



COVID-19 SAFETY PLAN

effective: 5 March 2021

BarDown Training is committed to providing a safe environment for hockey players of all ages to train and develop their skills. We have developed our Safety Plan to mitigate the risk of exposure to the COVID-19 virus by adhering to the guidance of governing bodies including but not limited to: BC Public Health, Interior Health, WorkSafe BC, ViaSport, BCRPA & the RFABC. As the COVID-19 pandemic continues and recommendations from Health authorities continue to evolve, our Safety Plan will also evolve to keep in line with best practices from all sectors in order to keep our facility safe for staff, athletes and our community.

Cleaning and Sanitization

High touch point areas have been identified and will be cleaned frequently throughout the day using Health Canada approved cleaning agents (**Appendix 1**). These areas include:

- Door handles
- Washrooms
- Player benches
- Training aids

High touch points in training areas will be sanitized after use and an additional time of **15 minutes** has been added between training sessions to ensure they are properly ventilated and to mitigate the risk of groups congregating with athletes for the next training session.

Athlete Protocols

Prior to Arriving

All athletes must self-screen for COVID-19 symptoms prior to arriving to the training facility. Athletes should ask themselves the following questions:

<p>1. Are you experiencing any new un-explained or worsening symptoms of COVID-19 including:</p> <ul style="list-style-type: none">o Fever or chillso Cougho Loss of sense of smell or tasteo Difficulty breathingo Sore throato Loss of appetiteo Extreme fatigue or tirednesso Headache	<ul style="list-style-type: none">o Body Acheso Nausea or vomitingo Diarrhea <p>2. Have you travelled outside of Canada within the last 14 days?</p> <p>3. Have you been identified by Public Health as a close contact of someone with COVID-19</p> <p>4. Have you been told to isolate by Public Health?</p>
<p><i>If you answered 'yes' to any of the above, please stay home & contact 811 for direction</i></p>	

Pre-booking Required

All athletes must be pre-booked for a training session prior to arriving at the training facility. Walk-ups are currently not available¹. Pre-booking is available over the phone to the facility or via our booking software Schedule House.

Download the Schedule House App

or visit: <https://app.schedulehouse.com/SH/Client/010601#schedule>

Arrival at Facility

Please arrive **on time** but **not early**. Athletes will not be allowed into the facility until **5 mins** prior to your booked session. Please follow directional signage as posted.

Entrance: Clement Avenue entrance. Please wait outside the facility and maintain 2m distance from other athletes until staff welcome you into the facility for Check-in

Exit: Vaughn Avenue exit.

Please check-in with our staff for your session. Prior to using our facility, you must complete:

- 1) Signed Waiver to use the facility (online attached to your account)
- 2) Self-health assessment as noted above

Please proceed directly to your assigned training area once you've checked in.

While Training

Athletes and trainers should proceed directly to their assigned training area once they have checked in with staff. Athletes and trainers must stay in their assigned training area unless they are using the washroom, water bottle filler or speaking to staff. They must return directly to their training area as soon as possible.

Please stay in your training location. Do not congregate or visit with other athletes or trainers that may be in the facility.

Training area max capacities (based on 3m²/athlete):

- Player Shooting Lanes: 2
- Goalie Pad: 3

¹ Per the Public Health Order on Gatherings and Events – February 10, 2021.

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-gatherings-events.pdf>

Up to 2 trainers may be added to each training area on management approval as long as physical distancing can be maintained.

Exiting the Facility

Please leave within 5 minutes of the end of your session. Please maintain 2 metre physical distancing and exit via directional signage as posted.

Exit: Vaughn Avenue exit.

Mandatory Facemasks

Face masks are required in all indoor spaces within our facility as required by the current public health order¹ for athletes, staff and other visitors. Facemasks must cover the nose and chin and fit securely. Exemptions to this rule apply to:

- Anyone under the age of 6
- Anyone with an underlying medical condition or disability which inhibits the ability to wear a mask
- Persons unable to place or remove a mask without assistance
- People that are eating or drinking
- Athletes while actively training or exercising
- Staff working behind a physical barrier
- Staff working in a private office at their desk where 2m distances from others can be maintained

Hand Hygiene

Regular hand washing with soap and water for at least 20 seconds is the most effective way to reduce the spread of illness. Hand sanitizer can be used when sinks are not available or in close proximity.

We have hand sanitizer at our entrance and in other locations within the facility. We encourage you to sanitize your hands upon entering the facility.

Physical Distancing

Physical distancing is required at all times in our facility for athletes, staff, trainers and families.

- 2 meters distance required throughout facility
- 3 meters distance required when training.²

² Per the Public Health Order on Gatherings and Events – February 5, 2021.

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-gatherings-events.pdf>

Spectators

The current public health order does not allow spectators to stay and watch training sessions¹.

Youth Programs & Rentals

Participants and organizers of youth programs and rentals must adhere to the **Athlete Protocols** as set out in this safety plan. Events as defined by Public Health are currently not allowed as per the Public Health Order. Additionally, the organizer must ensure:

<ul style="list-style-type: none"> ● Contact tracing info is collected for all attendees ● Attendance does not exceed posted capacity ● Access to the event is controlled. Anyone who leaves is not replaced by someone else ● Attendees disperse immediately after the program/rental and do not congregate. 	<ul style="list-style-type: none"> ● If there is self-serve food or drink station <ul style="list-style-type: none"> i. alcohol-based sanitizers are within easy reach of station ii. signs reminding patrons to wash or sanitize their hands and keep 2m distance are posted iii. high touch surfaces & utensils are frequently cleaned & sanitized
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Staff Protocols

Prior to Arriving

Staff are required to complete a daily health screening prior to beginning work. If staff do not pass their health screening, they are not allowed to stay at the worksite and must return home and consult with their health care provider, local health authority or 811 for further direction.

Signage will be posted at the workplace to remind staff to complete their health screening.

<p>1. Are you experiencing any new un-explained or worsening symptoms of COVID-19 including:</p> <ul style="list-style-type: none"> ○ Fever or chills ○ Cough ○ Loss of sense of smell or taste ○ Difficulty breathing ○ Sore throat ○ Loss of appetite <ul style="list-style-type: none"> ○ Extreme fatigue or tiredness ○ Headache 	<ul style="list-style-type: none"> ○ Body Aches ○ Nausea or vomiting ○ Diarrhea <p>5. Have you travelled outside of Canada within the last 14 days?</p> <p>6. Have you been identified by Public Health as a close contact of someone with COVID-19?</p> <p>7. Have you been told to isolate by Public Health?</p>
<p><i>If you answered 'yes' to any of the above, please stay home & contact 811 for direction</i></p>	

HEALTH SCREENING LINK:

<https://forms.gle/zvzhZRmK49RayxxN7>



Calling in Sick or Feeling Ill at work

If you are scheduled for a shift and are feeling sick or showing any COVID-19 symptoms as listed above, **please do not report for work – stay home**. Please notify your supervisor or manager as soon as possible and they will arrange to have your shift covered.

If you start feeling ill at work, please immediately notify your direct supervisor or manager on duty. If you are displaying COVID-19 symptoms you may have to be isolated to limit exposure to others and/or sent home.

Offices, Workplaces and Meetings

Staff must ensure physical distancing is maintained at all times while working. This includes regular work stations, meetings and training situations with both staff and guests to our facility. In instances where 2 metre distance cannot be kept, a physical barrier must be used to separate people.

Facemasks must be worn by staff in accordance with the facemask policy set out in this Safety Plan.

Visitors

Visitors to the facility are currently prohibited. People entering the facility must have pre-booked training sessions. Any exceptions must be approved by management.

Hand and Respiratory Hygiene

Regular hand washing with soap and water for at least 20 seconds is the most effective way to reduce the spread of illness. Hand sanitizer can be used when sinks are not available or in close proximity.

Staff should wash hands when they arrive at the start of their shift and regularly throughout their shift. Intervals might include: entering the facility, training athletes, handling shared documents or training equipment.

Staff should also practice good respiratory hygiene by sneezing or coughing into a tissue or their elbow and washing or sanitizing their hands afterwards.

Cleaning and Sanitization

Staff should clean and sanitize their personal work space once per shift. This includes personal offices and the front desk. Please make a habit of wiping down high touch points (ie phone, keyboard, mouse, desk/counter) at the start of your shift.

Trained staff will clean and sanitize the entire facility according to the attached cleaning schedule (**Appendix 2**). High traffic and high contact surfaces have been identified and will be cleaned more frequently. This includes pin pads, clipboards etc that customers may use. Approved cleaning products will be used according to manufacturer directions.

Hierarchy of Controls

ELIMINATION <ul style="list-style-type: none">• The maximum number of athletes/customers training at one time has been restricted• Extra time has been added between sessions to avoid congestion and allow cleaning• Staff have been scheduled to ensure physical distancing is maintained
ENGINEERING CONTROLS <ul style="list-style-type: none">• Physical barriers are in place to define different training areas• Directional signage has been installed to promote one-way traffic• Floor markings and signage have been added both inside and outside the facility to promote physical distancing.
ADMINISTRATIVE CONTROLS <ul style="list-style-type: none">• Online & touchless options for booking and payment are available and recommended• Training sessions have been scheduled with additional time between sessions• Limits on the number of people in the facility at a time. Admittance restricted to staff, trainers and athletes.
PPE <ul style="list-style-type: none">• Facemasks required for staff, trainers and athletes within the facility• Non-sterile gloves available to staff

Safety Plan Updates

We continue to monitor the directives from Public Health and all applicable governing bodies throughout the COVID-19 pandemic. We will continue updating this safety plan as new information becomes available to keep our athletes, families, staff and community safe.

Links:

BC Public Health 'Order on Gatherings and Events' – February 10, 2021:

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-gatherings-events.pdf>

ViaSport 'Sport Activity Chart' – December 3, 2020:

https://www.viasport.ca/sites/default/files/SPORT_ACTIVITY_CHART_12-03.pdf

Worksafe BC 'Sport & Recreation: Protocols for returning to operation':

<https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation/sports-recreation>

Health Canada Listing for Approved Disinfectants and Hand Sanitizers:

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

Appendix 1

Cleaning Agents

Cleaning Agents

DIN	Product Name	Company	Use
02279177	Lysol Disinfectant Spray	Reckitt Benckiser (Canada) Inc	Hard Surface disinfectant
80098871	Antibacterial Alcohol Hand Sanitizer	Genesis Chemicals Ltd.	Hand Sanitizer
02313057	Dyna Quat Plus 4-4L	Zep Inc.	Hard Surface Cleaner
G74254C	Nextstep 4 Neutral Cleaner 4-4L	Zep Inc	Floor Cleaner
233554C	Conc Glass Cleaner Freeze Free 4-4L	Zep Inc	Window Cleaner
2257742	Superbowl 4-4L	Zep Inc	Toilet Bowl Cleaner

Appendix 2

Cleaning Schedule

After Use		
Area	Location	Duty
Main Floor	Shooting Lanes	Disinfect Benches
Main Floor	Shooting Lanes	Disinfect Training Aids
Main Floor	Front Counter	Pinpad, clipboards, etc
Upper Floor	Mezzanine	Disinfect Training Aids

Twice Daily		
Area	Location	Duty
Main Floor	Washrooms	Clean & Disinfect
Main Floor	Main doors, washroom & storage	Disinfect door handles & frames
Main Floor	Front Counter top	Clean & Disinfect
Main Floor	Staff workbench & sink	Clean & Disinfect

Once Daily		
Area	Location	Duty
Main Floor	Rubber flooring	Sweep & Mop Floors
Main Floor	Garbage & Recycling	Take out to bins
Upper Floor	Rubber flooring	Sweep & Mop Floors
Upper Floor	Garbage & Recycling	Take out to bins
Staff Areas	Personal Work Stations	Clean & Disinfect
Main Floor	Waterbottle filler	Clean & Disinfect
Upper Floor	Washroom	Clean & Disinfect
Facility	TV Remote Controls	Disinfect

Monthly		
Area	Location	Duty
Facility	Windows	Cleaned
Facility	Washrooms	Heavy duty cleaner for toilet bowls
Facility	TVs	Wipe down exterior