



Vancouver Sports Club Outbreak Plan – VSC Clubhouse

To ensure the health and safety of our participants, staff and community, Vancouver Sports Club has developed the following outbreak plan in the event.

1. Risk Assessment

In our Clubhouse and during practices, we have identified the areas where there may be risks, either through close physical proximity or through contaminated surfaces. We have included our supervising staff in identifying these risks.

These risks identified include the following:

- Areas where people gather or several people may use – waiting rooms, meeting rooms, sinks, gym areas, and washrooms.
- Job tasks where trainers and or participants are close to one another – trainers working with participants either one on one or on teams, colleagues meeting or discussing athletes.
- Equipment that is shared in the gym, such as gym equipment.
- Surfaces that people often touch, such as doorknobs, counters, chairs, computer keyboards/monitors, telephones, light switches.

2. Policies and Protocols to Reduce the Risk of Transmission

We have developed and are implementing policies and protocols to minimize the risk of transmission. These include:

- Following the guidelines set by the Provincial Health Authorities.
- Following the guidelines from the [viaSport Return to Sport guidelines](#)
- Reviewed health care-specific protocols from [WorkSafeBC Return to Safe Operation](#) and implement the relevant ones.
- Limit the number of participants per session and ensure physical distancing during drills for skills academy participants
- Staggered practice times to reduce likelihood of congestion in entry spaces

- Limit the number of people in the gym by ensuring only coaches and athletes are in the gym.
- Ensure teams waiting to enter the gym have a separate space to wait while athletes exit the gym.
- Request participants, parents, trainers, coaches and guests entering the gym to sanitize using provided hand sanitizer prior to entering the gym and upon leaving the gym.
- Request parents and guests entering the gym to wear masks. If they do not have a mask, one will be provided
- Ensuring participants sanitize at regular intervals during scheduled sessions
- Ask participants to leave immediately after their scheduled gym time.
- Posted signage in our VSC Clubhouse on how to prevent the spread of COVID-19. .
- Require participants to complete a COVID screening prior to each session.
- Requiring participants to answer the following questions about their COVID-19 risk when they arrive outside the VSC Clubhouse:
 - Are you experiencing cold, flu or COVID-19-like symptoms, even mild ones? Symptoms include: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.
 - Have you travelled to any countries outside Canada (including the United States) within the last 14 days?
 - Did you have close contact with a person with confirmed COVID-19?
- Instructing participants to arrive no more than 10 minutes before their scheduled gym time and wait in designated areas until called to the gym floor.
- Limit the number of people in the waiting area to ensure physical distance is maintained.
- Instruct participants to leave all personal items (including jackets, water bottles, cell phones, etc.) in designated spaces.
- Provide participants with separate cubbies to keep person items if needed.
- Inform participants and guests that they can bring other PPE to the VSC Clubhouse they may want to use such as gloves.
- Implemented cleaning protocols for all common areas and surfaces: waiting room, meeting rooms, washroom, gym equipment, light switches, and door handles.
- We will disinfect all washrooms regularly
- We will disinfect all chairs regularly.
- Hand washing locations and hand sanitizer are easily accessed. We have communicated to participants when they must wash their hands and/or sanitzie and we have communicated good hygiene practices to trainers.
- Provide adequate supply and easily accessible hand sanitizer for all people entering the gym as well as for trainers while working with participants.

3. Policies and Protocols to ensure workers and others showing symptoms of COVID-19 are prohibited from the workplace.

We are implementing policies and protocols to identify people with COVID-19 and manage people that may have been exposed.

These include:

- Requiring everyone to answer the screening questions before entering the gym area.
- Prohibiting anyone that is:
 - Reporting or showing symptoms of COVID-19 (Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache) the last 10 days,
 - Anyone who has arrived from outside of Canada within 14 days,
 - Anyone who has been in contact with a confirmed COVID-19 case.
 - Anyone directed by Public Health to self-isolate.
- These people prohibited will be directed to visit www.healthlinkbc.ca and call 8-11 for further guidance related to testing and self-isolation.
- Require trainers and/or coaches to stay at home if feeling ill.
- Require participants to not attend if they are feeling ill.
- Trainers, coaches and participants who start to feel ill will be asked to wash hands, provided with a mask, and asked to go straight home. All surfaces, tools, and equipment the individual has come in contact with will be disinfected immediately

4. Communication and Training Plan

- We will post our COVID-19 Safety Plan in our VSC Clubhouse.
- We will be informing our clients about our COVID-19 Safety Plan.
- We have communicated our workplace policies and procedures to our trainers and coaches
- Trainers have been informed to stay home when sick.
- We have posted signage on effective hygiene practices.
- Trainers have been advised to monitor participants to ensure the policies and procedures are being followed.

5. Monitoring The VSC Clubhouse

- We will regularly monitor The VSC Clubhouse and updates from Health Authorities and viaSport and adjust our plan as necessary.
- If we identify a new area of concern, or if something isn't working effectively, we will take steps to update our policies and procedures.
- We will involve trainers and coaches in monitoring and identifying safety.
- Trainers, participants and parents can contact our VSC Director Brian Lee (coachb@vancouverclub.ca) if they have any concerns with our COVID-19 Safety Plan.

6. Re-assessing and addressing risks

- Risks will be reassessed regularly and we will modify our Plan to address these risks.

- All new trainers and coaches will be informed on the COVID-19 Safety Plan.
- If a trainer subsequently tests positive for COVID-19, they will follow the direction of the BC CDC with respect to the need to self-isolate: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_HCW_RecommendationsRiskAssessmentExposures.pdf
- If a participant tests positive for COVID-19, we will seek guidance from the BC CDC for advice regarding contact tracing. For guidance on when to return to work following testing positive for COVID-19 see: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_HCW_ReturnToWorkGuidance.pdf
- In the event that VSC needs to comply with public health tracing of a COVID-19 positive participant or any trainer or coach, or of close contacts, we will keep clear documentation of all individuals who attend training sessions.