186-8120 No. 2 Road, Box #704, Richmond, B.C., V7C 5J8 Email: info@connaughtsc.ca

INDOOR OFF ICE COVID-19 SAFETY PLAN **February 17, 2021**

All individuals participating in off ice training or entering the building on behalf of the Connaught Skating Club, including coaches and COVID Captains, **must complete the online daily self-screening form, prior to entering the building**.

If **ANY** of the questions in the daily self-screening apply, **YOU MUST NOT** attend your session(s).

For greater clarity, skaters, coaches, volunteers and program staff **may not participate** if:

- They exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, shortness of breath or any other symptom(s) known to be associated with COVID-19, as identified by medical professionals;
- They or someone in their household has been in contact with someone with COVID-19 in the last 14 days;
- They or someone in their household has travelled outside of Canada in the last 14 days; OR
- They have been directed by a public health official to self-isolate within the last 14 days.

Hand sanitizer must be used upon entering and exiting the building.

A non-medical mask must be worn, in an appropriate manner, at all times while transiting through the building.

Masks may be worn during the off ice class, however, they are not required.

A maximum of 18 individuals, including participants and coaches, are permitted in any one off ice class.

Off ice class activities will be limited to low-intensity exercise, which does not cause a sustained and accelerated rate of breathing.

A minimum of two and one-half (2.5) metres distance must be maintained between each individual during the off ice class activity.

There will be no sharing of equipment; participants must bring and use their own equipment, including yoga mats and/or ankle weights.

While waiting to enter the off ice area, a physical distance of two metres between individuals must be maintained.

Ten minutes will be allotted between class times to allow the COVID Captain to wipe down any areas as necessary, including areas where participants may have been seated without a mat.

All participants must follow the proper flow of traffic within the building. i.e. only enter through an entrance and exit through an exit.

Participants will remain within their assigned training pod. There will be no mixing among the group participants.

No drop ins are permitted. All participants must be pre-registered prior to participation in any class.

Participants must, as much as possible, avoid touching any surfaces within the building.