



PURPOSE AND DISCLAIMER:

This document serves to inform participants and members of The Steveston Athletic Association (SAA) of the risks involved in our sport regarding the transmission of COVID-19 and the steps we as a board have taken to mitigate those risks. This document is not a legal document and is to be used as a guideline only. In the appropriate sections it will also inform members and participants as to their duties and responsibilities as amateur adults, to prevent the spread of COVID-19 while participating in sanctioned activities of the SAA.

This document is not to supersede any directives from the Public Health Officer or the Medical Health Officer. As things change and we progress through this pandemic we will be updating this document to the best of our ability but make no guarantee that it is current and up to date beyond the date of publication.

Our insurance does not cover the event of contracting COVID-19. However the “Government has created a ministerial order that protects amateur sport organizations, their employees and volunteers from liability.” (<https://www.viasport.ca/news/province-takes-action-support-return-sport>)

PARTICIPANT RESPONSIBILITIES:

GUIDELINES PERTAINING TO ALL DISCIPLINES:

Prior to Participation:

- Participants need to
 - o Fill out/sign and return to a board member both the:
 - COVID Participant Agreement
 - COVID Waiver
 - o Indicate to the event leader that they are planning to participate in the scheduled event – via email, text, or commenting on the FB post that they intend to participate.
 - o Within 24 hours of proposed activity complete the BC COVID-19 Self-Assessment Tool (<https://bc.thrive.health/covid19/en>) and follow the guidance provided there. If participants answer yes to any of the screening questions, they and other members of their household must avoid participation in any club activities for 14 days.
 - SAA has adopted zero tolerance for “playing while sick”. If you are sick stay home.
- If participants are members of a vulnerable populations, they must understand the added risk in participating in group activities
 - o Vulnerable populations are as follows:
 - Older adults (65+)
 - Those with underlying medical conditions and/or compromised immune system:



- Hypertension, diabetes, COPD/severe asthma, cardiovascular disease, cerebrovascular disease, and higher thromboembolism risk (Club Risk Assessment and Mitigation Checklist Tool, Appendix B – Triathlon BC Return to Sport Guidelines)

At the time of participation:

- Participants must:
 - Sign in with event leader and confirm that they have completed the screening tool in the appropriate timeline.
 - Avoid participation in or remove themselves from club events if their symptoms change and they, at any point, are experiencing any symptoms listed on the COVID-19 screening tool.
 - If participant removes themselves from the activity they must notify the event leader
 - Bring their own equipment
 - Participants must be responsible for bringing their own water, nutrition, or any other equipment needed to participate in activity (bike, shoes, helmet, sunglasses, towel, turbo trainer, mat, tissues, hat, runners, wetsuit, swim cap, goggles, etc)
 - Maintain a minimum of 2 m distance from other participants at all times (specifically when arriving and departing from events). Exceptions are made for those that are a part of their household or their expanded “bubble”.
 - See sport specific guidelines for minimum distances during specific sports.
 - If participants arrive to events more than 10 minutes prior to scheduled start time they are requested to remain in their vehicle until an appropriate time to begin gathering to limit the duration/risk of spread.
 - Expectoration of bodily fluids is prohibited during sanctioned activities (spitting, snot rocketing)
 - If you are an individual that gets a runny nose – please bring a tissue

After participation:

- Participants must sign out with the event leader, and confirm that they remain asymptomatic
- Participants are encouraged to
 - Wash their hands, or use an alcohol based rub to sanitize their hands prior to departing activity
 - Sanitize any equipment used in the club environment
- Participants are to “arrive ready to train, train, and depart” – the social coffee and treat after training are **not** sanctioned.



Hygiene:

- It is required that all participants practice proper hygiene during sport
 - o No spitting or snot rocketing
 - If there is the need to deal with a runny nose – use a tissue and dispose of it immediately, either in a garbage receptacle or in a zip top bag that participant brings and disposes of at an appropriate time
 - Sanitize hands after blowing nose by washing hands or using an alcohol-based hand rub
 - o Sneeze or cough into sleeve or elbow
 - o Avoid touching eyes, nose, and mouth
 - o Frequent hand washing when available, use of alcohol based rub when handwashing is not available
- Participants are recommended to bring
 - o Personal alcohol based hand rub (a small/portable container for use during sport when needed)
 - o A zip top bag to dispose of used gel, or other nutrition wrappers and soiled tissues
 - o Tissues
- **note** “COVID-19 virus has been shown to last on glass and hard plastics for between 2-5 days, metal for 3-5 days and wood 4 days without washing and sanitizing” (Risk Assessment and Mitigation Checklist Tool, Appendix B – Triathlon BC Return to Sport Guidelines.)

First Aid:

- In the event an athlete requires first aid participant must inform the event leader
- Participants should bring a mask and gloves in a zip top bag to don if they require first aid

GUIDELINES PERTAINING TO SWIMMING

- All requirements as stated in general guidelines.
- Maximum group size is limited by the facility and booking guidelines. If more than the allowed swimmers request a spot all names will go into a hat and the appropriate number of names will be drawn.
- Upon Arrival swimmers will check in with the designated board member and confirm screening questions
- Swimmers will follow the marked spacing and maintain 2m distance between participants at all times.
- Swimmers will arrive dressed to swim as changeroom use is limited and discouraged.
- Upon entry to the facility swimmers will wash their hands for 20s at the designated hand washing sink.



Return to Sport Guidelines

As of September 22, 2020

- Swimmers will follow the facility to stow their belongings in designated spots. (See Appendix Bi and Bii)
- Swimmers will take a cleansing shower prior to entry to the pool
- Swimmers will enter their designated lanes as directed by the Coach on deck, and will use the same lane, with the same swimmers for the duration of our agreement with the city.
- Once in their designated lanes the swimmers will follow the spacing guidelines as laid out by the City of Richmond (See Appendix C)
- Swimmers will supply their own equipment for use during the practice and will remove their equipment from the facility at the end of practice – this means that if you don't bring a kick board there is no kickboard. This includes water bottles.
- At the end of the practice participants will exit their lane and, while maintaining 2m distance, follow the facility markings to gather their belongings before exiting the facility
- The changerooms will be available to swimmers to change, but showers will not. Swimmers are also encouraged to change at home.

GUIDELINES PERTAINING TO BIKING:

Prior to Cycling:

- All requirements as stated in general guidelines.
- Max group size is 10 participants, leader inclusive
- All athletes must be self sufficient in equipment. No sharing supplies with fellow athletes that are not part of your household
 - o Adequate hydration and nutrition
 - o Supply their own flat repair/replacement

During Cycling

- All requirements stated in general guidelines
- Maintain 20m space between athletes not part of your household.
 - o This is due to the increased moisture in breathing during exertion
 - o Also due to the speed with which we move forward into the suspended droplets from the rider ahead of us.

After Cycling:

- it is recommended that individuals wipe down the high touch areas of their bike (handle bars, bike seat, etc) with an approved disinfectant technique
- it is recommended that athletes wash their hands or use an alcohol-based rub prior to handling personal belongings.



GUIDELINES PERTAINING TO SPINNING:

Prior to Spinning

- all requirements stated in general guidelines
- Max group size is limited based on the measurements of the utilized space and will be published on the club calendar for each session
- All athletes must be self sufficient in equipment. No sharing supplies with fellow athletes that are not part of your household
 - o Adequate hydration and nutrition
 - o A towel for sweat
 - o Appropriate tire blocks
- Upon arrival the athletes will set up their spin equipment (mat, trainer, bike nutrition) in the space designated to keep athletes 2m apart at all times
- Athletes will dress appropriately in multiple layers based on outdoor temperature since doors will be open to accommodate adequate air flow.

During Spinning:

- All requirements as stated in the general guidelines
- Athletes will stay in their designated areas
- If there is a need to depart early or use the facilities they will move around the other participants maintaining a 2m distance

After Spinning:

- All requirements as stated in the general guidelines and in the "After Cycling" guidelines
- Athletes will pack up all their belongings and depart the facility in an orderly fashion allowing to keep a 2m distance from other participants

GUIDELINES PERTAINING TO RUNNING:

Prior to running:

- All requirements as stated in general guidelines
- Max group size is 20, leader inclusive
- The club "key box" will not be made available until further notice
 - o participants must be prepared to carry their car key for the duration of their run

During Running

- Maintain 10m space between athletes that are not part of your household.





After running:

- It is recommended that individuals wash their hands or use an alcohol based rub prior to handling any personal belongings.

CONSEQUENCES FOR NON-COMPLIANCE:

- If club members do not comply with the “Participant Responsibilities” :
 - o They will be asked to immediately leave the group event.
 - o The board may suspend their membership with the SAA

GUIDELINES FOR SOCIAL MEDIA

- Members are reminded to ensure the representation of the SAA on their personal social media platforms accurately demonstrates the clubs efforts to maintain proper social distancing and compliance with Triathlon BCs Return to Sport Guidelines.

CLUB AND LEADER RESPONSIBILITES:

GENERAL GUIDELNIES:

First Aid:

- All swim, run and ride leaders must familiarize themselves with the First aid protocols for an unresponsive person during COVID-19
 - o <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>
- All swim, ride and run leaders must carry a mask, gloves, and alcohol-based rub to don if called upon to perform first aid

Prior to events:

- Route planning
 - o Should take into consideration the ability to maintain proper distancing between participants (10m for running, and 20m for cycling).
 - o Take into consideration the popularity of said route amongst community athletes and the ability for club participants to maintain proper distancing from community athletes.
-



- Group size
 - o When informing the members of the event Leader must indicate the max allowable size of the group
 - Cycling is 10 members
 - Running 20 members
 - Swimming is limited to the limits of the facility in use. If more swimmers than the allowable number request to swim, all names will go into a hat and the appropriate number of names will be drawn.
 - If a planned event is going to be larger than the stated size it must be split into two separate groups
 - Each group will require a separate leader with their NCCP training
 - The groups will be separated by 10 min to allow appropriate time for the first group to leave the gathering space prior to the second group arriving.
 - The groups will try to be divided first along home groups and second to match similar training speeds
 - o Leader must provide contact information so the participants can sign up for the event
 - “Drop in” participation is discouraged
- Leaders must stay up to date on latest available guidance on COVID-19 outbreak
 - o If there has been a change in the status of the COVID-19 outbreak the event leader has the authority to cancel the group event.
 - o If the event is canceled the leader will inform the board of directors that is has been canceled, and the reason/rationale.
- Leaders must maintain the check in/check out list
 - o In the shared file the leader will ensure that all members present are listed on the check in/out list (See Appendix A)
 - o Confirm with each participant that they have completed the screening tool within the last 24 hrs and indicate this in the appropriate location of the check in/out list
 - o Ensure that all present participants have leaders contact number

During event:

- Leader must ensure proper spacing of participants (2m when not in motion/during pre-event briefing, 10m for runs, 20m for bike rides)
- Follow all preceding guidelines for safety (as per Community Coaching Training)

After event:

- Record all athletes on the check in/out sheet
- Record any athletes that departed early due to illness
- Remind participants that they are to “arrive ready to train, train, and depart”



SPORT SPECIFIC GUIDELINES:

- Swim guidelines
 - o Swim coaches are allowed to use the staff areas of the facility to store their belongings but are not able to utilize staff spaces for practice planning or set up.
 - o Coaches must supply their own coaching tools and whiteboards.
 - o Coaches will direct participants to aid in putting in the necessary lane ropes to facilitate proper spacing.
- Bike guidelines
 - o At this time there does not appear to be any bike specific responsibilities for the leaders
- Spin Guidelines
 - o At this time there does not appear to be any spin specific responsibilities for the leaders
- Run Guidelines
 - o At this time there does not appear to be any run specific responsibilities for the leaders

OUTBREAK PLAN:

In the event a SAA member suspects they have contracted COVID-19:

- The member must:
 - o self isolate.
 - o Monitor their symptoms daily, report respiratory illness and not 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 noses, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite
 - o Use the COVID-19 self assessment tool to determine if further assessment or testing for COVID-19 is needed
 - o *member is recommended to call 811 for further health advice, and to report suspected transmission, or 911 if it is an emergency.
- The board of directors will:
 - o Contact and cooperate fully with the Medical Health Officer (or delegate) for Vancouver Coastal Health and will supply all requested documentation (Dr. Patty Daly, patty.daly@vch.ca)
 - o Contact any members that may have had contact at a club event with the infected individual in the last 14 days and instruct them to self-isolate for 14 days.
 - This will be done by reviewing the check in/out logs



Return to Sport Guidelines

As of September 22, 2020

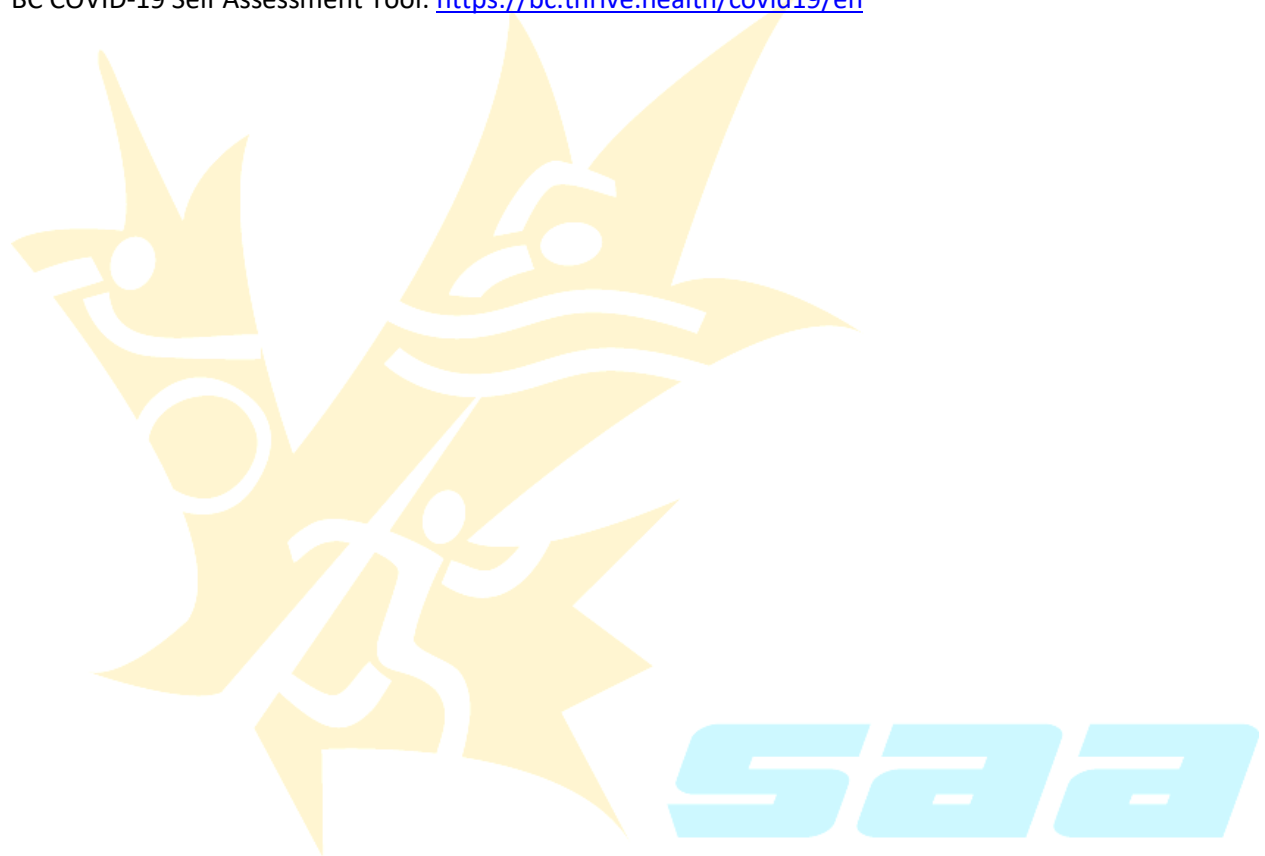
RESOURCES:

Triathlon BC Return to Sport Guidelines: <https://www.tribc.org/news/triathlon-bc-return-to-sport-guidelines-approved/>

Via Sport Return To Sport Guidelines:
<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

Red Cross First Aid Response COVID: <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>

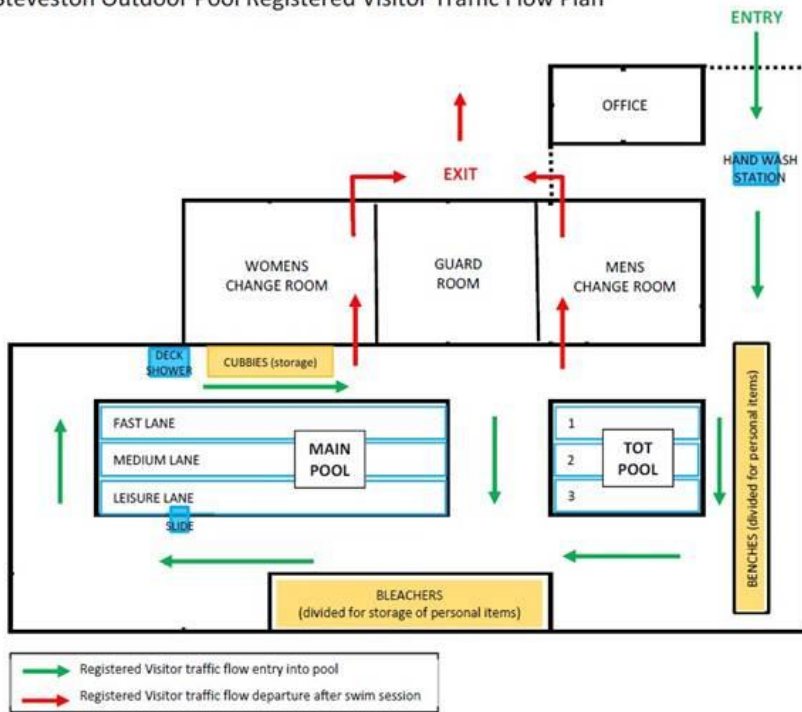
BC COVID-19 Self Assessment Tool: <https://bc.thrive.health/covid19/en>





Appendix Bi: Steveston Outdoor Pool Visitor Traffic Flow Plan

Steveston Outdoor Pool Registered Visitor Traffic Flow Plan



Appendix Bii: Watermania Visitor Traffic Flow Plan

