



## Return To Sport Safety Plan

### 1. Health Risks of Covid-19

The COVID-19 virus causes a respiratory (lungs) type infection that is mild in most of the population (approximately 80%) but can be more severe, and even fatal, in those who are older adults or those with chronic underlying conditions. People infected with COVID-19 may show little or no symptoms, with illness ranging from mild to severe.

### 2. Transmission of Covid-19

COVID-19 virus is transmitted via liquid droplets when a person coughs or sneezes, but also potentially when they are talking in very close proximity to another person. The virus in these droplets then can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person. It can also spread if you touch a contaminated surface and then touch your face. Unfortunately, human beings touch their faces often throughout the day, much more than they realize.

Transmission is less likely in an outdoor setting where there is more space for people to keep physically distanced. However, in the context of sports, even outdoors there can be risks from high-touch surfaces because many sports involve objects that are normally shared among players, coaches or volunteers (balls, equipment, etc.).

### 3. Symptoms of Covid-19

The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and the common cold. The symptoms are:

- ❖ Fever (37 degrees or higher at rest)
- ❖ Chills
- ❖ Cough
- ❖ Shortness of breath
- ❖ Sore throat or painful swallowing
- ❖ Stuffed up or runny nose,
- ❖ Loss of sense of smell
- ❖ Headache
- ❖ Muscle aches
- ❖ Fatigue
- ❖ Loss of appetite

(source: BCCDC June 12,2020)

## **Step 1: Assessing The Risks**

- We have identified the 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: Implementing Protocols To Reduce Risk**

### First Level Of Protection (elimination):

- We have implemented measures to keep participants and others at least 2 metres apart, wherever possible. This includes social distancing floor stickers, signage throughout the centre, movement or removal of some furniture, limiting the number of participants per lane and keeping every second lane empty when not part of the same group. Limiting the number of guests at the main service counter by dealing with one person per group or offering lane service by the staff.
- Bowling balls, rental shoes and bowler area to be cleaned and disinfected after each group/participant. Bowling balls and shoes may be left in a drop zone as decided by management or left on the lanes for pick up by staff.
- Creating a Hosting Agreement for centres where we will be hosting our events, laying out specific guidelines. IE. Hand sanitizers on site, social distancing protocols in place, frequent sanitization schedule and expectations of staff and volunteers.
- Limiting our event numbers to coincide with the Provinces maximum allowable group numbers at the time of the event as well as the municipality and host facilities allowable, socially distanced capacity guidelines.
- Providing guest check-in and contact tracing forms to our members and having centres keep the records of each participant/customer in case of a covid outbreak.
- Participants will be deterred from giving high fives.
- Sanitizing hands when entering the building and providing sanitization stations throughout the centre.

### Second Level Of Protection (engineering):

- We will review potential host centres safety plans and engineering, to ensure they can keep participants safe and are following the Bowl BC Safety Plan, prior to hosting our event within their facility

### Third Level Of Protection (administrative):

- We have identified rules and guidelines for how participants, coaches, volunteers and spectators should conduct themselves and each participant will be supplied with a copy of said guidelines.
- Each participant, coach and volunteer shall be required to sign a contract verifying that they are not sick in the last 10 days nor been away or quarantined in the past 14 days
- Controlling spectator numbers by having staff monitor the entry doors and keep count of the number of people coming and going.

- Spectators will not be allowed in the participant/coaching area and will be required to maintain social distancing guidelines in designated areas.

#### Fourth Level Of Protection (using masks):

- Asking staff/volunteers to wear masks
- Requiring staff to wear masks while in the food service area
- Training on the proper use of masks prior to the event commencing
- 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.

#### Fourth Level Of Protection (effective cleaning and hygiene practices):

- We have reviewed the information on cleaning and disinfecting surfaces, making sure all common touch surfaces, including washrooms, are cleaned on a regular schedule.
- Ensuring each host facility has enough handwashing stations on site for our participants and spectators. Handwashing locations are visible and easily accessed. Using signage to encourage proper hand washing protocols.
- We will communicate good hygiene practices to participants, coaches, volunteers, etc. prior to event starting
- We will go over host centres cleaning protocols for all common areas and surfaces and ensure that staff/volunteers who are cleaning have adequate training and materials.
- If wet or dry towels are wanted, participants will be required to provide their own. We will not allow them to be shared amongst participants.

### **Step 3: Develop Policies**

We will develop the necessary policies to manage our sport and events in a safe and healthy manor. Our policies will ensure that anyone showing symptoms of COVID-19 will be prohibited from participating in the event

- 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 will address individuals who may start to feel ill while participating. It will include the following:
  - Sick individuals should report to first aid (or designated individual), even with mild symptoms.
  - Sick workers should be asked to wash or sanitize their hands, provided with a mask, and isolated. The worker will be asked to go straight home. [They will be asked to consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self-isolation.]

- If the worker is severely ill (e.g., difficulty breathing, chest pain), we will call 911. Clean and disinfect any surfaces that the ill worker has come into contact with.
- If a work or customer is found to have Covid-19, all customers will be contacted and informed

#### **Step 4: Develop Communication Plans and Training**

- We will communicate a plan to ensure everyone is trained in policies and procedures prior to the event
- All participants/coaches will receive the policies for staying home when sick prior to the event
- We will post signage at the sport location, including occupancy limits and effective hygiene practices.
- We will post signage indicating who is restricted from participating, including visitors and workers with symptoms.
- Coaches or safety volunteers will be versed on how to monitor participants to ensure policies and procedures are being followed.

#### **Step 5: Monitor and Update Your Plans as Necessary**

- We will monitor risks and make changes to our policies and procedures as necessary.
- We will ensure individuals know who to go to with health and safety concerns.
- When resolving safety issues, we will involve designated health and safety representatives

#### **Step 6: Assess and Address Risks From Resuming Our Programs**

- We have a training plan for our office staff, coaches and volunteers.
- We have a training plan designed around the changes to our programs.
- We have identified and passed onto our centres a safe process for cleaning and social distancing

#### **Insurance and Liability Risk**

- Waivers and releases will be required, listing that the participant/coach/volunteer and spectator is aware of the risks involved due to a communicable disease, such as Covid19 and chooses to participate regardless. Participants must read and sign acknowledging their acceptance of the risks.
- Participants/ coaches/volunteers and spectators will be required to sign a Participation Agreement that lays out the personal duties required when entering the facilities and/or participating under the Bowl BC Return To Sport Plan

Welcome to

Date:

Your Lane

Number is:

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## GUEST CHECK-IN & CONTACT TRACING FORM

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The safety of our customers and staff is our top priority. We therefore ask that every customer group complete one of these forms. Information gathered will ONLY be shared with health officials if required.

Please answer the following by circling your yes/no response:

1	Is anyone in your group experiencing Covid-19 symptoms?	YES	NO
2	Has anyone in your group come in contact with a known case of COVID-19?	YES	NO
3	Has anyone in your group travelled outside of the province in the last 14 days?	YES	NO

*NOTE: If you've answered YES to ANY of these three questions, for the safety of our customers and our community we cannot permit access to your group at this time. We hope you will join us again when it is safe to do so.*

If you've answered NO to all questions, please have ONE MEMBER OF THE GROUP complete the following:

	Names of people in your group	Shoe size
1		
2		
3		
4		
5		
6		

Please provide the contact info for a lead member of your group to assist Health Agencies with contact tracing if required. Info will not be shared otherwise.;

Name	
Email	
Phone #	