

# Safety Plan for Saanich Recreation Fitness and Dance

## Saanich Recreation

This Safety Plan follows the PHO Gathering and Events Order – February 16 2022.

### Overview

Fitness and dance programs are essential to active, healthy and connected communities and citizens. This document will be used to support Saanich Recreation in reducing the risk of transmission of COVID-19 among participants and staff. Programs will also follow the guidelines of the office of the Provincial Health Officer (PHO) and Occupational Health and Safety (OH&S).

Public Health Measures	
<b>Health and Staffing</b>	<ul style="list-style-type: none"><li>• All employees must complete a personal Employee Health Check before coming to work or entering a Saanich workplace. Staff do not come to work if sick, even if mild symptoms, they must not attend work.</li><li>• All Saanich employees are fully vaccinated as per the COVID-19 Vaccination policy and COVID-19 Vaccination Policy-Volunteer and Contractors.</li><li>• Participants must not participate when exhibiting potential COVID-19 symptoms. Symptoms may include: fever, chills, cough (new or worsening/exacerbation of chronic cough), shortness of breath, sore throat, runny nose, sneezing, headache, loss or change of sense of smell or taste, muscles aches, extreme fatigue or tiredness, diarrhea, loss of appetite, nausea and vomiting or body or muscle aches. BC COVID-19 Self-Assessment Tool.</li><li>• Communication regarding health requirements (lack of symptoms) will be available at time of registration or reservation and through visible signage at facility entrances.</li><li>• Facilities have staff on site to ensure public measures are adhered to.</li><li>• As per the PHO Order on Gathering and Events, proof of vaccination is required for all participants aged 12 years or older participating in indoor exercise, fitness or dance classes. Proof of vaccination will be checked by Saanich staff using the QR code verifier app.<ul style="list-style-type: none"><li>○ 12 year olds only need to show proof of 1 dose of vaccine</li><li>○ 13 to 18 year olds need to show proof of 2 doses of vaccine</li></ul></li></ul>
<b>Proof of Vaccination</b>	
Environmental Measures	
<b>Ventilation</b>	<ul style="list-style-type: none"><li>• All 4 weight rooms operated by the District of Saanich follow Ashrae's general recommendations for enhancing air quality during COVID-19. All HVAC systems are working properly. Floor and wall fans are prohibited.</li><li>• Fitness and dance programs: outer doors and windows left open or partially open if possible.</li></ul>
<b>Cleaning and Disinfection</b>	<ul style="list-style-type: none"><li>• High Touch surfaces (le. door handles and water fill stations) will be cleaned and disinfected at least once per day.</li><li>• Weight room participants must use a spray bottle containing disinfectant and paper towel to wipe down all equipment (pins, adjustment knobs, seats, handles, dumbbells and barbells) both before and after use. Participants must clean their cubby with disinfectant spray and paper towel.</li><li>• Participants bring their own mats to class.</li><li>• Shared fitness equipment is cleaned by staff or participants.</li></ul>

## Administrative Measures

### Staying Home When Sick and When New Symptoms Develop

- If a participant or staff member develops symptoms while at a program, they must leave work with as little in-person contact with other staff members as possible. Take the BC COVID-19 Assessment Tool or call Health Link BC at 8-1-1.
- All items used by a person with COVID-19 symptoms will be isolated, cleaned and disinfected.
- If a staff person develops illness while at work, they will immediately remove themselves from any contact with others, wear a mask, notify their supervisor and call 8-1-1- or take the BC Self-Assessment tool to determine the safest response. Staff only report to first aid if they require treatment. Additionally the staff member must self-isolate at home. 8-1-1 will provide instructions to the staff member regarding what they are to do to accomplish this based on their individual circumstance. The Saanich policy is to stay home if the employee tested positive for COVID 19 for 5 days and not return to work until symptom free.
- If a staff person develops symptoms while not at work, they will be advised to take the BC COVID-19 Assessment Tool, and to contact their supervisor. They need to stay home and get advice on what to do and if they need testing. They will not report to work until they are symptom free.
- Participants are supported to stay home and cancel bookings when they have symptoms of COVID-19.

## Personal Measures

### Hand Hygiene

- Participants are encouraged to wash or sanitize hands prior to using the weight room or attending a dance or fitness class. Sanitizing and hand washing facilities are available at each Saanich Recreation Centre.

## PPE Requirements

### Masks

- Staff will be provided masks, gloves and eye glasses in each first aid kit if they need to attend to a participant who is injured or ill.
- As per the Face Coverings COVID-19 Order, masks must be worn at all times in exercise facilities except when actively exercising.
- Instructors and personal trainers must wear masks at all times except when exercising and actively instructing a class in the weight room or a fitness class.
- People who are unable to wear a mask due to a health condition or a physical, cognitive or mental impairment, and people who are unable to put on or remove a mask without the assistance of another person are exempt from mask requirements.