



Carleton Place Canoe Club COVID-19 Safety Plan

ZONE: RED-CONTROL

Updated March 22nd, 2021

Please note that under no circumstances should this document be interpreted as superseding or replacing government regulations or Leeds, Grenville, and Lanark (LGL) District Public Health Unit directives.

The following policies and procedures are applicable to all Carleton Place Canoe Club (CPCC) programs and activities taking place while the LGL District Health Unit is in the Red-Control zone of the [Ontario Government's COVID-19 Framework](#). The CPCC operates as a Sports and Recreation facility and may be considered an individual or team sports club.

General Guidelines and Expectations

- A mandatory athlete information meeting will be held via Zoom prior to any in-person training beginning in the Red-Control Zone
- Access to the club will be limited to necessary activities only
 - Activities that cannot be completed at home individually
 - Activities that require specific equipment not typically available at home
 - Any activities that can be completed remotely will be prescribed to be completed at home or will be held virtually
 - Parent's/Guardians, or individuals not participating in the club activity are not permitted on site (this is to minimize the number of people coming into contact with the club area)
 - Participants & parents will not be permitted to 'hang out' on club property before or after programming
- Some areas of the club will not be accessible
 - Changerooms will not be accessible – athletes must arrive ready to participate
- Daily Screening is mandatory for every participant and staff prior to entering the facility
 - The [CPCC Daily Screening Form for Participants](#) must be completed each day prior to entering the facility. Access will not be permitted without a completed screening form
 - CPCC Staff and Board of Directors have the authority to deny access to any member, participant, or individual based on the screening questionnaire
- Masks must be worn at all times while inside the facility
 - Masks must be worn properly, covering both the nose and the mouth
 - Failure to wear a mask properly may result in withdrawal of permission to access the facility
- Cleaning practices will be carried out frequently and thoroughly to ensure all spaces and equipment gets sanitized regularly
- Signage will be posted around the club regarding physical distancing rules, hand-washing instructions, and flow of movement pattern

Specific In-Person Training Policies for RED-CONTROL

- Participants and staff will always maintain a minimum of 2m physical distance
- Swimming is not permitted as a training activity – pool training sessions will be replaced with another activity
- Weight room capacity set to 4 athletes and 1 coach
 - Designated weight room zones will be limited to 1 athlete at a time to always ensure sufficient space for physical distancing (3m physical distance must be maintained in spaces with weight equipment)
 - Each athlete will be given their own sanitizer spray and wipes to clean equipment immediately following each use
 - Music volume will be kept low enough for a normal conversation to be heard over the level of music
 - Singing and shouting is not permitted
- Ergometer practices will be moved to the boat bays/front of club (outdoors) and will be limited to a maximum of 4 athletes per training session
- Any activities that can be completed remotely will be managed virtually
 - Running will be prescribed to be completed individually at home and monitored virtually via a [data tracking sheet](#)
 - Where possible, circuit training will be held virtually via Zoom
 - Stretching will be done virtually via Zoom or will be prescribed to be completed individually at home

COVID-19 Response Procedures

The CPCC COVID-19 Response Procedures are to be implemented when a member participant, volunteer, or staff who has been at the canoe club site suspects a possible or reports a confirmed COVID-19 infection.

When a staff, member participant, or volunteer suspects or reports a possible COVID-19 infection:

- If symptoms are experienced while at the canoe club:
 - Individual(s) with symptoms will be isolated and monitored, and parents/guardians/emergency contact will be contacted for immediate pick-up
 - Parents/guardians of participants from the same group/cohort will also be notified and participants will be instructed to self-monitor for symptoms
 - Individual(s) will be sent home and instructed to:
 - Self-isolate
 - Take the online self-assessment (<https://covid-19.ontario.ca/self-assessment/>) AND/OR call telehealth Ontario (1-866-797-0000) or their family physician
 - Get tested for COVID-19 and inform Head Coach of the result
 - If the test is positive, participants and staff from the same group/cohort will be instructed to stay home and self-isolate, and the LGL District Health Unit will be engaged for further instruction
- If symptoms are experienced after and within 14 days of attendance to the club:
 - Immediately inform the Head Coach of the potential or confirmed case and follow local public health guidelines

**Return to CPCC Activities Procedure:**

- If staff, member participant, or volunteer is experiencing COVID-19 symptoms, the individual must NOT attend CPCC in-person activities until:
 - They have been symptom-free for 24 hours, AND
 - They have completed the required isolation period as instructed by public health, AND
 - All instructions from the LGL District Health Unit have been carried out and the individual has received clearance to return to activity
- If someone living in the same household as a staff, member participant, or volunteer is experiencing COVID-19 symptoms (without known underlying cause), the individual must NOT attend CPCC in-person activities until:
 - The sick individual has received a negative test and the household has completed the required isolation period determined by public health, OR
 - The sick individual has been symptom-free for 24 hours AND the household has completed the required isolation period determined by public health, OR
 - All instructions from the LGL District Health Unit have been carried out and the individual has received clearance to return to activity

Follow Up Procedures:

- Inform all individuals (staff, members, volunteers) who have been in contact with the potential or confirmed infected individual and advise them to take precautions:
 - Monitor themselves for COVID-19 related symptoms
 - Follow instructions from the LGL District Health Unit regarding self-isolation and testing

Club and Programming Procedures for Confirmed Case of COVID-19:

- The Club and programs will be closed immediately for a minimum of 48 hours. During this time, the CPCC Board of Directors and Head Coach will work with the LGL District Health Unit and the Town of Carleton Place to determine re-opening procedures
- The Leeds, Grenville, and Lanark District Health Unit (<https://healthunit.org/>) will be notified by telephone immediately:
 - 1-800-660-5853
 - 613-345-5685
- The Town of Carleton Place Recreation Department will be notified that the site and facility may have been in contact with a confirmed case of COVID-19