



Balmy Beach Canoe Club COVID19 Safety Plan

Business Name: Balmy Beach Canoe Club

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1. Screening

All athletes and coaches attending the daily training environment (DTE) will be required to complete the Toronto Public Health COVID-19 Self-Screening before arriving at the site and confirmed by the coach upon arrival. If athletes/coaches are experiencing COVID-19 symptoms, they are to stay home and contact their coach to let them know. The coach will then inform Anne Buckley and the athlete will be instructed to remain away from the DTE for 14 days.

If an athlete or coach does not pass the on-site screening they must:

- Not enter the DTE
- Return home and self-isolate immediately
- Contact their health care provider or Telehealth Ontario (1-866-797-0000) to find out if they need a COVID-19 test and for further instructions

Should an athlete become symptomatic during a training session the paddler must:

- Notify a coach that they are sick and get off the water right away
- Place their boat on the trailer, collect their belongings, call their parent or emergency contact and isolate in their vehicle or in a location specified by the coach, until a coach speaks with them
- Remain at the practice location until a parent or emergency contact is satisfied they are safe to drive home or picks them up

A coach will:

- Put on a fresh mask and gloves and take a mask and gloves to the paddler
- Will confirm that the paddler's parent or emergency contact has been reached or will help the paddler contact telehealth at 1-866-797-0000
- The paddler will then retract their steps to identify any surfaces touches and any close contacts (persons within 2 metres for 15 minutes or more)



- Coach or Anne Buckley will contact close contacts to inform only that they may have had close prolonged contact with someone showing symptoms of COVID-19 – the close contact will be directed to advice from their doctor or telehealth
- A coach will wear a mask and gloves to clean all surfaces identified as having been touched by the paddler – including the boat used.

[Staff Screening Questionnaire](#)

[Athlete Screening Questionnaire](#)

[BCC Attendance Protocol](#)

2. Physical Distancing

All persons on site are required to maintain a physical distance of 6 feet or 2 meters from each other. The total number of people onsite must not exceed the provincially mandated gathering limit in outdoor spaces.

- The boat bay may only be used to access equipment and is limited to two people at a time always maintaining a physical distance of 6 feet or two meters
- The clubhouse is off limits except for bathroom use or to provide first aid

3. Mask and Face Coverings

There is a mandatory use of masks or face coverings when in the DTE. All coaches, athletes, parents & visitors are required to wear a mask or face covering upon entering and remaining within any shared space or common area. The mask or face covering must cover the nose, chin and mouth.

Temporary removal of the mask is permitted where necessary for the purposes of:

- Eating or drinking while sitting down in a designated area with physical distancing of 2 metres; where permitted
- Engaging in athletic or fitness activity
- as may be necessary for the purposes of health and safety



The following people are exempt from wearing a mask or face covering:

- Children under the age of 2
- Individuals with underlying medical conditions that inhibits their ability to wear a mask or face covering
- Individuals who are unable to place, remove or use a mask or face covering without assistance
- Individuals who are reasonably accommodated by not wearing a mask or face covering in accordance with the *Accessibility for Ontarians Act, 2005* or the *Human Rights Code*

4. Personal Protective Equipment (PPE)

Coaches must wear appropriate personal protective equipment (PPE) that provides protection of their eyes, nose and mouth while in an indoor area.

5. Hand Hygiene and Respiratory Etiquette

Hand sanitizer (70-90% alcohol concentration) will be provided by the entrance to the DTE as well as in high traffic areas for coaches and athletes to use. Liquid soap, hand sanitizer, tissue, paper towel and waste receptacle will be available throughout the DTE and in the washrooms.

All coaches, and athletes will be educated on proper [hand hygiene](#) and [respiratory etiquette](#).

6. Cleaning and Disinfecting

- Regular cleaning and disinfecting common and high traffic areas such as washrooms will be the responsibility of the coaching staff and CITs. Athletes are expected to sanitize and wipe down all shared, high touch areas after use.

Washrooms are to be thoroughly cleaned and disinfected by staff at least twice a day, with records kept on site.

All shared equipment must be cleaned and disinfected after use. This is the responsibility of the coach(es).

All staff will be educated on [how to maintain a clean work place](#).