

OLIVER FENCING CO. HEALTH AND SAFETY PLAN

Business/Entity Name: Oliver Fencing Co.

Contact Name: Shannon Oliver

Contact Tel: (971) 205-2102

You may contact the person listed above with any questions or comments about this plan.

CHECK IN PROCEDURES

- Personnel and participants are screened for COVID-19 symptoms and directives prior to athletic activity. Screening involves a temperature check and hand sanitation.
- Any person with positive symptoms reported will not be allowed to take part in fencing and are to contact their primary care provider or other appropriate health-care professional. A clearance will be required to return to play.

COVID-19 SYMPTOMS, TESTING, AND MANAGEMENT

- Participants who appear to have symptoms or who become sick during the day will be immediately separated from the others and instructed to return home.
- Participants who are presumed or confirmed COVID-19 positive cannot return until:
 - Resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (ex. Cough, shortness of breath) and negative results of an FDA Emergency Use Authorized COVID-19 test
 - The participant is symptom free for 72 hours without the use of medication, and at least 14 days have passed since symptoms first appeared.
- If the participant is COVID-19 positive, then they are to self-isolate until 14 days from onset of symptoms AND 72 hours of being symptom free without medications. Participants must obtain a clearance note from their doctor prior to fencing.

SAFETY

- All fencing equipment such as helmets, gloves, and jackets (and if needed, chest protectors) must be worn during sports activity.
- All equipment will be checked prior to the start of practice or competition/ before each use and sanitized.
- Participants will be instructed on the correct usage of equipment. Improper use is not only unsafe but may invalidate the warranty.
- The coaches will provide appropriate supervision for all practices and events.
- Participants will bring their own water. No student shall share food or water.
- Sports activity is allowed under the current health orders and directives.
- Face coverings are worn by everyone at all times, unless specific exceptions apply.
- Groups are limited to no more than 15 participants indoors.
- When equipment is shared during an activity, participants perform hand hygiene (washing hands with soap and water, or using an alcohol-based hand sanitizer) before play, during breaks, and after the conclusion of the activity.
- For youth sports, parents/guardians have signed informed consent document.
- Hand sanitizer or sanitizing wipes are provided for personnel and participants.
- Personnel regularly clean and disinfect shared equipment.

PREVENTION OF INJURY

- First aid kits should be available at all practices and games.
- Hand sanitizer and no touch forehead thermometer will be provided.

EMERGENCY MANAGEMENT PLAN

- The coach should assess the situation as quickly as possible after an incident has occurred.
- The coach should assess the incident right where it occurred to determine whether the athlete can be safely moved.
- The coach should know the athlete and his/her personality to best assess injury versus reaction.
- The coach should remain calm, which will also serve to keep the athlete and others calm.
- The coach should listen to the athlete describe what happened.
- The coach should ask simple, clarifying questions.
- The coach should observe the athlete's face and eyes while talking.
- The coach should observe for any asymmetry, trauma, general body alignment and functional abilities.
- The coach should survey the area where the injury occurred for any unsafe articles or terrain.
- The coach should evaluate the criticality of the situation, and then institute action based on the evaluation of the situation (see enclosed chart).
 - Evaluates airway, breathing, circulation and consciousness.
 - Evaluates the seriousness of all other injuries once it is determined that the athlete is breathing and alert, with good cardiac function.
 - If no medical personnel are available, the coach should respond based on his/her assessment of the criticality of the situation.
 - When in doubt, do not put the athlete back into play.
 - Always refer to a health care professional for additional follow up.
- Do not move an athlete who you believe may be seriously injured, especially in the case of a head, neck or back injury.
- A responsible person must stay with the injured athlete at all times and have the athlete's Medical Release Form available.
- For a medical emergency in the United States, a responsible person should call 911 for the paramedics as quickly as possible, and go to meet them at the site entrance.
- Contact the parent or care provider as soon as possible.
- Information to give the Emergency Operator:
 - Caller's name
 - Name of site and location of its intersecting streets
 - Injured athlete's location at the site
 - Type of injury
- Medications (prescription and nonprescription) will not be dispensed without the written consent of the parent and/or guardian of the athlete.
- If permission is given to dispense medication, it shall be in its original container with the athlete's name, date, directions, and physician's name.