

COVID-19 Safety Plan Family Day

Activity Schedule

Family Day Gymnasium Drop-In

Sunday, February 14, 2021

Timms Community Centre (TCC) - 20399 Douglas Crescent, Gymnasium

Participant pre-registered time slots (4 spaces available per time slot):

- 8:30am to 9:15am
- 9:45am to 10:30am
- 11:00am to 11:45am
- 12:15pm to 1:00pm
- 1:30pm to 2:15pm
- 2:45pm to 3:30pm
- 4:00pm to 4:45pm

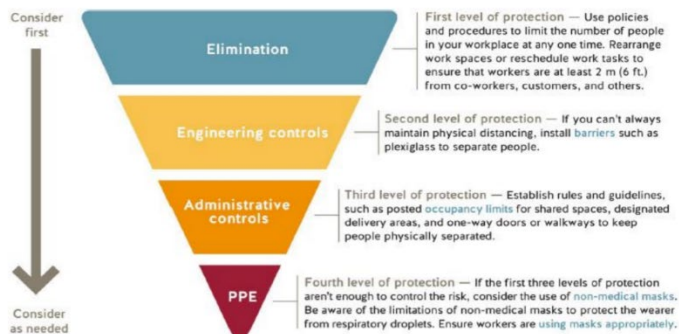
Control Measures

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 the Provincial Health Officer, our local health authority, BCRPA and WorkSafe BC.

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.

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.

<p>Elimination</p>	<ul style="list-style-type: none"> • TCC building is operational, but public access is restricted • Physical distancing • Limited equipment is provided. Users are encouraged to bring their own • A maximum capacity of 25 people has been implemented for the gymnasium, including the instructor(s) • The gymnasium will be split into 4 sections, each with a maximum of 6 participants who reside in the same household • 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 TCC • Gathering places have been eliminated and/or reduced and made inaccessible to patrons, including: water fountains, cubbies, lockers, change rooms, benches and showers • Pre-registration only, no drop-ins • Leave work / stay at home policy for flu-like or any of the Covid-19 related symptoms, travelled outside of Canada within the last 14 days, or been identified as a “close-contact” with a confirmed positive Covid-19 case; participants not permitted entry into facility if they do not pass the Covid-19 screening questions • They will have their own designated area to put their belongings and sit when not playing • Avoid close greeting such as hugs and handshakes
<p>Engineering Controls</p>	<ul style="list-style-type: none"> • We will be using the gymnasium curtain to split the gym into the east gym and the west gym, and we will install portable barriers to split the east gym and the west gym in half, for a total of four gymnasium spaces • 30 minutes between each activity time slot is scheduled to allow for cleaning and disinfecting of surfaces, equipment, high touch items and barriers such as door handles, light switches • Handwashing stations (located in 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"> • Gymnasium activities are low-intensity, non-competitive • 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 and/or facilities • Implemented a daily “yes/no” verbal confirmation that Participants do not have symptoms of common cold, influenza, or COVID-19. – 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 participating in the activity but must be worn in all common areas including entering & exiting the facility, stairways, hallways and bathrooms. • Supervision will be provided to ensure all participants are adhering to Covid-19 safety procedures such as physical distancing and wearing a mask in public spaces. • COVID-19 etiquette signage for the public and staff. • Exposure Control Plan and Safety Plan shared with employees.

	<ul style="list-style-type: none"> • 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. • Supervisor reminds employees about hand washing, distancing, safety, cleaning. • EAP Program or other resources shared with employees.
Protective Equipment	<ul style="list-style-type: none"> • Nitrile gloves provided as needed • Face mask provided as needed

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.

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 perform 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