



# RAINCITY

## BASKETBALL CLUB

Covid-19 Safety Plan

November 8<sup>th</sup>, 2020

In accordance with Basketball BC, ViaSport, Basketball Canada,  
and the British Columbia Provincial Government

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## Identifying Risks at our Locations

### Identifying Risks

1. At our indoor locations we have identified these areas that people will gather:
  - a. Designated entrances and exits.
2. Situations/Processes when individuals are close to one another
  - a. On-court training, on-track training, on-field training, distribution of cleaning products and hand sanitizer. Participants will never be closer than 2 meters as recommended by social distancing rules.
3. Shared equipment (if any):
  - a. Players are expected to bring own ball.
4. Surfaces people touch often.
  - a. The court, their own designated space for bags and equipment.

### Protocols to Reduce Risks

To ensure that players, coaches, and families remain distant and do not share equipment the protocols in place will go as followed

1. Safety cones will be placed on the court to assure and remind players of their designated area on the court that is separated by at least 2 meters.
2. Coaches will administer hand sanitizer before, during, and after each session to ensure no one is touching the dispensary containers.
3. Coaches will administer disinfecting wipes for equipment before, during, and after sessions to ensure only the designated coach is touching dispensary containers.

### First Level Protection (Elimination)

We have established a maximum participant for our program that follows the guidelines set out by Basketball BC and viaSport.

- Maximum 3 players to a hoop (one player on the left, one on the centre, and one player on the right)
- Maximum of 3 coaches at each session, 1 coach for every 4-6 players.

### Second Level Protection (Engineering): Barriers and Partition's

We will implement the use of safety cones to ensure everyone is always at a safe distance. Players are expected to get their own rebounds to ensure they do not come in contact with other players and their equipment.

There are designated spaces for participants to put down their personal items that will ensure a safe distance is always met.

### **Third Level Protection (Administration): Rules and Guidelines**

Entrance Screening: Participants must answer our preliminary questions before every session, and if any are answered “Yes”, then they will not be allowed entry. We will also administer a digital body temperature measurement using a ‘No Touch’ thermometer. Anyone with a temperature higher than 100.4 (**38 C**) will be asked to leave and contact health officials.

Preliminary questions:

1. Have you 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.
2. Have you been directed by Public Health Officials to self-isolate?
3. Have you arrived from outside of Canada or have you had contact with a confirmed COVID-19 case in the last 14 days?

All players and coaches will have to agree to the Participants Declaration, sign the COVID-19 Participant/Coaches Waiver, and get daily symptom assessments by trained coaches during attendance.

For Players

All players must follow their designated coach to ensure that drills, designated locations, and administering cleaning products is done in a safe manner that is in line with protocols. Protocols are that everyone remains 2 meters apart, does not share equipment, and does not come in contact with anyone else.

For Players and Coaches:

Our policies ensure that coaches and players are prohibited to participating in events if they are showing symptoms of COVID-19. Such as:

4. 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.
5. Anyone directed by Public Health to self-isolate.
6. 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:

7. Sick individuals should report to first aid (or designated individual), even with mild symptoms.

8. 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.
9. Clean and disinfect any surfaces that the ill worker has come into contact with.

#### Fourth Level Protection (Using Masks)

Coaches will wear masks (mandatory) during sessions.

Players do not have to wear a mandatory mask during a session, but of course they are welcome to. Players do need to wear masks when entering and leaving a facility.

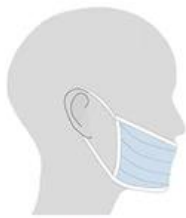
Coronavirus

### How To Properly Wear A Face Mask



Last updated: April 24

Always wash hands before and after wearing your mask and clean reusable masks after use. Avoid touching the mask at all times and only use the bands or ties to put on and remove.



**DON'T**

wear your mask below your nose



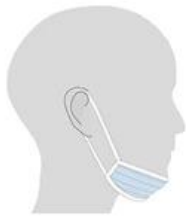
**DON'T**

wear your mask low on your nose



**DON'T**

leave your chin exposed



**DON'T**

wear your mask under your chin or temporarily remove it in public



**DON'T**

let your mask hang loosely with gaps around your face



**DO**

wear your mask up to the top of your nose and under your chin; snug and without gaps

Source: San Francisco Department of Public Health

Note: RainCity Basketball Club has 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 are communicating 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

### **Policies and Guidelines for Players, Coaches, and Parents**

#### *COVID-19 RETURN TO SPORT AGREEMENT*

All Participants of RainCity Basketball Club agree to abide by the following points when entering club facilities 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 COVID19 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.
- I agree to not share any equipment during practice times.
- I agree to abide by all of my Clubs COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned 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.

### **Communication Plans and Training**

Communication with coaches will all be priority and shared with each through our means of communication. For emergencies, phone availability among coaches will be shared, and 811 will be used for COVID-19 emergency directions, and 911 for medical emergencies.

All participants will receive guidelines for when staying home when sick.

RainCity will post necessary signage for communication and reminders of protocol to players and parents.

Coaches will be trained to monitor participants and possible exhibited symptoms, following policies, procedures, and safety guidelines.

### **Monitor and Update Plan**

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. This safety plan has been updated on November 8<sup>th</sup>, 2020.

### **Assess and Address Risks from Resuming Operations**

This safety plan is a constantly updated document that will be reassessed as operations resume and new information is shared. RainCity Basketball Club has a plan for training new and existing staff on safety protocols pertaining to COVID-19. We have identified a safe process for cleaning and removing disposables that each coach will be trained and monitored for.