



COVID-19 SAFETY PLAN

Ocean Athletics is committed to maintaining a safe and healthy environment for all athletes, coaches, volunteers and members. This safety plan has been prepared to such an environment can be maintained. This document in addition to those referenced including but not limited to documents prepared by or referenced by BC Athletics, ViaSport and local health authorities will be regularly reviewed and changes will be made as necessary. A group of Health and Safety Officers have been assigned this task.

Step 1: Assess the risks at your workplace

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces. The closer together individuals are and the longer they are close to each other, the greater the risk.

- We have identified areas where people gather
- We have identified situations and processes where individuals are close to one another or members of the public.
- We have identified the equipment that may be shared by individuals
- We have identified surfaces that people touch often

Step 2: Implement protocols to reduce the risks

Select and implement protocols to minimize the risks of transmission. Look to the following for information, input, and guidance:

- viaSport sector guidelines and your sport-specific guidelines.
- You may need to identify and implement additional protocols if the posted protocols don't address all the risks to your workers.
- Orders, guidance, and notices issued by the provincial health officer and relevant to your industry.
- Updates will also be posted at www.viasport.ca
- Municipality or facility guidelines

First level protection (elimination): Limit the number of people and ensure physical distance whenever possible

- We have established maximum program numbers for our program that meets facility requirements
- We have established and posted occupancy limits for common areas such as meeting rooms, change rooms, washrooms, and elevators (if applicable).
- We have implemented measures to keep participants and others at least 2 metres apart, wherever possible.

Measures in place:

List your control measures for maintaining physical distance in your environment.

1. We will be controlling the number of people at the facility at the entrance points. The City of Surrey will aid in the initial reopening with Bylaw Officers present
2. We will have posted signs at all entry points and throughout the facility as reminders
3. We will be adhering to a maximum of 50 people to the main practice facility which is made up of training pods with a 9:1 athlete to coach ratio
4. We are using staggered start times and shortened sessions to reduce participant attendance per session
5. The training focus will be technical in nature and alternate lanes and staggered starts will be used to maintain adequate distancing
6. All training sessions will be held outdoors with large distances between training pods
7. We will be using multiple locations to ensure groups are spaced out during all training sessions
8. A site Map has been prepared to prepare participants for ease of moving around the facility including entry, check-in, meetings areas and exit points

Second level protection (engineering): Barriers and partitions this section may only apply to facility owners and operators



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Not Applicable

Third level protection (administrative): Rules and guidelines

- We have identified rules and guidelines for how participants, coaches, volunteers, spectators should conduct themselves.
- We have clearly communicated these rules and guidelines through a combination of training and signage.

Measures in place

List the rules and guidelines that everyone is required to follow. This could include things like using one -way doors or walkways, eliminating the sharing of equipment, and wiping down equipment after each use. If this information is in another document, identify that document here.

1. Membership has been provided with Training Protocols, attached as Appendix A
2. Entrance to the training facility will be controlled during practice times, volunteers will cross reference with established participants list
3. Attendance will be for pre-assigned training times and small training pods
4. Participant pre-screening will occur at a check in station, including the recording of temperatures
5. Participants will be reminded of their meeting location and assigned coach for the session
6. Coaches have been provided a designated area for small group session, 9:1 ratio
7. No sharing of equipment will occur and coaches/ volunteers will be responsible for cleaning and storage
8. Additional Temporary Washing Stations will be used for hand washing before and after all sessions
9. Four (4) Health and Safety Officers (“HSO”) have been designated, one of which will always be on site to ensure guidelines are being followed and action is taken immediately if a participant tests positive with COVID-19 and was present at a training session.
10. HSOs will be responsible for the following:
 - Conduct risk assessments for all training groups/pods
 - Keep updated on all health guidelines and work with facilities to comply with any regulations
 - Listen to feedback from athletes, coaches and volunteers about training protocols
 - Ensure there is communication with health officials if any cases of COVID-19 occur during training sessions
 - Ensure athletes, coaches and volunteers comply with training and cleaning protocols
 - Maintain check-in sheets in case contact tracing becomes necessary

Fourth level protection: Using masks (optional measure in addition to other control measures)

- We have reviewed the information on selecting and using masks and instructions on how to use a mask.
- We understand the limitations of masks to protect the wearer from respiratory droplets.
- We understand that masks should only be considered when other control measures cannot be implemented.
- We have trained individuals on the proper use of masks (if applicable).

Measures in place

Who will use masks?

- Coaches and volunteers with check-in duties
- Coaches and volunteers with cleaning and sanitization duties

What work tasks will require the use of masks?

- Cleaning and sanitizing

How have workers been informed of the correct use of masks?

- Yes and coaches, volunteers and participants have been advised that it is their option to wear masks for others tasks not identified above



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Reduce the risk of surface transmission through effective cleaning and hygiene practices

- We have reviewed the information on cleaning and disinfecting surfaces.
- Our sport facility has enough hand-washing stations on-site for our participants.
- Hand washing locations are visible and easily accessible.
- We have communicated good hygiene practices to participants, coaches, volunteers, etc.
- We have implemented cleaning protocols for all common areas and surfaces.
- Workers who are cleaning have adequate training and materials.
- We have removed unnecessary tools and equipment to simplify the cleaning process

Cleaning protocols:

See attached document "Ocean Athletics COVID-19 Cleaning Protocols 2020-06-18"

In addition the HSOs will review cleaning protocols on a weekly basis and make changes as necessary.

Step 3: Develop policies

Our policies ensure that the following individuals are prohibited from participating in sport activities:

- Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache
- Anyone directed by Public Health to self-isolate.
- Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self isolate for 14 days and monitor for symptoms
- Our policy addresses individuals who may start to feel while participating. It includes the following:
 1. Sick individuals should report to first aid (or designated individual), even with mild symptoms.
 2. Sick workers should be asked to wash or sanitize their hands, provided with a mask, and isolated. Ask the worker to go straight home. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self-isolation.]
 3. If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911. Clean and disinfect any surfaces that the ill worker has come into contact with.

Step 4: Develop communication plans and training

You must ensure that everyone participating in the sport activity knows how to keep themselves safe while participating:

- We have a communication and training plan to ensure everyone is trained in policies and procedures.
- All participants have received the policies for staying home when sick.
- We have posted signage at the sport location, including occupancy limits and effective hygiene practices.
- We have posted signage indicating who is restricted from participating, including visitors and workers with symptoms.
- Coaches or safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

Measures in place

A comprehensive document was prepared and shared with the entire membership [attached "COVID-19 Protocols For Return To Sport"] This document will be regularly reviewed with the most up-to date information posted on the Ocean Athletics website and the membership notified when any changes are made.



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Step 5: Monitor and update your plans as necessary

Things may change as your business operates. If you identify a new area of concern, or if it seems like something isn't working, take steps to update your policies and procedures.

- We have a plan in place to monitor risks. We will make changes to our policies and procedures as necessary.
- Individuals know who to go to with health and safety concerns.
- When resolving safety issues, we will involve designated health and safety representatives

Measures in place

The HSO group will regular discuss operations and solicit feedback from all relevant parties. All changes necessary to protocols or guidelines will be taken as they arise.

Step 6: Assess and address risks from resuming operations

If your workplace has not been operating for a period of time during the COVID-19 pandemic, you may need to manage risks arising from restarting your programming/business.

- We have a training plan for new staff, coaches, volunteers.
- We have a training plan for staff, coaches, volunteers taking on new roles or responsibilities.
- We have a training plan around changes to our business/programming.
- We have identified a safe process for cleaning and removing things that have been out of use.

Measures Taken:

Ocean Athletics coaches and board reviewed all aspects of training sessions when compiling this safety plan and other protocols. All meeting areas and storage facilities have been reorganized to ensure only equipment in use will be handled. Training pods were established to ensure smaller groups would be managed by coaches. Alternative facilities (Rugby fields) use has been requested from the City to further spread out training pods.