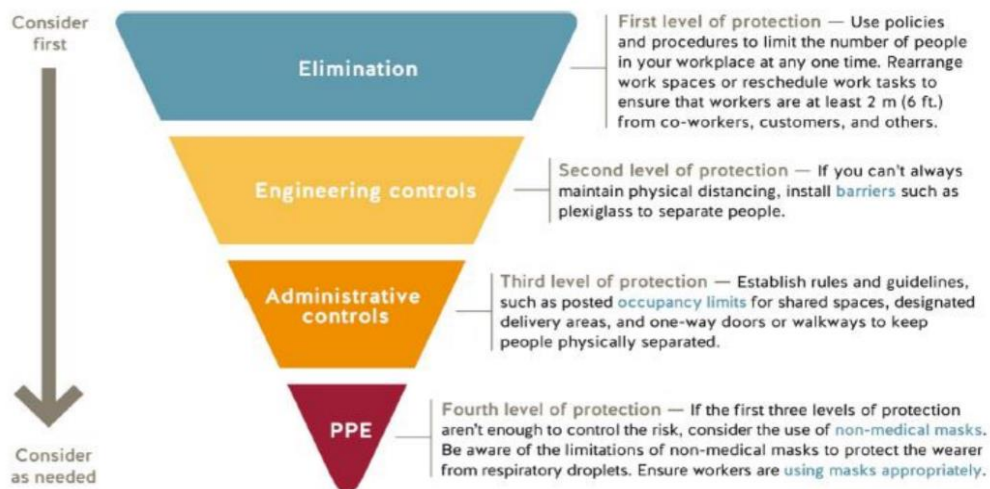


Recreation Programs – Gymnasium Registered Programs: COVID-19 Safety Plan

Reduce the risk of person-to-person transmission

To reduce the risk of the virus spreading through droplets in the air, implement protocols to protect against your identified risks. Different protocols offer different levels of protection. Wherever possible, use the protocol that offers the highest level of protection. Consider controls from additional levels if the first level isn't practicable or does not completely control the risk. You will likely need to incorporate controls from various levels to address the risk at your workplace.



1. **Elimination or Substitution:** This involves removing the risk of exposure entirely from the workplace. This could involve postponing, re-organizing, or planning work in such a way that workers are not exposed to any risk. Having workers work remotely would be an example or eliminating the risk from the workplace.
2. **Engineering controls:** These are physical changes in the workplace, such as installing plexiglass barriers in a grocery store and using markers to control foot traffic.
3. **Administrative controls:** This involves altering work practices to minimize exposure, such as minimizing the numbers of customers inside grocery stores, staggering work shifts, making virtual appointments, working from home etc.
4. **Personal protective equipment (PPE):** This last form of protection should only be considered after careful consideration of the previous control measures. Some workplaces have specific requirements for PPE, such as in health care settings.

We have implemented new practices and procedures to help mitigate the spread of COVID-19. We are following the guidelines and recommendations set out by viaSports, the Provincial Sport Organizations (Return to Sport Guidelines), the Provincial Health Officer, our local health authority, BCRPA and WorkSafe BC.

- In line with Phase Three of the viaSport Return to Play Guidelines, [Pickleball](#), [Badminton](#), and [Table Tennis](#) are allowing modified play or casual games based on the recommendation of the Provincial Sport Organization, and have established guidelines for the safety of all involved. **SINGLE PLAY ONLY** as per November 7th PHO order.

- At this time **Basketball** will be limited to individual skill development with a max of **TWO people per hoop (as per phase Two of the Basketball BC and viaSports Return to Play Guidelines)**. No scrimmaging or game play will be allowed. We will continue to evaluate (weekly) gymnasium use and modify activity levels based on the direction of the Provincial Sport Organization and the Province of BC.
- At this time **Volleyball** will be suspended until further noticed or once Volleyball BC returned back to the Progressively Loosen Phase (Phase 3).

We have assessed all active spaces and determined how many users can safely participate in our facilities at any given time, based on physical distancing requirements as set out by the Provincial Health Officer. We will increase the frequency and cleaning of all high touch surfaces.

Control Measures

<p>Elimination</p>	<ul style="list-style-type: none"> ○ DRC and TCC buildings are operational, but public access is restricted. ○ Physical distancing: ○ Limited equipment is provided. Users are encouraged to bring their own. ○ A maximum capacity has been implemented for each sport activity. ○ No SPECTATORS allowed in any gymnasium programs unless to provide care to a participant. ○ All users will follow posted directional signage and physical distancing markers to maintain a minimum physical distance of 6 feet/2 metres from each other while in Timms Community Centre or Douglas Recreation Centre ○ Gathering places have been eliminated and/or reduced and made inaccessible to patrons. This includes: water fountains, cubbies, lockers, change rooms, benches and showers. ○ Pre-Registration only. NO DROP-INS ○ Leave work / stay at home policy for flu like symptoms. ○ They will have their own designated area to put their belongings and sit when not playing.
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	<ul style="list-style-type: none"> ○ Avoid close greeting such as hugs and handshakes
<p>Engineering Controls</p>	<ul style="list-style-type: none"> • Regular surface cleaning and disinfecting of surfaces, high touch items and barriers such as door handles, light switches • Handwashing stations (washrooms) and use of alcohol-based hand rubs provided. • Hand sanitizer will be provided at the entrance • Disinfectant spray for equipment and surfaces
<p>Administrative Controls</p>	<ul style="list-style-type: none"> • Explicit policy for participants or staff who have the symptoms of a cold, flu, or COVID-19 with coughing or sneezing not coming into our programs • Implemented a daily “yes/no” verbal confirmation that Participants do not have symptoms of common cold, influenza, COVID-19 or other respiratory disease. – REFUSE ENTRY if the answer is yes. • Signage to ask people not to enter if they are sick. • All visitors are required to wear a mask in City of Langley facilities. Masks do not need to be worn while exercising or doing an activity but must be worn in all common areas including entering & exiting the facility, stairways, hallways and bathrooms. • COVID-19 etiquette signage for the public and staff. • Exposure Control Plan shared with employees. • Reporting of hazards and unsafe work and right to refuse unsafe work. • New employees and returning employees trained on COVID-19 protocols before the first day. • Training on COVID-19 protocols to staff via emails, handouts and crew talks. • Manager reminds employees about hand washing, distancing, safety, cleaning. • EAP Program or other resources shared.

Protective Equipment	<ul style="list-style-type: none">• Nitrile gloves provided as needed• Face mask provided as needed
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Mitigating Risk of Infection When Administering First Aid – COVID-19

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 requirements for administering first aid during COVID-19. Please see the COVID-19 for First Aid and Resuscitation.

No contact procedure

- Staff stays 2 metres from the victim
- Visual and verbal victim assessment
- Staff gives first aid supplies to victim
- Victim administers the first aid treatment under the staff guidance
- Staff fills in Accident Report Relating to Member of the Public Form

Direct contact procedure

- Administer first aid maintaining physical distancing (2 meters) if possible by providing first aid supplies and instructing the victim how to administer.
- If physical distancing (2 meters) isn't possible; staff must wear PPE: gloves, surgical mask and eye protection and must have the victim put on a surgical mask and then performing first aid.
- If the victim is not breathing call 911, put on PPE, cover the victim's face and start chest compressions until help arrives; use an AED if available.
- Staff must properly discard and/or decontaminate all protective equipment after the rescue and wash their hands or use alcohol-based hand rub before continuing with their duties.
- Staff fills in Accident Report Relating to Member of the Public Form