

COVID-19 Indoor Programming Policy

Pickering Rouge Canoe Club

Adopted: October 21, 2021

Overview:

Pickering Rouge Canoe Club (PRCC) will be operating winter programs at indoor training facilities. With the health and safety of participants and staff our highest priority, we are implementing new measures to prevent any spread of COVID-19. We will continue to assess and evaluate our policies to ensure we are aligned with all government and public health requirements.

PRCC is confident in our ability to run these programs safely given that: vaccination will be required for staff and eligible participants, the activities occur in a large facility where physical distancing will be maintained, participants will wear masks whenever possible, the number of participants will be limited, participants will maintain a screening passport, cohorting will keep participants within their family and social circles as much as possible, environmental cleaning of equipment will be at a high standard, and we have qualified and well-trained staff.

Vaccinations:

- All participants eligible for vaccination (i.e., ages 12+) will be required to be fully vaccinated to participate in any PRCC indoor program.
- Participants will not be considered fully vaccinated until 14 days following the receipt of their second dose of a provincially recognized COVID-19 vaccine.
- Participants whose eligibility status changes during the program term will be given a 6 week period to receive both doses, following which they will no longer be able to participate until they satisfy the above conditions for being fully vaccinated. This applies both to participants who pass a birthday that brings them into the current vaccine eligibility, or if government regulations on eligibility change to include new age groups.
- Participants will be required to show proof of vaccination to the Head Coach at or before their first indoor program session. Specific details regarding individual doses or medical records will not be kept on file, only a verification that it has been seen by a PRCC staff member.

Screening, Attendance & Contact Tracing:

- All participants will be pre-registered in programming with collection of contact information for both participants and parents/caregivers.
- Attendance at each session will be kept by the Head coach for contact tracing purposes.
- All participants will bring a daily passport that includes a sign off from a parent or caregiver on all provincially provided COVID-19 pre-screening questions. This will only be superseded by facility required screening protocols (e.g., Community centres may have their own online screening form to be completed).

Mask Usage & Physical Distancing:

- Due to the nature of the programs being high intensity exercise, mask usage for participants will be optional within the designated programming space and only during programming.
- Masks are required for participants if they leave or move to a different location or are in any shared space (e.g., shared hallways, bathrooms, changerooms, weight room, etc.).
- Every effort will be made to maintain physical distancing between participants from different households during all indoor training programs.

Sanitization and Equipment:

- Hand sanitizer stations will be set up around the facility.
- Sanitizing of equipment, including ergs and weights, will take place between each use and at the end of each program.
- Where possible, participants will be asked to bring their own equipment, e.g., Yoga mat.

Management of Participants with Suspected or Confirmed COVID-19:

- If a coach or participant has COVID-19 symptoms, they are to go to an assessment center and get tested. Parents also have the option of obtaining an alternative diagnosis for the child's symptoms from a health care provider.
- As per direction of Toronto Public Health, if the test is negative, individuals can return to the program 24 hours after symptoms go away if they are not self-isolating for other reasons. Individuals with a confirmed case of COVID-19, can return to work 10 days after their symptoms first appear if symptoms are mostly gone. No tests or clearance letter is required for return to the program.
- Participants who develop any symptoms consistent with COVID-19 while at the gym will be immediately separated from others in a supervised area and will wear a mask until they can go home.
- Those providing care will maintain a distance of at least 2 metres and wear a mask.
- The guardians of the symptomatic participant will be contacted immediately and be advised that the participant must be picked up.
- Siblings or members of the same household of the symptomatic participant will also be requested to leave the site.
- Environmental cleaning / disinfection of the space and items used in the program will be conducted once the participant has been picked up.
- Symptomatic participants may return to practice following a negative test result or medical clearance that they may return to practice.
- PRCC will follow guidance from Public Health in determining any additional steps required.

Refund Policy:

- Prorated refunds will be given if our programs are cancelled due to COVID-19.

Governing Body Guidance Documents:

Ministry of Health: COVID-19 Guidance: Guidance for facilities for sports and recreational fitness activities during COVID-19

<https://www.ontario.ca/page/guidance-facilities-sports-and-recreational-fitness-activities-during-covid-19>

Canoe Kayak Canada

<https://canoekayak.ca/paddling-covid-19-public-health-measures/>

Canoe Kayak Ontario Statement

https://843ac69a-44c8-407e-ba5b-692ad2c25ebf.filesusr.com/ugd/6a5506_87bcba9ff3c04c028a61ace7ee503b

City of Toronto COVID-19: Vaccine Information for Sports, Recreation, Arts & Culture Organizations

<https://www.toronto.ca/home/covid-19/covid-19-reopening-recovery-rebuild/covid-19-reopening-guidelines-for-businesses-organizations/covid-19-vaccine-information-for-sports-recreation-arts-culture-organizations/>