoid non-essential face- to-face meetings. Practice physical distancing (2 meters or 6 feet apart).

Provide additional hand sanitizer stations in the workplace. Encourage frequent hand washing and sneezing and coughing etiquette. Insist that workers with symptoms stay home.

Efforts should be made to reduce direct customer contact with staff. Ensure that all divisions are at full complement of part and casual employees where applicable. Post and hire casual and part time staff immediately if necessary.

Communications: Plan for continuation of essential communications if Communications Department is unable to respond due to illness.

This may involve the Director of Recreation, CAO, or a private communications firm. District and PRRD Communications Departments will establish a protocol for the communication of information related to facilities to elected officials and staff of the District/PRRD.

Financial Impact: Some overtime may be necessary. Minor reductions in services may be required. Shifts should only backfilled where necessary.

STAGE 2 (Absenteeism 11 – 20%)

- All work places: Strengthen awareness programs among employees including the implementation of clear policies to reduce the potential spread of influenza. Cancel all face-to-face meetings. Implement measures to minimize contact between the public and staff.
- Arena: Cancel public skating and school programs as required, depending upon the number of Arena employees impacted.
- Pool: Cancel some instructional programs, depending upon the number of Aquatics employees impacted. Pool hours may need to be reduced depending on the amount of lifeguards affected. Some routine maintenance duties may not be done depending on number of employees affected.
- Recreation Programs- cancel instructional programs as required.
- Rec Centre Building Maintenance: Continue to provide services to the degree possible. If staffing shortages require it, limit building maintenance to core services only and reduced cleaning schedules/services.
- Communications: Continue to provide services to the degree possible. Non-core services, such as newsletters, routine city advertising may be curtailed. Plan for continuation of essential communications, related to the pandemic, if the Communications Department is unable to maintain services.

Financial Impact: Considerable overtime will be necessary. Considerable loss in revenues should be expected.

Authorization/Approvals: If the hours are reduced, the decision will be made by the Director of Recreation, or designate, in consultation with the CAO of the District of Chetwynd, Civic Properties Commission and the PRRD. Council, Civic Properties Commission and PRRD will be notified of the decision through regular communication updates regarding the Pandemic Event.

The decision to cancel public skating, school skating, and swimming lessons will be made by the Director of Recreation. The Civic Properties Commission and Safety Committee will be notified of the service reductions through regular coordinated communications.

STAGE 3: (Absenteeism 21% - 30%)

- Rec Centre: Reduce hours, cancel all instructional programs, close concession and retail sales.
- Arena: Reduce hours. Cancel all public skating sessions and school programs. Limit operations to one arena.
- Pool: Reduce public swim hours. Cancel all school programs and reduce swimming lesson programs as required.
- Building maintenance: Provide only core services.
- Communications: Provide only core communication, related to pandemic event.

Financial Impact: Considerable overtime will be necessary. Layoffs may be necessary.

Substantial revenue loss expected.

Authorization/Approvals: If the hours are reduced, the decision will be made by the Director of Recreation, or designate, in consultation with the CAO of the District of Chetwynd, Civic Properties Commission and the PRRD. Council, Civic Properties Commission and PRRD will be notified of the decision through regular communication updates regarding the Pandemic Event.

STAGE 4: (Absenteeism of over 30%)

- All facilities: Shut down all but core services. Rec Centre closed. Only core maintenance services provided (checking ice plant and pool mechanical).
- Communications: Provide only core communication, related to pandemic event.

Financial Impact: Layoffs will be required. Substantial loss of revenues expected.

Authorization/Approvals: The decision to close the Rec Centre will be made jointly by the CAO and PRRD CAO or designate(s) on the recommendation of the Director of Recreation. Council, Civic Properties Commission and PRRD will be notified of the decision through regular communication updates regarding the Pandemic Event.

APPENDIX B
SIGNAGE

Chetwynd & District Rec Centre

NEW COVID-19 ARENA RULES

ALL PATRONS MUST COMPLETE THE QUESTIONNAIRE WHEN CHECKING IN

PATRONS WILL NOT SPIT OR BLOW THEIR NOSES WITHOUT TISSUE ANYWHERE IN THE FACILITY. USERS SPITTING IN INAPPROPRIATE AREAS LIKE PLAYER'S BOXES OR DRESSING ROOMS WILL FORFEIT THEIR ICE TIMES UNTIL COMPLIANCE CAN BE ASSURED

PEOPLE AT HIGHER RISK OF COVID-19 SHOULD NOT PARTICIPATE IN PROGRAMMED ACTIVITIES UNTIL APPROVED

PARTICIPANTS SHOULD NOT SHARE WATER BOTTLES, TOWELS, OR ANY OTHER EQUIPMENT

WATER BOTTLES SHOULD BE FILLED AT HOME

PATRONS IN NEED OF ASSISTANCE SHOULD RECEIVE HELP FROM A FAMILY MEMBER

PATRONS ARE ENCOURAGED TO ARRIVE PREPARED AND SUITED UP TO SKATE TO MINIMIZE DRESSING ROOM USE

ALL ACTIVITIES WILL HAVE A REDUCED NUMBER OF PARTICIPANTS TO ENSURE PHYSICAL DISTANCING IS MAINTAINED IN ALL AREAS OF THE FACILITY

THE CONCESSION AND SIMILAR FOOD SERVICES WILL NOT BE AVAILABLE DURING PHASE 3

NEW LEISURE POOL RULES

CHETWYND & DISTRICT REC CENTRE

Please call **250.788.2214** to **reserve your swim time**

Please come prepared and suited up to keep people moving quickly through the change rooms

Do not use the pool if you are sick or unwell

Everyone must shower and wash their hands when entering the pool area with liquid soap and water for at least 20 seconds

No **spitting, urinating** or **blowing your nose in the water**

No sharing of **water bottles, towels, goggles**, or **any other equipment**

Water bottles should be filled at home

Patrons in need of assistance should receive help from a family member

Please practice **physical distancing** by keeping 2 m from one another

Limited equipment available

Use of **snorkels** is **prohibited**



Chetwynd & District Rec Centre

7 Steps to prevent the spread of COVID-19

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose, and mouth
- 03** Cover your mouth when you cough using a tissue or the bend of your elbow
- 04** Avoid crowded places and close contact with anyone who has fever or cough
- 05** Stay home if you feel unwell
- 06** Seek medical care early if you have a fever, coughs, and difficulty breathing—but call first
- 07** Get information from trusted sources

Source: World Health Organization

Chetwynd & District Rec Centre

WELCOME BACK TO THE LEISURE POOL!

Please be aware that we have developed policies and procedures to minimize the risk of COVID-19 poses to the health and safety of our employees, and to our patrons. For your safety and those around you, these procedures must be followed, or you will be asked to leave the facility. Have a safe and enjoyable experience.

Can the COVID-19 virus spread through pool water?

There is no evidence that COVID-19 can be spread to humans through the pool water. Proper operation, maintenance, and disinfection (ie. with chlorine and bromine) of pools and hot tub spas, should inactivate the virus that causes COVID-19. Appropriate care should be taken both in and outside the pool, to protect yourself and others. Northern Health

For inquiries, please call
250.788.2214
www.gochetwynd.com

HANDWASHING

101



01

Wet your hands before applying soap

02

Rub soap all over your palms, the backs of your hands, and in between your fingers

03

Do this process for at least 20 seconds before rinsing

04

Wipe your hands with a clean towel or paper towel and void rubbing too vigourously.

Source: World Health Organization

PLEASE SHOWER AND WASH YOUR HANDS BEFORE ENTERING THE POOL AREA

Use soap and
water for at least
20 seconds



Chetywnd & District Rec Centre

Source: World Health Organization

Chetwynd & District Rec Centre

**PLEASE
PRACTICE
PHYSICAL
DISTANCING
BY KEEPING
2 M FROM
ONE
ANOTHER**

Chetwynd & District Rec Centre

**ENTRANCE
ONLY**

**PLEASE EXIT
CHANGE ROOMS
ONTO THE POOL
DECK AND
THROUGH THE
VIEWING AREA**

STOP THE SPREAD

Source: World Health Organization



WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



MAINTAIN PHYSICAL DISTANCING

Maintain at least 2 meters (6 feet) distance between yourself and anyone who is coughing or sneezing.



AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.



**THIS
SHOWER IS
CLOSED**



Chetwynd & District Rec Centre



**PLEASE HELP
US KEEP THE
FACILITY
OPEN**

DON'T SPIT!

CHETWYND & DISTRICT REC CENTRE

COVID-19 FAQ'S

ARE WE GOING TO CLOSE?

At this time we have not been informed of any pending closures. This may change because of the spike in active cases in BC. We will keep everyone informed as we learn of new developments. Our promise remains that we will stay open as long as it is safe for our patrons and staff.

WHO DECIDES IF WE CLOSE?

As a publicly owned facility we are required to close when directed to do so by Provincial Health Orders or other relevant regulatory agencies; we will continue to follow these guidelines as they are issued.

IF WE HAVE TO CLOSE, HOW LONG WILL IT LAST?

Provincial Health has been issuing orders that last about two to three weeks before being reviewed and either kept in effect or rescinded. We hope that any future closures are of short duration and that we will be able to re-open quickly. The Province has adopted a targeted approach for closures based on the number of active cases in each region.

DO WE KNOW OF ANY PENDING CHANGES?

We have been told to expect an increase in the physical distancing from two (2) to three (3) metres towards the end of this week. This will have a significant impact on room occupancy limits for areas like the gym and change rooms and may force us to accept a reduced number of patrons for each open session.

HOW CAN OUR PATRONS HELP US KEEP OPEN?

Our patrons can help us keep open by following the restrictions in place; especially by maintaining the required physical distancing, washing hands frequently, and wearing masks while in the facility. Please also remember that we are not responsible for the pandemic or the restrictions, and that this is the last thing we want for our country, community, or recreation facility.

**WE THANK EVERYONE FOR THEIR CONTINUED PATIENCE AND SUPPORT
IN THESE VERY CHALLENGING TIMES. STAY SAFE AND HEALTHY!**



STRICT RULES APPLY
AS PER NOVEMBER 19, 2020
PUBLIC HEALTH ORDER

NO MASK

NO ENTRY

*SOME EXCEPTIONS MAY APPLY

Please be courteous to our patrons and staff

For questions, don't hesitate to talk to a staff member.

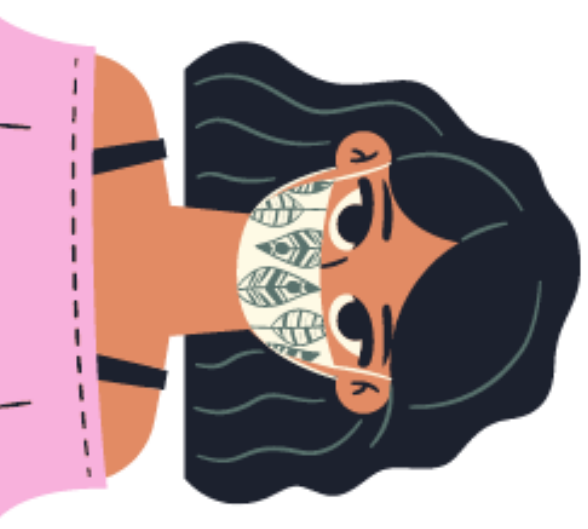
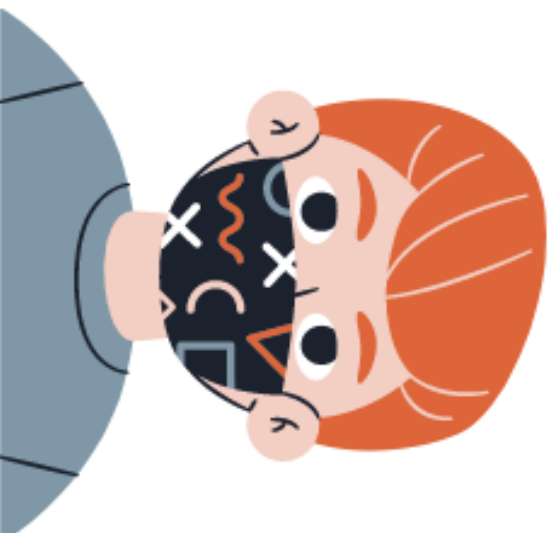
THANK YOU!

CHETWYND & DISTRICT REC CENTRE

WHAT IS A FACE COVERING?

- A. A MEDICAL OR NON-MEDICAL MASK**
- B. A TIGHTLY WOVEN FABRIC**

MINISTERIAL ORDER NO. M425





STRICT RULES APPLY

AS PER NOVEMBER 19, 2020

PUBLIC HEALTH ORDER

MANDATORY MASKS IN THE GYM

EXCEPT WHEN USING CARDIO EQUIPMENT

Please be courteous to our patrons and staff

For questions, don't hesitate to talk to a staff member.

THANK YOU!

CHETWYND & DISTRICT REC CENTRE



STRICT RULES APPLY
AS PER NOVEMBER 19, 2020
PUBLIC HEALTH ORDER

MANDATORY MASKS IN THE COURT

EXCEPT WHEN USING CARDIO EQUIPMENT

Please be courteous to our patrons and staff

For questions, don't hesitate to talk to a staff member.

THANK YOU!

CHETWYND & DISTRICT REC CENTRE



STRICT RULES APPLY
AS PER NOVEMBER 19, 2020
PUBLIC HEALTH ORDER

MANDATORY MASKS IN CHANGE ROOMS

USE OF MASKS IN THE WATER IS PROHIBITED

Please be courteous to our patrons and staff

For questions, don't hesitate to talk to a staff member.

THANK YOU!

CHETWYND & DISTRICT REC CENTRE



STRICT RULES APPLY
AS PER NOVEMBER 19, 2020
PUBLIC HEALTH ORDER

MANDATORY

MASKS ON THE

WALKING TRACK

EXCEPT WHEN USING CARDIO EQUIPMENT

Please be courteous to our patrons and staff

For questions, don't hesitate to talk to a staff member.

THANK YOU!

CHETWYND & DISTRICT REC CENTRE

APPENDIX C

ARENA OCCUPANCY LIMITS

Occupancy limits listed are maximum only and will need to be adjusted to meet each group's specific needs.

ARENA

Area / Room	Max Occupancy
Dressing Room # 1	5
Dressing Room # 2	14
Dressing Room # 3	21
Dressing Room # 4	25
Dressing Room # 5	17
Dressing Room # 6	17
Referees Room	1
Players Boxes	4 on bench plus coach standing <i>* More players may spread out further along the boards as long as distance requirements are met</i>
Scorekeepers Box	1
Penalty Boxes	1 <i>* Possible to use first row of bleachers on occasion. Players unable or unwilling to behave while in the bleachers will be asked to leave the facility</i>
Concession Viewing Area	7
SE Rink Corner Adjacent to Bleachers	4
Men's Washroom	2 or one family
Women's Washroom	2 or one family

PINCH POINTS

- Hallways
- Doorways
- In front of players benches
- Behind the seating at the concession viewing area

CURLING RINK

Area / Room	Max Occupancy
Main Lobby	25
Lockers Area	8
Men's Washroom	2 or one family
Women's Washroom	2 or one family
West Lobby	12
South Boardwalk (adjacent to ice)	15 <i>* walk way is less than one (1) metre wide and will require separate entrance/exit points</i>
North Boardwalk (adjacent to ice)	12

DRESSING ROOM BENCH LENGTHS (IN METERS)

Area / Room	Bench # 1	Bench # 2	Bench #3	Bench # 4
Dressing Room # 1	6.7 m	4.8 m		
Dressing Room # 2	7 m	3 m	3 m	
Dressing Room # 3	7.6 m	1 m	3 m	5 m
Dressing Room # 4	5 m	6.4 m	6.4 m	
Dressing Room # 5	9.7 m	9.7 m	1 m	1.5 m
Dressing Room # 6	9.7 m	9.7 m	1 m	1.5 m
Referee's Room	2 m	1 m	1 m	
Players Boxes	6 m	6 m		
Scorekeepers Booth	1.8 m			
Penalty Boxes	1.5 m	1.5 m		

APPENDIX D

BATHER LOADS & OCCUPANCY LIMITS – BCRPA GUIDE

SPECIFICS	COMMENTS / DETAILS	DEFINITION / CLARITY	SUPPORT / RESOURCES
Dry Area Occupancy: 2 m distance between people for common areas including the pool deck assume 5m ² per person	Determine your dry area square meters of unencumbered space. Ensure change rooms and line-up areas have 2 m distance markings	To determine occupancies in spaces you must divide the unencumbered square metres of the room by 3 for low activity (queuing) and by 5 for high activity (aquafit)	<i>Source:</i> BCRPA Sector Guideline for Restarting Operations
In Pool Occupancy: Allow 2 m bubble per person; no more than 7 swimmers per lane (25 m lanes) and 5m ² per person for other water surface area	You must balance the occupancy of your pool with the ability to move people through your change room and showers while maintaining a 2 m bubble	Calculate the square metres of the surface of the water in each of your pool tanks and that will determine your max bather load. Note that LSS suggests a slightly lower bather load. Follow Regional Health Authority, BCRPA and LSS guides in order to incrementally restore activity	Refer to the Regional Health Authorities Guideline for Swimming Pools (June 3) And Lifesaving Society Reopening Pools and Waterfronts
Public Health Order on Mass Gatherings: This is specifically for “social events” and not regular activity. An event where a cohort of participants gathers together for one purpose (ie. swim meet, birthday party)	Regular activity in recreational spaces is not defined as a social event, and it is not restricted to 50 participants. Facilities can accommodate more than 50 participants in multiple areas of their facilities based on 5m ² per person and the ability to maintain physical distancing	Facilities may host Mass Gathering Events of the cohort is 50 or fewer, provides the municipality with a COVID-19 safety plan, and can ensure physical distancing. This event could be a swim meet, birthday party, etc.	Public Health Order – Mass Gathering Events
Capacity of Spas / Hot Tubs: Must ensure 2 m distancing	Hot tubs with a diameter of less than 2 m should only be used by one person or family unit at a time	For many hot tubs 2 m distance between people isn’t possible; facilities may choose to close them rather than have a one person limit	Regional Health Authorities Guideline for Swimming Pools

APPENDIX E

WHO PROCEDURE TO REMOVE GLOVES

Technique for donning and removing non-sterile examination gloves

When the hand hygiene indication occurs before a contact requiring glove use, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water.

I. HOW TO DON GLOVES:



1. Take out a glove from its original box



2. Touch only a restricted surface of the glove corresponding to the wrist (at the top edge of the cuff)



3. Don the first glove



4. Take the second glove with the bare hand and touch only a restricted surface of glove corresponding to the wrist



5. To avoid touching the skin of the forearm with the gloved hand, turn the external surface of the glove to be donned on the folded fingers of the gloved hand, thus permitting to glove the second hand

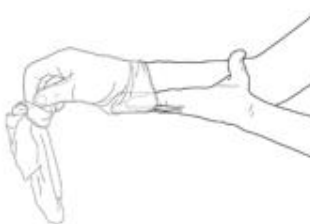


6. Once gloved, hands should not touch anything else that is not defined by indications and conditions for glove use

II. HOW TO REMOVE GLOVES:



1. Pinch one glove at the wrist level to remove it, without touching the skin of the forearm, and peel away from the hand, thus allowing the glove to turn inside out



2. Hold the removed glove in the gloved hand and slide the fingers of the ungloved hand inside between the glove and the wrist. Remove the second glove by rolling it down the hand and fold into the first glove



3. Discard the removed gloves

4. Then, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water

APPENDIX F

WHO PROCEDURE TO REMOVE PPE

Steps to take off personal protective equipment (PPE) including gown

1 Always remove PPE under the **guidance and supervision of a trained observer** (colleague). Ensure that infectious waste containers are available in the doffing area for safe disposal of PPE. Separate containers should be available for reusable items.

2 Perform **hand hygiene** on gloved hands.¹

3 Remove **apron** leaning forward and taking care to avoid contaminating your hands. When removing disposable apron, tear it off at the neck and roll it down without touching the front area. Then untie the back and roll the apron forward.



4 Perform **hand hygiene** on gloved hands.

5 Remove **outer pair of gloves** and dispose of them safely.

Use the technique shown in Step 17

6 Perform **hand hygiene** on gloved hands.

7 Remove **head and neck covering** taking care to avoid contaminating your face by starting from the bottom of the hood in the back and rolling from back to front and from inside to outside, and dispose of it safely.



OR



9 Remove the **gown** by untying the knot first, then pulling from back to front rolling it from inside to outside and dispose of it safely.



8 Perform **hand hygiene** on gloved hands.

10 Perform **hand hygiene** on gloved hands.

11 Remove **eye protection** by pulling the string from behind the head and dispose of it safely.



OR



12 Perform **hand hygiene** on gloved hands.

15 Remove **rubber boots** without touching them (or overshoes if wearing shoes). If the same boots are to be used outside of the high-risk zone, keep them on but clean and decontaminate appropriately before leaving the doffing area.²

16 Perform **hand hygiene** on gloved hands.

13 Remove the **mask** from behind the head by first untying the bottom string above the head and leaving it hanging in front; and then the top string next from behind head and dispose of it safely.



14 Perform **hand hygiene** on gloved hands.

17 Remove **gloves** carefully with appropriate technique and dispose of them safely.



18 Perform **hand hygiene**.

¹ While working in the patient care area, outer gloves should be changed between patients and prior to exiting (change after seeing the last patient)

² Appropriate decontamination of boots includes stepping into a footbath with 0.5% chlorine solution (and removing dirt with toilet brush if heavily soiled with mud and/or organic materials) and then wiping all sides with 0.5% chlorine solution. At least once a day boots should be disinfected by soaking in a 0.5% chlorine solution for 30 min, then rinsed and dried.



APPENDIX G

JANUARY 2021

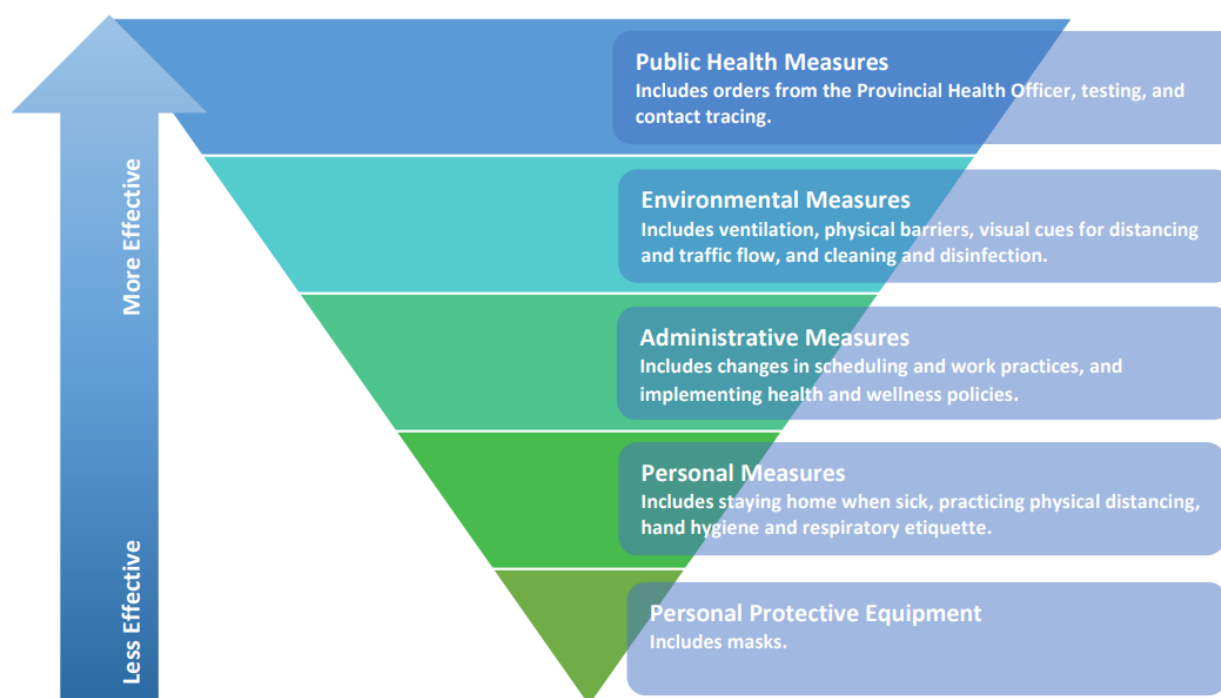
REVISED COVID-19 SAFETY PLAN

LOW-INTENSITY GROUP FITNESS

LEVELS OF CONTROL

In the model shown below, control measures at the top are more effective and protective than those at the bottom. By implementing a combination of measures at each level, the risk of COVID-19 is substantially reduced.

The Hierarchy for Infection Prevention and Exposure Control Measures for Communicable Disease



PUBLIC HEALTH MEASURES

CASE FINDING AND CONTACT TRACING

- ☒ Contact information (name and phone number or e-mail) of staff and participant attendance kept in a format that can be made readily available if needed by Public Health.
 - Operators should keep contact information available for up to 30 days.

ENVIRONMENTAL MEASURES

Environmental measures are changes to the physical environment that reduce the risk of exposure, such as increasing ventilation, and frequent cleaning and disinfection.

VENTILATION

- ✓ Creation of intentionally overheated exercise environments (e.g. for hot yoga) is prohibited
- ✓ Outer doors and windows left open or partially open at all times (if possible)
- ✓ All mechanical heating, ventilation, and air conditioning (HVAC) systems are working properly
- ✓ Fresh air intake on ventilation systems has been increased as much as possible
- ✓ All use of floor and wall fans discontinued

FLOOR MARKINGS AND REDUCED GROUP CONGREGATING

- ✓ Any group classes or bookings where a cohort of patrons are arriving at the same time must include at least 5 minutes before and 5 minutes after the class/booking time to reduce bottlenecks
 - For example, a 45-minute group class would be 35 minutes of exercise, with 5 minutes for staggered arrival and 5 minutes for staggered exit (additional time between classes is also required for cleaning and ventilation, see Booking and Registration section, below)
 - Additional time may be required for larger classes or to reduce the potential of gathering in common spaces
- ✓ Designate different doorways for entrance and exit if possible, or create a different process so patrons are not entering and exiting simultaneously at the same time
- ✓ Change rooms and showers must be closed; ensure patrons are aware that they should arrive in exercise attire
 - Washrooms should remain open; where washrooms are located within a change room, ensure there is signage and communication that these areas are for washroom use only
 - Use floor markings and/or physical barriers to direct flow through the space and ensure 2 metres physical distancing can be maintained at all times
- ✓ Assign staff to ensure no groups are congregating
- ✓ Post signage to indicate how these rules should be followed

CLEANING & DISINFECTING

- ✓ All shared equipment (e.g. the barre in a Barre class, floor mats, weights, etc.) must be cleaned and disinfected between each use
- ✓ Other high touch surfaces (e.g. door handles, sink faucets, etc.) must be cleaned and disinfected twice per day
- ✓ Where exercise activities involve participants prone or seated on the floor (i.e. floor mats not used), the floor should be cleaned and disinfected between each class

PHYSICAL BARRIERS

- ✓ Physical barriers between exercise equipment or stations may be used as an additional safety measure, although use of physical barriers does not alter the physical distancing or occupancy requirements listed below. More information on using effective physical barriers can be found on WorkSafeBC.

ADMINISTRATIVE MEASURES

Administrative measures include the implementation of policies, procedures, training and education that reduce the risk of exposure

OCCUPANCY

- ☑ To determine overall occupancy: each workout room/space must have at least 7m² (2.5m x 2.5m) plus a safety allowance of 20% of unencumbered useable floor space per patron/staff who will be in the space during an exercise class, with a maximum of 25 patrons/staff in any exercise class or room (regardless of the space above)
 - For example, an exercise room that has 140m² (~1500ft²) of useable floor space would be able to accommodate: $(140\text{m}^2 / 7\text{m}^2) = 19$ people
- ☑ Post signage with occupancy limits for each room so staff and patrons are aware and ensure that capacity is not exceeded

PHYSICAL DISTANCING & MINIMIZING PHYSICAL CONTACT

- ☑ Physical distance of **2.5 metres** between each patron in all directions at all times must be maintained while exercising:
 - Exercise machines must be appropriately spaced or blocked off to accommodate
 - Floor markings/signage should be used to identify exercise space
 - If there is movement occurring in a class, each patron should have enough space to ensure they are never within 2.5 metres of each other
- ☑ Instructors should remain in a designated “instructor area” throughout the class where they can maintain 2.5 m physical distance o Instructors must give verbal rather than hands-on corrections for yoga/barre/Pilates, etc.
- ☑ Physical distancing of **2 metres** must be maintained **when not exercising** and at all other times in facility

BOOKING & REGISTRATION

- ☑ All patrons must be scheduled in advance, no drop-ins allowed
 - Inform clients when they book an appointment that they should not come if they are feeling sick, and must cancel if they are feeling unwell
 - Change cancellation policy to allow for cancellations with no penalty if exhibiting COVID-19 symptoms
- ☑ There must be at least 10 minutes between classes where no patrons are in the space
 - Example Schedule: 9:00-9:05– staggered entrance for Class 1; 9:05-9:45 – low intensity exercise Class 1; 9:45-9:50 – staggered exit for Class 1; 9:50-10:00 – cleaning and no patrons in space; 10:00-10:05– staggered entrance for Class 2.
 - Smaller studio spaces or those with lower ceilings or fewer windows/natural air intake are encouraged to allow even greater time between classes
- ☑ Ask that patrons do not arrive earlier than their scheduled arrival time
- ☑ All patrons have read and agree to follow safety protocols

AUDIO

- ☑ Instructors for exercise classes require microphones so that they are not required to raise their voices beyond a normal speaking volume. Microphones must be only used by one individual or covered for use
- ☑ Music must be kept below speaking volume in order to reduce singing or shouting; individuals may listen to music with headphones but are required to take headphones off when communicating with another patron/staff/instructor/trainer

FOOD & BEVERAGES

- ☑ Patrons must bring or use a personal water bottle; water filling stations can be provided, but water fountains for drinking should be shut off
- ☑ No food or beverages may be sold on site

STAYING HOME WHEN SICK & WHEN NEW SYMPTOMS DEVELOP

- ☑ Policies established to ensure employees complete daily entry requirements
- ☑ Policies established to ensure employees can stay home when they have symptoms of COVID-19
- ☑ Policies established for employees or patrons showing symptoms of COVID-19 when inside the facility

PERSONAL MEASURES

Personal measures are actions individuals can take to protect themselves and others. Examples include physical distancing, minimizing physical contact, frequent hand washing, practicing respiratory etiquette and staying home if sick.

COVID-19 HEALTH CHECK

- ☑ Employees must complete daily entry requirements before entering the facility as per the WorkSafeBC employer requirement
- ☑ Patrons must complete daily entry requirements before entering the facility (e.g. Entry Check for Visitors)

EXERCISE ATTIRE / PERSONAL EQUIPMENT

- ☑ Patrons are expected to arrive in exercise attire as change rooms will be closed
- ☑ Where practical, patrons should bring as much of their own equipment as possible (e.g. exercise mats, weights, etc.)

*Change rooms are only available to patrons of the Leisure Pool and will remain closed to the rest of the facility

HAND HYGIENE

- ☑ Instruct patrons to practice hand hygiene before and after a workout; supplies should be provided throughout the facility

- ☑ Make sure used tissues and disinfectant wipe are properly disposed of in a lined waste bin that is emptied at least daily

PERSONAL PROTECTIVE EQUIPMENT (PPE)

MASKS

- ☑ Masks must be worn at all times when not exercising
- ☑ Masks can be encouraged to be worn during exercise, but not required
- ☑ Instructors must wear masks at all times unless they are exercising or are in the 2.5m x 2.5m “instructor area”
- ☑ People who are unable to wear a mask due to a health condition or a physical, cognitive or mental impairment, and people who are unable to put on or remove a mask without the assistance of another person are exempt from mask requirements. People who are unable to wear a mask must maintain at least 2 metres distance at all times when in the facility

*Masks are prohibited while in the water.

