



BURNABY STRIDERS TRACK & FIELD CLUB

COVID-19 Safety Plan (subject to ongoing reviews & updates – July 20, 2020)

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.

- Billboard signage will be located at the track entrance to re-enforce physical distancing.
- A maximum of 9 athletes to 1 coach ratio will be maintained, with upward total group maximum of 50. Parents/Guardians are encouraged to not spectate and to keep their pick up/drop offs to a minimum to help minimize group sizes.
- Training facility is 100% held outdoors with sufficient space to keep each athlete at the 2m distance. Additional pylons will be used to segregate space, where needed and the club would have use of the entire track. This allows for smaller break-out groups where required.

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

Measures in place:

- Not Applicable



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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

- Return to Training and Safety Plan have been communicated on the club's main public website, including direct to inbox email distribution to all athletes/parents/guardians.
- Pre-screening questionnaire will be completed at the beginning of every training session to ensure individuals who have been exposed to, show symptoms or have travelled will not be permitted entry.
- Billboard signage will be present at the track facility and it's entrance to re-enforce screening and physical distancing requirements.
- Cleaning station will be made available for athletes, coaches to use where required. Includes: sanitizers, wipes and masks.
- Initial training will only include track related training. No field events will be made available at this time.
- Health & Safety Officer will be on site at every practice and will be responsible for:
 - Conduct pre-screening at every training session
 - Listen to feedback from athletes, coaches and volunteers about training protocols
 - Ensure there is communication with club & health officials, if any cases of COVID-19 arise during training sessions
 - Support the compliance of athletes, coaches and volunteers to comply with training and cleaning protocols
 - Maintain Athlete 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

- For situations where the 2m distance cannot be observed, coaches and athletes are to wear masks made available to them at every practice.
- It will be optional for the athletes and coaches to wear masks during actual training routines.



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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

Measures in place:

- Cleaning station will be made available for athletes, coaches to use where required. Includes: sanitizers, wipes and masks.
- Washroom facilities will be open and operational during practice sessions and coaches to monitor appropriate physical distancing measures when in use.
- Equipment use will be at a minimum and no field events will be done. Training will be predominantly running based to minimize exposure from shared equipment use.

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.



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Measures in place

- Return to Training and Safety Plan have been communicated on the club's main public website, including direct to inbox email distribution to all athletes/parents/guardians.
- Pre-screening questionnaire will be completed at the beginning of every training session to ensure individuals who have been exposed to, show symptoms or have travelled will not be permitted entry.
- Billboard signage will be present at the track facility and it's entrance to re-enforce screening and physical distancing requirements.
- The Board, coaches and Health Safety Officers will regularly review updates to information and ensure changes are communicated in a timely fashion.

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 Board, coaches and Health Safety Officers will regularly review updates to information and ensure changes are communicated in a timely fashion.

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:

The Board and coaches have been actively working to ensure alignment of the Return to Training strategy aligns with those outlined by the BC's Restart Plan, BC Athletics and viaSport. The Return plan has also been reviewed against the City of Burnaby's restart plan to ensure support around facility usage and protocol. Board and coaches meetings have taken place to ensure updates are being shared and communicated with all members – and will continue to do so.