



RETURN TO DIVING GUIDELINES

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BC Diving Return to Sport (BC's Restart Plan Phase 2)

PREAMBLE

This document is a guide to help all diving programs in BC develop their Return to Sport Protocols. There are general guidelines that all clubs must follow. Additionally included, are sample forms and an assessment form to evaluate each program's situation.

In this process, one size does not fit all. Each club and facility may have unique issues which need to be factored into their own Return to Sport Plan. Modifications and changes to standard practice will be required, and these modifications will need to be practical and tailored to each situation. While there can be some flexibility in how each club develops their Return to Sport Plan, all clubs in B.C. must operate within the BC Diving Return to Sport Plan.

Every Return to Sport Plan must include clear policies to ensure:

- no one with symptoms comes to work or training, and staff are able to be off sick or work at home to enable self-isolation for ten days (at minimum)
 - The symptoms of COVID-19 are currently recognized as including fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
- all participants have fewer contacts (shorter times, fewer people), through such measures as staggered training times, smaller groups, virtual meetings, and training
- higher levels of frequent cleaning of 'high touch' areas of facilities and equipment, availability of hand sanitizer and encouraging good hygiene

Further, the plan must be based on an assessment of the risks present in your training situation. This may involve consultation with employees, volunteers, and participants.

If there is a discrepancy between the Diving Return to Sport Plan and the BC Return to Sport Plan, the BC Return to Sport Plan will take precedence

OBJECTIVES:

1. Outline processes to open safely.
2. Provide measures to keep participants safe and avoid further outbreaks.
3. Outline procedures if first aid is required.
4. Provide a plan in the event a case or an outbreak occurs.



PRINCIPLES

BC Diving's Return to Sport plan is guided by BC's Restart Plan's key principles.

Personal Hygiene:	Stay Home if you are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
Frequent Handwashing Cough into your sleeve Step away from people when sneezing/coughing Wear a non-medical mask No handshaking, no high fives, no hugging	Routine daily screening Anyone with any symptoms must stay away from others Returning travellers must self-isolate	More frequent cleaning Enhance surface sanitation in high touch areas Touch-less technology	Meet with small numbers of people Maintain distance between you and people Size of room, the bigger the better Outdoor over indoor	Spacing within rooms or in transit Room design Plexiglass barriers Movement of people within spaces

OPENING SAFELY

Necessary conditions for return: Before returning to sport the program must complete the following:

- Coaches and participants must have signed the return to sport acknowledgement of risk document. Appendix B (to ensure everyone knows the new rules and is aware of the risks)
- Hand sanitizer and disinfectant are available on site.
- A Return to Sport (RTS)* manager is assigned and communicated to the club membership and the facilities used by the club. RTS Manager should be a person with authority.
 - On a daily basis, the manager designates the individual to take attendance as well as the individual to administer the questionnaire before the start of training. This may be the same person and may be the manager.
 - An RTS manager* must be assigned.

4. An isolation location* is available and identified for a participant that develops symptoms during a training session. (Facility dependent)
5. At least one coach per training session has a mask and gloves available in case an athlete is injured and needs attention from the coach within the 2m physical distance guidelines. The coach must also be aware of how to safely use this PPE.

KEEPING EVERYONE SAFE

(Guidelines are minimums and may need to be adjusted based on facility requirements)

1. Prior to start, the designated questioner (coach) administers the symptom and exposure questionnaire (APPENDIX D) to each participant individually (this may be done orally)- an athlete or coach positive for any of the questions will not participate.
2. Diving participants will enter and exit from the designated entrance (and exit) only.
3. Group size maximum of 6 athletes/ coach
4. Athletes will arrive changed to any training session (participants will not use the changerooms at the facility)
5. Everyone to maintain 2m between all other individuals during the entire training session. (See Phase 3 RTS Cohorts for more information)
6. In the event a coach enters the 2m space to spot, tighten a belt, or stretch an athlete only within their mini cohort, the coach must hand sanitize and use a mask.
7. Equipment – (trampoline bed, padding and crash mats) to be disinfected before and after every use.
8. Individuals will provide their own water bottles. No sharing.
9. Individuals will provide their own mats/yoga mats for training.
10. Parents to remain outside of the facility at all times.
11. Bathroom breaks to follow facility guidelines- hand sanitize before and after.



Pool/ Water training: Same rules as dryland training plus:

1. Athletes must use their own chamois only. No sharing and chamois must remain in a designated location. No throwing chamois into the water or on the deck.
2. Diver to be at the side of the pool before the next athlete dives off the same diving board.
3. Maximum of 12 athletes in the Dive Tank area at one time. (related to # of training stations- i.e. 3 athletes per diving board) (Facility dependant)
4. Attendance records to be meticulously kept by coaches (compiled and saved by designated questioner for two months).

PHASE 3 – RETURN TO SPORT

BC Diving is using the ViaSport phase 3 Return to Sport guidelines to inform our cohort definition and planning.

Purpose: Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs.

A cohort is a group of participants who primarily interact with each other within your sport environment over an extended period of time.

In this phase all guidance related to personal hygiene, cleaning protocols and symptom-screening still apply. Cohorts are being used as it is not possible to maintain physical distancing at all times. When in the cohorts it is still important to minimize physical contact. The minimal 2m physical distancing should be maintained between all participants when not participating in diving. (i.e. change rooms,). If physical distancing cannot be maintained during these times, masks should be worn.

COHORTS- clubs will send a list of their mini and general cohorts to BC Diving

MINI COHORT- Max 18

The primary cohort will be the MINI COHORT. The mini cohort is the group including a coach and the divers they specifically work with. Within this MINI COHORT a coach may work with up to 8 divers at one time. A coach may have a second group which would be included in the MINI cohort. Physical distance is still prioritized, however,

spotting and stretching of athletes may now take place provided the coach hand sanitizes and uses a mask when entering the 2m space.

Coaches will not spot or stretch athletes outside of their MINI Cohort even when substituting for another coach within the general cohort.

GENERAL COHORT- Max 100

The GENERAL COHORT is the group of athletes and coaches that may at some point be in the same training space. Two coaches may be in the same training space in a pool with their divers. The coaches and divers would be expected to maintain the physical distance of 2m at all times. These athletes and coaches would comprise a part of general cohort. Each group that overlaps any training time or coach becomes part of the GENERAL COHORT. If two or more clubs are sharing pool space, they will be in the GENERAL COHORT and this number must be less than 100. The number must not exceed 50 at any one time.

Coaches within a GENERAL COHORT may substitute and work with other athletes in the GENERAL COHORT provided they maintain 2m distance at all times.

PROVINCIAL TRAINING CAMPS

Purpose: to introduce high performance training opportunities that bring together divers from different communities and/or provinces in a responsible and safe manner without compromising the health of the individuals or community members.

All information regarding training camps will clearly communicate expected protocols in advance of the camp to both athletes and parents.

14 days prior to any training camp, all the potential participants will be considered part of the TRAINING CAMP GENERAL COHORT. All invited participants will be asked to reduce exposure to others and minimize visits in public places for the 14 days prior to camp. The divers and coaches must remain in groups with no overlapping to ensure the integrity of this TRAINING CAMP GENERAL COHORT

COMPETITION

Regional and Provincial competitions are being re-introduced in this phase. Inter-provincial competitions should not occur during this phase. The competition itself will have further protocol and restrictions which will be outlined prior to each competition.

14 days prior to any competitions, all the potential participants will be considered part of the COMPETITION GENERAL COHORT. The divers and coaches must remain in groups with no overlapping outside the COHORT to ensure the integrity of this COMPETITION GENERAL COHORT.



TRAVEL

BC Diving recommends that individuals remain primarily within their region when traveling for diving in order to limit the number of groups that they are coming in contact with. Exceptions include traveling to attend high performance training camps or provincial championships. Inter-provincial and international travel is not endorsed at this time.

Any individual who chooses to travel internationally, must self-isolate for 14 days under both provincial and federal orders upon return to Canada.

If choosing to travel, the following recommendations are in place:

- Check before you go – consider the number of active cases in the region you are travelling to
- If sick, stay home, even if symptoms are mild
- Wash your hands often
- Practice safe physical distancing, 2 metres distance from others
- Wear a mask if you cannot keep a safe distance from others

EMERGENCY RESPONSE

FIRST AID

If first aid is required to be administered during training, all persons attending to the injured individual must first put on a mask and gloves.

OUTBREAK PLAN

An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement your illness policy (APPENDIX E) and advise individuals to:



- self-isolate
 - monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
 - i. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - ii. Individuals can learn more about how to manage their illness here: <http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

Glossary of terms:

Return to Sport Manager – a designated person who will perform the daily task of assigning a person to perform wellness questionnaires and maintaining attendance for 2 months, assigning a cleaning (disinfecting) person and following all protocols in case of an outbreak.

Isolation location – an assigned room/area in the facility (facility dependent). This room will be where an athlete/coach will locate if symptoms occur during training. This is particularly important for a minor until a parent or guardian can pick up and return home to isolation.

Quarantine/Self-isolation –

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms.html>



APPENDIX A- CLUB RETURN TO SPORT GUIDE AND CHECKLIST

- Covid-19 Safety Plan Template is completed.
- Outbreak manager is identified and communicated to the membership and facility.
- Pretraining questioner is identified.
- Attendance keeper is identified.
- Coaches have received training on using mask and gloves.
- Membership has received membership communication and Return to Sport Participation Agreement.
- BC Diving Return to Sport Plan and club Return to Sport Plan are on the club's website and communicated to all training facilities and participants.



APPENDIX B – PARTICIPANT AGREEMENT

Sample Agreement* to be tailored to each club.

Application - all athletes, coaches, members, volunteers, participants, and family members of participants while in attendance at club activities ("Participants")

All Participants of <NAME OF ORGANIZATION> agree to abide by the following points when entering a training session and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to not share any equipment including water bottles or sammy during practice times.
- I agree to abide by all my Clubs COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Date:

Signature (Parent/Guardian if participant is a minor):



APPENDIX C – MEMBER COMMUNICATION

Email or letter template message: Return to our sport with respect to COVID-19

Dear <<PARTICIPANT, COACH, PARENT>>

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, BC Diving has been working with viaSport and the Province of British Columbia to understand the recommendations our Chief Provincial Health Officer and how they best apply within sport.

The attached Return to Sport Plan has been developed for our sport to ensure:

- health and safety of all individuals is a priority
- activities are in alignment with provincial health recommendations
- modifications to activities are in place to reduce the risks to each sport organization and its participants
- our sport is united and aligned on a plan to reopen throughout the province

While we do hope things will return to normal soon, currently this Return to Sport Plan will be the new normal until we are advised otherwise by public health authorities.

If you choose to participate, you must follow these rules:

- If you do not feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID19, please stay home.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all time
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the training area as quickly as possible after you finish

Our Return to Sport Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant 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 require your full cooperation with our Return to Sport Plan.

Sincerely,



APPENDIX D QUESTIONNAIRE

Questionnaire

1. Do you have any of the following symptoms: answer each question individually:
 - a. Cold or flu like symptoms?
 - b. Fever
 - c. Chills
 - d. Shortness of breath
 - e. Sore throat or painful swallowing
 - f. Stuffed up or runny nose
 - g. Significant fatigue
 - h. Loss of sense of smell
 - i. Headache
 - j. Muscle aches
 - k. Loss of appetite
2. Has anyone in your household had any of the symptoms from question 1?
3. Have you or anyone in your household been outside of Canada in the last 14 days?
4. Have you been in contact with anyone that has been positive for Covid-19 in the last 14 days?

ANYONE ANSWERING YES TO ANY OF THE QUESTIONS SHOULD LEAD TO THE ILLNESS POLICY.



APPENDIX E – ILLNESS POLICY

In this policy, “Team member” includes a coach, official, employee, volunteer, participant or parent/spectator.

1. **Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19** such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. **Assessment**
 - a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
 - c. If Team Members are unsure, please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
3. **If a Team Member is feeling sick with COVID-19 symptoms**
 - a. They should remain at home and contact Health Link BC at 8-1-1.
 - b. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c. No Team Member may participate in a practice/activity if they are symptomatic.
4. **If a Team Member tests positive for COVID-19**
 - a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 - b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
 - c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
5. **If a Team Member has been tested and is waiting for the results of a COVID-19 Test**
 - a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
 - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
 - c. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.



- d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
- 6. If a Team Member has come into contact with someone who is confirmed to have COVID-19**
- a. Team Members must advise their outbreak manager/coach if they reasonably believe they have been exposed to COVID-19.
 - b. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
 - c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
- 7. Quarantine or Self-Isolate if:**
- a. Any Team Member who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate. (Not required for inter-provincial travel)
 - b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.



APPENDIX F - COVID-19 SAFETY PLAN TEMPLATE

This plan must be completed and posted by each club/organization.

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 do not 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. If this information is in another document, identify that document here.



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

- ☐ We have installed barriers where workers can't keep physically distant from co-workers, customers, or others.

Measures in place

Describe how barriers or partitions will be used in your environment (if appropriate). If this information is in another document, identify that document here.

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

List the rules and guidelines that everyone is required to follow. This could include things like using one-way doors or walkways, no sharing of equipment, and wiping down equipment after use. If this information is in another document, identify that document here.



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

Who will use masks?

What work tasks will require the use of masks?

How have workers been informed of the correct use of masks?

If this information is in another document, identify that document here.

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 handwashing stations on site for our participants. Handwashing locations are visible and easily accessed.
- ☐ 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

Cleaning protocols

Provide information about your cleaning plan. Specify who is responsible for cleaning, the cleaning schedule, and what the cleaning protocols will include (e.g., which surfaces, tools, equipment, etc.). If this information is in another document, identify that document here.

Step 3: Develop policies

Develop the necessary policies to manage your sport.

Our policies ensure that workers and others showing symptoms of COVID-19 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:
 - ☐ 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. 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.]
- ☐ 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.

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 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

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.



APPENDIX G – REFERENCES

PROVINCE OF BRITISH COLUMBIA

B.C.'s Restart Plan: https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-to-Move-Through-the-Pandemic#fullscreen&from_embed

BC COVID-19 Go-Forward Management Strategy:

https://www2.gov.bc.ca/assets/gov/health/about-bcs-health-care-system/office-of-the-provincial-health-officer/covid-19/bc_covid-19_go-forward_management_strategy_web.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATION_BC_GOV_BCGOV_EN_BC_NOTIFICATION

B.C. Go Forward Strategy Checklist: https://www2.gov.bc.ca/assets/gov/public-safety-and-emergencyservices/emergency-preparedness-response-recovery/gdx/go_forward_strategy_checklist_web.pdf

PHO Orders: <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-novel-coronavirus>

REGIONAL HEALTH AUTHORITIES

Fraser Health: <https://www.fraserhealth.ca/>

Interior Health: <https://www.interiorhealth.ca/Pages/default.aspx>

Island Health: <https://www.islandhealth.ca/>

Northern Health: <https://www.northernhealth.ca/>

Vancouver Coastal Health: <http://www.vch.ca/>

HEALTH RESOURCES

COVID-19 (B.C.) Provincial Support:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>

BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>

Health Canada Handwashing Guidelines:

<https://www.canada.ca/content/dam/phacaspc/documents/services/diseases-maladies/reduce-spread-covid-19-wash-your-hands/enghandwashing.pdf>



Health Canada Personal Protective Equipment against COVID-19:

<https://www.canada.ca/en/healthcanada/services/drugs-health-products/medical-devices/covid19-personal-protective-equipment.html>

Health Canada List of Disinfectants for use against COVID-19:

<https://www.canada.ca/en/healthcanada/services/drugs-health-products/disinfectants/covid-19/list.html>

BCCDC Cleaning and Disinfecting: http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

First aid protocols for an unresponsive person during COVID-19:

<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

POSTERS

COVID-19 Protection: <http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Prevention.pdf>

Physical Distancing: http://www.bccdc.ca/Health-ProfessionalsSite/Documents/COVID19_PhysicalDistancingPoster.pdf

Handwashing: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf

Do not enter if you are sick: http://www.bccdc.ca/Health-InfoSite/Documents/COVID19_DoNotEnterPoster.pdf

Vulnerable Populations: <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-vulnerablepopulations/covid-19-vulnerable-populations-eng.pdf>

Occupancy Limit: <https://www.worksafebc.com/en/resources/health-safety/posters/help-preventspread-covid-19-occupancy-limit?lang=en>

WORKSAFE BC RESOURCES

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

COVID-19 Safety Plan Template:

<https://www.worksafebc.com/en/resources/healthsafety/checklist/covid-19-safety-plan?lang=en>



A guide for employers and Occupational First Aid Attendants:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

SPORT AND RECREATION RESOURCES

Return to High Performance Sport Framework:

<https://www.viasport.ca/sites/default/files/Canada%20%20COVID-19%20Return%20to%20HP%20Sport%20Framework%20-%20May%202020.pdf>

BCCDC guidance for recreation facilities: <http://www.bccdc.ca/health-info/diseases-conditions/covid19/community-settings/recreation-facilities>

BCRPA Sector Guidelines for Restarting Operations: <https://www.bcrpa.bc.ca/covidguideline>

Return to Sport Guidelines:

<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

Diving Plongeon Canada Return to Sport guidelines

<https://diving.ca/wp-content/uploads/2020/06/DPC20-Return-to-Diving-v1.pdf>



SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered in the various return phases.

	Strictest Controls Phase 1	Transition Measures Phase 2	Progressively Loosen Phase 3	New Normal (Future date TBC)
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	<ul style="list-style-type: none"> Refer to PHO and local health authorities 	<ul style="list-style-type: none"> Refer to PHO and local health authorities
Enhanced Protocols	<ul style="list-style-type: none"> Increased hand hygiene 	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	<ul style="list-style-type: none"> Increased personal hygiene, cleaning protocols and symptom screening 	<ul style="list-style-type: none"> Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	<ul style="list-style-type: none"> Participants should maintain physical distance while not on field of play 	<ul style="list-style-type: none"> Outdoor/Indoor
Participants	<ul style="list-style-type: none"> Individual activities 	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes increase based on sport type (i.e. level of contact). Participants and spectators must adhere to 50 people max per event public health guidance 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc.). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	<ul style="list-style-type: none"> Where feasible, limit contact (i.e. coming within two metres) in training and sport activities 	<ul style="list-style-type: none"> No restrictions on activity type
Contact Activities	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	<ul style="list-style-type: none"> Cohort model introduced for sports that cannot maintain 2m physical distancing. 	<ul style="list-style-type: none"> No restrictions on activity type
Competition*	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> In club play or modified games may slowly be introduced 	<ul style="list-style-type: none"> Competition slowly introduced. Regional competition for sports in cohorts. 	<ul style="list-style-type: none"> Provincial competitions and larger scale events may return
Equipment	<ul style="list-style-type: none"> No shared equipment 	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Enhanced cleaning protocols in place 	<ul style="list-style-type: none"> Shared equipment
Travel	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Limited 	<ul style="list-style-type: none"> Unlimited

*Introduction of competitive activities should be in alignment with sport-specific guidelines.