



## **Fort St John Recreation & Speed Skating Club Communicable Disease Plan 2021-2022 Season**

### **Overview**

The purpose of this document is to provide guidance for FSJ Speed Skating members and event participants, with important information required to help prevent communicable disease while participating in our local meets.

### **Public Health Directives**

The Provincial Health Officer (PHO) for BC is responsible for monitoring the health of the population across the province, providing independent advice to the ministers and public officials on public health issues.

The responsibilities of the PHO are outlined in the *Public Health Act* and include the following:

- provide independent advice to the ministers and public officials on public health issues;
- monitor the health of the population of BC and advise on public health issues and on the need for legislation, policies and practices;
- recommend actions to improve the health and wellness of the population of BC;
- deliver reports that are in the public interest on the health of the population and on government's progress in achieving population health targets;
- establish standards of practice for and conduct performance reviews of Medical Health Officers; and
- work with the BC Centre for Disease Control and Prevention and BC's Medical Health Officers across the province to fulfill their legislative mandates on disease control and health protection.

We must be prepared to implement or maintain additional measures at times when the risk of communicable disease in our region is elevated, as advised, and directed by public health. Public Health's specific guidance for a particular communicable disease will be followed where their information differs from this document.

FSJ Speed Skating has established the following communication plan:

### **Recognize Hazards/Assess Risks**

Every place is unique. Everyone must regularly assess all the hazards, taking appropriate steps to eliminate or control the associated risk. This process is referred to as a risk assessment.

There are many routine situations where people will have contact with others, and the physical environment itself (surfaces, doors, equipment etc.). During times of outbreaks, these encounters could give rise to contact with communicable diseases, if not controlled adequately.

Everyone must think about the risks and take steps to control them. Such controls will include adhering to current public health orders, if applicable, public health advice, as well as implementing best practices to keep everyone safe.

FSJ Speed Skating has a Communicable Disease Chair, Tara Mitchell, who will be the contact person with our provincial speed skating governing body (SSBC) and will be notified of any health guideline changes that would affect our club. Any changes to the guidelines will be communicated to our members via email when deemed necessary.

## **Stay Home or Isolated from Others When You're Sick**

### **What You Should Know**

All individuals should stay home or isolate from others when they are sick or show symptoms of illness and follow public health recommendations.

- [www.bccdc.ca/health-professionals/clinical-resources/communicable-disease-control-manual](http://www.bccdc.ca/health-professionals/clinical-resources/communicable-disease-control-manual)

and HealthlinkBC

- [www.healthlinkbc.ca/services-and-resources/healthlinkbc-files/category/disease-prevention](http://www.healthlinkbc.ca/services-and-resources/healthlinkbc-files/category/disease-prevention)

### **If you become sick at the rink**

Individuals who have symptoms upon arrival to the arena should promptly separate themselves from other individuals, inform their coach and go home.

An important way to reduce the spread of communicable diseases is to keep sick people away from those who are not sick.

## **Hygiene/Cleaning**

### **Personal Hygiene/Cleaning**

Depending on the communicable disease, it's possible for people to become infected if they touch contaminated surfaces and then touch their nose, mouth, or eyes. The most reliable way to prevent infection from surfaces is to wash your hands. Washing your hands often and practicing good hand hygiene will reduce the chances of getting or spreading germs. Washing your hands with soap and hot water for at least 20 seconds is most effective. This is because soap actively destroys the surface of some viruses, and a soapy lather reduces the number of germs left on your skin. Alcohol-based hand rubs can be used to disinfect your hands when soap and water are not available.

Other things to consider:

- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough instead of your hands.
- Do not share food, drinks, utensils, etc.
- Avoid unnecessary contact.

- Consider physical distancing.
- Always Wear a mask.

## **Equipment Hygiene**

Viruses and germs can land on surfaces. It's possible for people to become infected if they touch those surfaces and then touch their nose, mouth or eyes. The following are general guidelines for cleaning and disinfecting common work areas and equipment.

The crash mats around the rink are high-touch surfaces. Due to the size and number of mats we have it is not possible to effectively clean each one individually during practice. Therefore we require that skaters and parents who are handling the mats for set up and take down maintain clean hands by either washing within the washrooms in the facility or hand sanitizer before and after handling the mats.

Where possible equipment will be assigned to the user for the duration of the event. Shared equipment will be used with the expectation that Hand hygiene is practiced before and after handling the shared equipment. This will include but is not limited to the following equipment: Stop Watches, radio equipment, flags, writing tools, Starter gun and horn, clipboards.

## **Vaccine Mandate/Proof of Vaccination Passports**

As of August 27<sup>th</sup>, 2021, the BC PHO has instituted a vaccine mandate and requires proof of vaccination for entry into a variety of spaces. The FSJ Speed Skating Club will follow recommendations from the PHO, ViaSport and SSBC in regard to this mandate. For current information, please see <https://www2.gov.bc.ca/gov/content/covid-19/vaccine/proof#required>.

## **Promotion of Vaccinations**

FSJ Speed Skating will support Public Health messaging for vaccinations against pandemic or communicable diseases.

FSJ Speed Skating recognizes the public health benefits of vaccination programs to reduce illness, disability and death from community acquired diseases.

FSJ Speed Skating recognizes every individual's right to determine their own health choices and will not mandate individuals to be vaccinated nor discriminate against individuals who choose not to vaccinate.

## **Meet Specific Protocols**

The FSJ Speed Skating will be hosting their Long Track meet the weekend of March 5 & 6 at the Pomeroy Sports Center. In order to make this a safe and successful event, we will be implementing the following meet-specific protocols and safety measures.

The FSJ Communicable Disease Chair, Tara Mitchell, will be responsible for implementing, monitoring and adjusting these protocols. On the day of the Meet the FSJ safety office, Corrie Bennie will be responsible for monitoring and implementing the safety protocols.

### **Vaccine Passport/mandate**

We will follow the current requirements around implementation of the proof of vaccine for those required at the time of the meet including:

1. The Pomeroy Sports Center Staff will be responsible for checking proof of vaccination. All **spectators**, Support Personal which will include Officials, Coaches and Parents attending our youth sport event will be required to show proof of vaccination. Wristbands will be used for ease and transparency.
2. "Youth" skaters aged 12 and up are required to be vaccinated. All registrants will be notified ahead of time of these protocols by an email confirmation containing a link to these details.

### **Spectator limits**

Spectators will be limited to the bleachers and numbers will be monitored by the Safety Officer. We will follow the current requirements for spectator limits as follows unless there are changes beforehand. With City guidelines in place, we are to have a limit of 60 spectators per bleacher area.

### **Food Service**

Food available to volunteers will be provided in individual sealed packages such as muffins, veggie packs, cheese portions, crackers etc. Lunch will consist of individual servings delivered from a local restaurant in their commercial packaging.

Food will be consumed in a designated area (officials' area) or in a non-designated location away from athletes or participants as long as physical distance can be maintained. Hand hygiene before and after eating will be required. "Eating on the job" will be discouraged.

Water/beverage can be consumed at any point with physical distancing and minimal removal of masks.

### **Controlled Directional Movements**

We will follow the directional movements and guidance put in place by our venue for entering, exiting, and assembling in the arena.

During the meet we will implement controlled directional movements through the building that reduce the number of interactions skaters, volunteers and spectators have with each other. For instance, the Clerk of the Course will institute a pre-marshalling area free of spectators and parents that will allow skaters to assemble and prepare for events while maintaining a safe

distance from each other.

## **Officials & Volunteers**

As physical distancing in a fast paced and shifting environment such as the timing box can easily be compromised, officials will need to ensure consistent and proper mask placement as well as routine and frequent hand hygiene. Shared equipment such as stop watches, pens and clipboards should be avoided. Hygiene supplies such as hand sanitizer and Lysol wipes will be provided.

## **Special Notes**

### **Areas within the event will include the following:**

Level 2 Oval floor (its entirety)

Main floor West dressing rooms, including common space/stairwell up to the inside of the oval ice.

### **Areas within the Oval space will be organized as follows:**

#### **Officials:**

**East Change room** used for the break room/common space

**Timing room** will be limited to Max 5 people, 3 electronic timers/2 recorders/one designated runner to enter when needed.

**The common Area between the timing room and finish line** of the 500 will be set up for extra space for officials. All supplies needed for the event for all officials will be located in this area.

#### **Skaters:**

**West change room** for FUNale participants

**Lower floor West change rooms** for remainder of the Athletes. Athletes will be assigned to designated rooms.

### **Warm Up areas will include:**

Lower floor West common room dedicated to stretching (Masks required)

Running track (Masks as per facility Rules)

West open area along the ice and beside the stands for stationary bikes

Please note Masks are not required but recommended, cleaning required after each use.

**Marshalling Area:** **FUNale Athletes:** we will set up on the main floor and skaters will come directly from the dressing room and enter onto the ice from the door closest to the 500 Start Line

**Athletes aged 10 and older:** will be marshaled on the inside of the oval, accessing this area by the middle stairwell.