

# COVID-19- RECREATION SAFETY PLAN

CREATED: JUNE 19, 2020

REVISED: DECEMBER 4, 2020



Hello,

The City of Dawson Creek is using the *BCRPA Guideline for Re-Starting Operations (COVID-19 Recovery through Recreation & Parks)* as a general guideline to re-activation of recreation activities. As we are back into Phase 2 the City of Dawson Creek will re-activate programming that is low risk, offering select indoor and outdoor children's programming.

Community Services is happy to offer programs to the citizens of Dawson Creek, and we are taking protective measures to keep you safe while enjoying recreational activities. Our programming will focus on skill development, smaller class sizes, extra cleaning, and promoting best practices, such as outdoor camps and classes.

The Community Services Department will be following best practices outlined in the City of Dawson Creek Corporate Covid-19 Safety Plan, found on the website in the COVID-19 Dawson Creek Resources & Support page: <https://www.dawsoncreek.ca/2020/covid-19-resources-for-dawson-creek-residents>).

Additionally, we will continue to follow the Provincial Health Officer's (PHO) Orders, current notices and guidance from provincial bodies as well as Northern Health to inform our plans for a safe return to recreation programming. As COVID-19 is unpredictable, we will continue to adapt or change our protocols as needed. We ask for your patience and understanding should changes need to be made due to the evolving situation.

If you, the participant/parent/guardian, choose to participate in our programming, we ask that you follow the simple rules in this package. While we are all doing our best to minimize the risk of exposure to COVID-19, it is impossible to eliminate the risk. Each participant/parent/guardian must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we ask for your full cooperation.

Sincerely,

Erin Oliver

Leisure Services and Wellness Coordinator

Chante Patterson-Elden

Recreation Manager

## **PROTOCOL REFERENCES**

Community Services practices are from the City of Dawson Creek Corporate Covid-19 Safety Plan refer TO <https://www.dawsoncreek.ca/2020/covid-19-resources-for-dawson-creek-residents>) as well, Community Services is following the Provincial Health Officer's (PHO) Orders, notices and guidance, while working with Northern Health to review our plans for Community Services return to programming.

In this package, Community Services is providing the focus on three main areas for the participants, families and Community Services Staff to stay healthy.

1. Processes to restart safely
2. Measures to keep people safe and avoid further outbreaks
3. Guidance in the event that a case or an outbreak should occur.

The eight principles for preventing the transmission of COVID-19 established by the Provincial Health Officer stated below are the basis of our programming protocols and procedures.

### **Eight Principles for Preventing the Transmission of COVID-19**

1. Staying informed, being prepared and following public health advice;
2. Practicing good hygiene – hand hygiene, avoid touching your face and respiratory etiquette;
3. Staying at home and away from others if you are feeling ill – with no exceptions – whether for school, work or socializing;
4. Maintaining physical distancing outside the household, e.g., no handshakes or hugs, keeping your number of contacts low and keeping a safe distance;
5. Making necessary contacts safer with appropriate controls, e.g., redesigning spaces;
6. Increasing cleaning of frequently touched surfaces at home and work;
7. Considering the use of non-medical masks in situations where physical distancing cannot be maintained, such as on transit or while shopping; and,
8. Continuing to minimize non-essential personal travel

These principles are reinforced in the Province of BC's Restart Plan, May 6, with the following chart:

## Five Principles For Every Situation

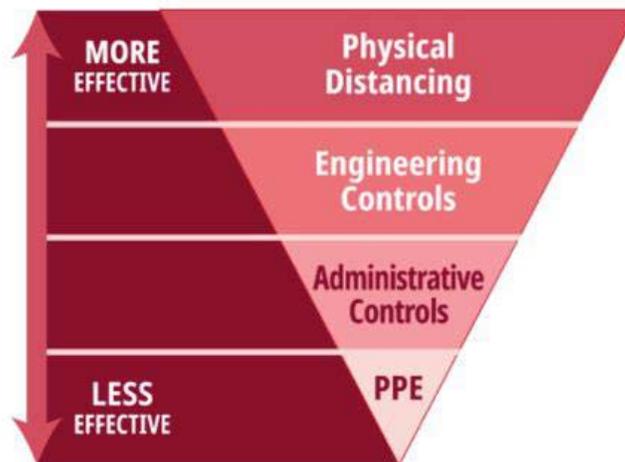
Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> <li>• Frequent handwashing</li> <li>• Cough into your sleeve</li> <li>• Wear a non-medical mask</li> <li>• No handshaking</li> </ul>	<ul style="list-style-type: none"> <li>• Routine daily screening</li> <li>• Anyone with any symptoms must stay away from others</li> <li>• Returning travellers must self-isolate</li> </ul>	<ul style="list-style-type: none"> <li>• More frequent cleaning</li> <li>• Enhance surface sanitation in high touch areas</li> <li>• Touch-less technology</li> </ul>	<ul style="list-style-type: none"> <li>• Meet with small numbers of people</li> <li>• Maintain distance between you and people</li> <li>• Size of room: the bigger the better</li> <li>• Outdoor over indoor</li> </ul>	<ul style="list-style-type: none"> <li>• Spacing within rooms or in transit</li> <li>• Room design</li> <li>• Plexiglass barriers</li> <li>• Movement of people within spaces</li> </ul>

The Restart Plan also includes the hierarchy of controls for COVID-19, which are fundamental to the information the recreation sector needs to restart operations.

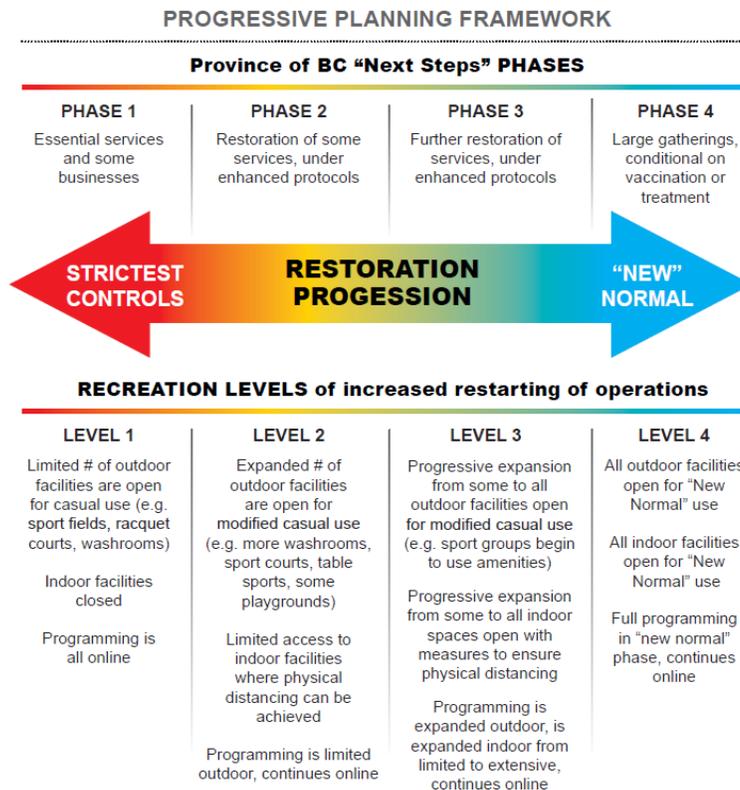
### Hierarchy of Controls For COVID-19

The hierarchy of controls is a framework for reducing transmission hazards. The most effective controls are at the top of the pyramid.

Source: Koehler, K, Rule A. Can a mask protect me? Putting homemade masks in the hierarchy of controls. [Internet] 2020 April 2. Johns Hopkins Education and Research Center for Occupational Safety and Health.



## Currently the Province of British Columbia are at Phase 3



## STAFF TRAINING

Community Services Staff working with you and your families are re-orientated back to work while learning and adhering to the following practices and procedures:

1. Identifying COVID-19 symptoms
2. Implement best practices to stay safe i.e. physical distancing
3. Pre-screening for symptoms prior to returning to work each day
4. Personal Hygiene i.e. frequent hand washing
5. Enhanced cleaning and disinfecting procedures
6. What to do in the event an individual shows signs of cold or flu like symptoms.

## **IMPLEMENTING BEST PRACTICES**

Community Services Department is implementing best practices into our programming:

- Encourage online or over the phone registrations
- Registered programs only
- Outdoor programming
- Increased signage and postings encouraging social distancing, hand washing, 6ft rule, as well as others.
- Reducing ratio of staff to participants
- Encouraging appropriate hand hygiene practices
- Physical distancing
- Reduce or eliminate shared equipment

## **SYMPTOM MONITORING**

### **1. Pre-screening Questionnaire**

- a. Stay home if you are sick! Community Services is providing a pre-screening questionnaire for you to review before visiting recreation facilities or attending programs, participants and staff. Everyone is to use this questionnaire. Any participants displaying symptoms is kindly asked to leave for the collective safety of everyone.
- b. Participants bring a signed copy of the pre-screening questionnaire as to participants adhering to the rules first day of programming.
- c. Anyone showing respiratory illness is to report to Community Services. If they develop symptoms (cough, fever, fatigue, sore throat, runny nose, difficulty breathing and/or shortness of breath), they must stay home.
- d. Visit the BC Ministry of Health Self-Assessment Tool (<https://bc.thrive.health>) and/or dial 811 for more information.
- e. Follow any guidance given by public health.

### **2. Individual shows symptoms**

#### **a. Prior to attending**

Participant is to stay home prior to attending if showing any of the symptoms below. For a registered program contact Community Services (250.784.3604) if you or your child is not attending.

#### **b. During a program**

If a participant develops symptoms while in a program, this person will leave the program immediately. In the event it is a child showing symptoms, Community Services staff will contact the parent or guardian to come pick up the child. A staff will stay with the child, keeping the child comfortable and away from the group until picked up.

Community Services staff will do a thorough cleaning and disinfection of the space will be done after the individual has left the program.

### **HAND HYGIENE**

Proper handwashing remains the most important strategy to stay healthy. Hand sanitizer or handwashing facilities are available at all indoor and outdoor City facilities. Signage is in place in to instruct proper hand washing, wherever a sink is available. When a sink is unavailable, hand sanitizer is used. Hand sanitizing stations locations are at commonly used entranceways.

#### **Handwashing will take place for staff and participants:**

- 1) When they arrive to a program and before they go home.
- 2) Before eating and drinking.
- 3) After using the toilet.
- 4) After playing outside or handling pets.
- 5) After sneezing or coughing into hands.
- 6) Whenever hands are visibly dirty.

### **MASKS**

By Order of the Provincial Health Officer, **masks are now mandatory for everyone entering City facilities**. While City staff understand that not everyone agrees with wearing masks, it is the City's responsibility to follow Public Health Orders.

This Public Health Order does not apply to:

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

Please note: Masks **must** cover both your nose and mouth. Anyone not in compliance will be refusal entry to our facilities.

### **ENHANCED CLEANING**

Community Services staff is following protocols and procedures to clean and disinfect effectively in our programs. With activities and programs being outside and no access to potable water and equipment requires cleaning, staff will use disinfectant sprays/wipes and paper towel.

Below demonstrates where and how Community Services staff will be cleaning:

1. Community Services staff is implementing more frequently high touch areas.
2. Disinfecting spray or wipes will be available at all programs and indoor spaces.
3. Sharing of equipment is minimal and cleaned between uses.
4. Community Services staff have extra time between activities for cleaning.
5. Come prepared to play as no use of change rooms.

### **PHYSICAL DISTANCING**

To maintain physical distancing while in a recreation program or activity, Community Services programming involves everyone participating in the program to abide by the following rules:

1. Using larger or outdoor spaces to ensure 2m (6 foot) distancing.
2. Reducing program capacities based on the space and type of activity
3. Please do not arrive more than 10 minutes before your class.
4. Modifying activities with a higher focus on drills and individual play
5. No permitting of spectators or visitors during recreational programs and activities at this time
6. Facility modifications including increased signage, floor markings and barriers are in place

### **FIRST AID**

Community Services staff are adding extra steps to increase the protection for all and lower the risk of cross contamination between the first aid attendant and the individual needing assistance.

1. When possible the injured person will take care of own wound. i.e. Band-Aid
2. First Aid Attendant will talk the person through first aid and keep the individual calm
3. First Aid Attendant will put on PPE while instructing individual- mask, gloves, apron
4. \*First Aid Attendant- will only assist if needed
5. \* Refer to Life Saving instructions - i.e. call 911 if needed

## **DAILY ACTIVITIES**

Water fountains will not be available, please bring your own water bottle. Participants are dresses and ready for their activity.

### **1. CHECKING INTO A PROGRAM**

- a. Participant, and or parent/ guardian will check in with the Community Services staff upon arrival
- b. Community Services staff will confirm participant have read the pre-screening questionnaire and participant is healthy to attend the program or activity.
- c. If the participant has not read the pre-screening questionnaire a copy is posted on the wall to read at the time of check in
- d. The check in table is situated away from the entrance to help with physical distancing
- e. Participants to follow the markings on floor for social distancing while waiting to check in
- f. Anyone entering and exiting the building must wear a mask inside the building.
- g. Masks are now required for everyone in all public indoor settings
- h. The program is a facility not ran or owned by, we will adhere to the SD59 protocols or Encana Event Centre in place as well as City of Dawson Creek- Community Services protocols

### **2. FOOD AND MEALTIMES**

- a. For half or full day programs where snack breaks and lunchtime are scheduled participants will bring their own food.
- b. Participants will need to bring enough water to last for the duration of the activity, as sharing of water jugs and use of water fountains are unavailable.
- c. During mealtimes, participants sit at designated areas following the physical distancing guidelines.

### **3. WEARING OF MASKS**

- a. All participants are to wear a non-medical facemask before and after sport activity.
- b. Those exempt
  - i. People with medical condition,

- ii. Individuals that cannot put on or remove a mask on their own
  - iii. Under age of twelve are exempt.
  - iv. Those with health conditions or physical, cognitive or mental impairments who cannot wear one.†
- c. When off the court or playing field individuals must wear a mask.
  - d. Masks must cover nose and mouth
  - e. Coaches/instructors are to wear masks when interacting with student-athletes, especially when physical distancing cannot be maintained.
  - f. Players who may be on the sidelines for a portion of a training session are to wear masks when waiting to return to the field of play.
  - g. For programs such as yoga all individuals will be separated by 6ft during the program (areas are marked) will not need a mask during the program, but must be put on before moving from their mat
  - h. Masks can be removed temporarily in indoor public places to identify the individual wearing the mask, to consume food or beverage at a location designated for this purpose, while participating in a sport or fitness activity in a sport facility or while receiving a personal or health service that requires removal of a mask.

#### **4. EQUIPMENT**

During programs and activities, Community Services will be reducing the amount of shared equipment. Items that will require minimal or no contact will be used by everyone i.e. cones. There are specific instructions for each program as to the following needs:

- a. Bins provided for participants in half day or full day programs for personal use.
- b. Items that participants will keep and bring to each session
- c. Items supplied by Community Services and remain with the participant once the program is finished

- d. Individual activity packs (craft projects) for participants to have their own to keep at the camp
- e. Shared equipment is cleaned and disinfected often.
- f. Benches, net standards and other high touch surfaces are to be sanitized at the end of each session.

### **FORMS REQUIRED (where applicable)**

Below are the forms for participants to in Community Services Recreation Programs. These forms are located on our City of Dawson Creek website Recreation page. Review, sign and bring on must be reviewed, signed, and returned on the first day of your program.

1. Informed Consent for Recreation Programs- All
2. Informed Consent (Under 19)-Children programs/classes
3. Pre-Screening Questionnaire- All
4. Get Active Questionnaire- Fitness classes
5. Emergency Card- Children programs/classes
6. Consent page- Children Camps
  - a. Consent for Emergency Care and Transportation
  - b. Consent for Planned/Spontaneous Local Field Trips
  - c. Consent for Photo Permission
  - d. Consent for Sunscreen
  - e. Consent for Bug Repellant
  - f. Consent to Administer Medication in Case of a Bee Sting

### **REFERENCES**

Sites: <https://www.bcrpa.bc.ca/media/242766/bcrpa-restarting-guidelines-final.pdf>  
<https://viasport.ca/sites/default/files/returntosportguidelines.pdf>  
<https://www.northernhealth.ca/>  
<https://www2.gov.bc.ca/gov/content/safety/emergencypreparedness-response/recovery/covid-19-provincial-supportBCCOVID-19SelfAssessmentTool>  
<https://bc.thrive.health/covid19/>  
<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->



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

<http://www.bccdc.ca/health-info/diseasesconditions/covid-19/childcare-schools>

