

## Chilliwack Centre of Excellence COMMUNICABLE DISEASE PREVENTION PLAN

VERSION November 11th 2021

### **1. UNDERSTAND THE RISK**

- a. The Chilliwack Centre of Excellence Paddling Club (CCE) Board will monitor and review communicable disease-related information issued by our regional and Provincial Health Officer(s) as it relates to the CCE. This includes orders, guidance, notices and recommendations issued by a Medical Health Officer or Provincial Health Officer, as well as any other recommendations and policies from appropriate organizations, such as Cultus Lake Park Board, Canoe Kayak Canada (CKC), Canoe Kayak British Columbia (CKBC), and ViaSport.

### **2. IMPLEMENT MEASURES, PRACTICES, AND POLICIES TO REDUCE THE RISK OF ILLNESS**

Ongoing measures to be maintained at all times:

- a. Follow current Public Health Order mask wearing policies and any additional guidelines posted at any practice or event facility.
- b. Do not come to work or practice if you are sick and please arrange to leave work or practice if you become sick (e.g., fever and/or chills, recent onset of coughing, diarrhea). Those experiencing illness symptoms are required to follow current Public Health recommendations regarding testing and isolation.
- c. Practice healthy hand hygiene, including regular hand washing and covering coughs and sneezes with your arm. All coaches and participants (e.g. volunteers and athletes) are encouraged to wash hands or use hand sanitizer at the start of each session, prior to eating, and after using the washroom. Hand sanitizer will be made available at the boathouse.
- d. Maintain a clean work/practice environment with daily cleaning of high touch surfaces by participants and/or coaches.
- e. When practicing indoors, ensure the facility has adequate ventilation.
- f. Follow current Public Health Order vaccination policies. Employees and athletes will be encouraged to receive vaccinations for vaccine preventable conditions. Employees will be given time off work for vaccination appointments.

### **3. COMMUNICATE MEASURES, PRACTICES, AND POLICIES**

- a. Policies will be posted in the boathouse and on our website, and emailed to members.

### **4. MONITOR WORKPLACE AND UPDATE PLAN AS NECESSARY**

- a. In accordance with monitoring from step 1, policies will be changed as necessary.
- b. Participants are encouraged to let us know their health and safety concerns.

## COVID-19 Risk mitigation procedures and policy

VERSION: November 11th 2021

Approved by the CCE Board:

Replaces previous Policy dated August 28th 2021

*Next update: March 2022*

The CCEPC will continue to follow relevant local and provincial public health orders (PHO) and ViaSport guidance [[https://www.viasport.ca/sites/default/files/Return\\_to\\_Sport\\_Restart\\_2.0\\_October30.pdf](https://www.viasport.ca/sites/default/files/Return_to_Sport_Restart_2.0_October30.pdf)] to formulate a club-specific COVID-19 response plan. Our club policy may be changed at any time based on changing health orders.

The CCEPC is committed to the following current priorities:

- Health and Safety of all club members and employees.
- Abiding by all PHO and local/ municipal COVID-19 requirements.
- Inexpensive community recreation and organized play.

### GENERAL notes

- The current local PHO maximum group size for unvaccinated participation in outdoor sport (50) is well above the typical group size for all CCE lessons and programs. No events are planned prior to the next COVID-19 policy review in March 2022
- The club does not intend to operate any lessons, programs, camps or events indoors
- Masks are not required for outdoor sports but mask mandates remain in place for most public and work related indoor environments
- Physical distancing & disinfection of equipment is no longer required and physical contact is allowed during sport activities
- Travel is permitted within Canada

### Vaccinations

- Fraser Health East PHO currently limits gatherings that include unvaccinated people
- People who are not fully vaccinated:
  - Can't attend ticketed events like movies, plays, festivals and sports
  - Can attend indoor organized gatherings that are limited to 10 people
  - Can attend outdoor organized gatherings that are limited to 50 people
- If all people age 12 or older are fully vaccinated, there are currently no restrictions on group sizes for outdoor gatherings
- For OUTDOOR SPORTS with group size less than 50, proof of vaccination is not required for youth and adult participants, spectators, coaches BUT
  - Proof of vaccination IS required for Supervisors\* (12 and older) for youth sport events and programming
  - \*Supervisor refers to a person leading, supporting or assisting a sport activity, but who is not working as an employee.
- Proof of vaccination IS required for most indoor sport settings.

### Outbreak policy

If any staff, program participant or volunteers become aware of any case of COVID-19 within the club membership, they must report it immediately to Jennifer Wakeling CCE Paddling Club President [ccepaddlingclubboard@gmail.com](mailto:ccepaddlingclubboard@gmail.com), who will alert the relevant authorities

***Participant considerations:***

- All participants must be registered club members (drop-in membership available).
- All participants must abide by COVID-19 related policies and guidelines.
- Participants must self-assess for symptoms each day and stay home if sick.
- Refunds for cancelled slalom training (full-time participants) are: \$10 for every session less than 20 training sessions offered per calendar month up to a maximum of \$200 refund per month.
- If the club cancels a lesson or program due to instructor illness or club COVID restrictions, a 100% refund will be applied.

***Staffing and schedule:***

- We will maintain a maximum group size of 50 people for events and 25 for group paddles to minimise risk of COVID-19 transmission.
- For all youth lessons: two instructors (or one instructor and one screened adult volunteer if the group is 6 or fewer participants) on staff for all lessons and camps. For family groups (with at least one parent paddling) and adult private lessons: one instructor per 8 participants.
- All employee instructors and coaches have paid sick days, paid time off to attend vaccine appointments and must not work if sick.

***Education plan:***

- All club members will receive COVID-19 updates and reminders by email or club newsletter.
- All lesson and camp participants will receive a copy of relevant COVID-19 policies alongside relevant lesson information, by email.
- All club COVID-19 policies and procedures will be publically available on the club website.
- Laminated posters relating to COVID-19 policy, health precautions, handwashing and facility access will be prominently posted at the boathouse.

***Whitewater paddling:***

- To avoid swims and rescues, participants must paddle well within their ability and should have a good roll – participants are strongly encouraged to take a lesson and refresh paddling skills if needed, before joining the community whitewater night paddles.
- We encourage participants to use their own equipment if available.