**Next Level Training**

**Summer Camps**

**2020**

***COVID-19 Safety Plan***

At Strathcona Gardens

Campbell River, BC

*Please note: this document is subject to change following provincial and federal health and safety requirements.*

This COVID-19 Safety Plan has been approved by Next Level Training owner -Bryce Cockburn on July 15/2020

**PRINCIPLES**

The following 5 principles from BC’s restart plan have been used to guide this document:

1-Perseonal Hygiene

Frequent Hand washing

Cough/sneeze into your sleeve

Wear a non-medical mask

No handshaking

2-Stay Home if sick

Routine daily screening

Anyone with any symptoms must stay away from others

Returning travellers must self-isolate

3-Environmental Hygiene

More frequent cleaning

Enhance surface sanitation in high touch areas

Touch-less technology

4-Safe Social Interactions

Meet with small numbers of people

Maintain distance between you and others

Size of room – the bigger the better

Outdoor over indoor

5-Physical Modifications

Spacing within rooms or in transit

Room design

Plexi-glass barriers

Movement of people within spaces

**ON ICE PROGRAMMING STRUCTURE**

Individual Skill based curriculum will be delivered by on ice coaches

Facility: Strathcona Gardens Recreational Complex

-Drills and stations that support the ability to maintain physical distancing

-Adherence to camp occupancy limit to 20 people per ice sheet, including players & coaches

-Minimal sharing of equipment.

-Heightened cleaning protocols of high contact touch points supported with the arena staff.

-The curriculum focus is on the development of individual abilities and skill development.

Small group size ratios and predetermined training time will be scheduled.

For further details on the on-ice curriculum please contact Bryce Cockburn.

**NEXT LEVEL TRAINING SAFETY PLAN REQUIREMENTS**

Facility Access

**To access On Ice Sessions at Strathcona Gardens please complete the following steps:**

* NLT has hired a full time COVID ambassador/safety person who will be in charge of the off-ice safety of the participants and performing tasks and protocols put in place by NLT, Strathcona Gardens, the BC Health Authority and WorkSafe BC.
* Drop off is expected no earlier than 30 minutes prior to the start of the participants ice session and no later than 15 minutes prior to the start of the session.
* **Drop off will take place in the Rink 1 Parking lot followed by Attendance Sign in and Daily Screening Checklist(Appendix 1). You are expected to arrive with your gear on wearing shoes or Skates with skate guards.**
* Participants will follow staff instructions to line up maintaining 2m between yourself and others (hockey stick length away).
* Participants will be dressed and have a staging area under a tent at the back doors of arena 1. They will be led into the facility and sanitize their hands at the sanitization station. Then they will proceed into rink 1 along the walkway between the glass and stands and will be seated 6 feet apart. This will all be marked by paint or tape with 2m reminders along the way.
* **Dressing room use is only permitted to use the bathroom**. All participants must store all their belongings inside their hockey bag and placed in the designated area.
* **Pack it in Pack it Out:** No garbage cans will be provided at camp. All tape, food wrappers, and other rubbish MUST be taken home with each player and disposed of at home.
* The on ice coaches will invite the players onto the ice thru the middle gate
* They will place their own water bottle on the top of the player bench clearly labeled with their Full name.
* Following the ice session participants will exit the ice through the arena doors near the zamboni entrance and walk back to their designated area and undress from their skates to their footwear.
* All participants must not congregate in groups when they get dropped off or picked up.
* Parents/guardians will be instructed to drop off and pick up their children ***on time***.
* When camp is completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time - max 15 mins after their last session has ended.
* Parents/guardians will be instructed to tell their children to follow instructions of all NLT staff when entering and exiting the facility.
* Prior to entering camp each day, ***all individuals*** must fill out the Daily Screening Checklist. Daily checklists will be kept on file. NLT staff will be collecting hard copies upon sign in
* Dressing rooms and showers will not be permitted for use.
* Prior to participating in camp we will require a liability and release waiver and a declaration of compliance to COVID-19 document to be signed and dated.

**FACILITY OPERATIONS**

* Maximum Occupancy for Strathcona Gardens Rink 1: 50 (on and off the ice)
* Maximum Occupancy for rink 1 on ice: 20
* All participants will avoid bringing unnecessary shared items to camp. (Cell Phones, iPads etc.)
* Unusable areas of each facility will be closed off to participants (eg: Dressing rooms/showers in AVM, water fountains etc)
* Participants will be required to have their own on-ice equipment and gear including their own water bottle(s), sticks etc.
* On-ice facility access for parents/guardians will be limited to 1 parent/guardian per participant
* The parent/guardian must comply and sit in the designated area 2 meters apart. The seating area for spectators will be marked in tape
* Please email nextlevelbc@gmail.com if you have any further questions regarding operations.

**CLEANING**

NLT Cleaning and Sanitation Protocols

* Our cleaning products have been approved by Health Canada to disinfect for Sars-Cov-2, the virus that causes COVID-19.
* NLT’s COVID safety person will clean all high contact surfaces in use eg: Sign in tables, equipment, plastic arena chairs inside/outside between groups etc.)

\*There will be a final nightly clean after the last group at each facility has departed which will include disinfecting of all the surfaces and equipment used. This will be completed in addition to cleaning processes during daily operations.

**COMMUNICATE**

NLT will inform families of protocols prior to the surrounding community. This will include information on camp:

* Screening protocols
* Illness Policy
* Personal hygiene requirements
* Physical distancing requirements outside and inside the facility
* Cleaning protocols
* Programming changes (e.g. limitations on number of people permitted inside of the facility at once etc.)

Any parent concerns, questions, and communication will be addressed via email at nextlevelbc@gmail.com or by phone at 250-204-2344.

* NLT and Strathcona Gardens will have various signage resources and posters provided by the BC Centre for Disease Control (CDC), WorkSafeBC and viaSport on our website, newsletters, facility entrances/exits, and in prominent places throughout each of our facilities.

**PLEASE NOTE: Insurance claims related to the transmission of COVID-19 will not be covered by NLT insurance policies.** Prior to participating in any programming, **all participants including staff** must complete required Liability Waiver and Declaration of Compliance document.

**STAFF TRAINING**

* Formal staff training for NLT will be provided to our staff to address the COVID-19 Safety Plan and programming modifications prior to the start of our camp.
* NLT will put together a summarized document and entry into the facility email so participants know what to expect at camp.

Staff will contact Bryce if they have questions or concerns as they settle into their roles.

**SCREENING**

* NLT requires that **prior to entering our facility**, all individuals (including our staff) must complete the Daily Screening Checklist (Appendix 1)
	+ Our daily screentest form must be filled out **each day** prior to entering our facility and each box must answer ‘NO’ for a successful screen and entry into the facility.
	+ This form can be filled out at home and a hard copy can be brought with each participant to the start of their day.
* Individuals must stay home if they are unwell or if someone in their household is sick, even if the symptoms are mild. They must also stay home if they have knowingly been exposed to someone who is sick
* Individuals must not enter the facility or participate in any activity if they have, or someone from their household has, travelled outside of Canada in the last 14 days.

**PERSONAL HYGIENE**

* NLT and SG will provide hand-washing and/or sanitizing stations;
* Upon entry way into the SG rink 1 facility & Upon exit from the SG rink 1 facility
* NLT will ask each individual upon entry to their day at camp to sanitize their hands prior to making contact with any surfaces.
* Hand-washing or sanitizing will be required at a minimum upon entering the facility, after using the washroom, and between stations.
* All participants should arrive dressed for their session and only bring what they need in a marked hockey bag (e.g. full water bottle, hand sanitizer, tape, etc.).
* We ask all participants to keep their gloves on once entering the facility.
* Sharing of personal items including (but not limited to) food and beverages (e.g. water bottles) is forbidden.
* All garbage (food wrappers, hockey tape, etc) brought to camp by an athlete will be taken home by the athlete. No garbage receptacles will be available.
* Use of masks upon entry/exit/washroom in the facility is allowed. Masks will not be worn during activity sessions. Staff will wear masks when physical distance of 2m cannot be maintained and in situations if a participant becomes injured.

**PHYSICAL DISTANCING**

* Everyone who enters Strathcona Gardens must maintain, at minimum, a physical distance of 2 meters, at all times.
* NLT Coaches on and off the ice will also adhere to the 2 meters physical distancing rule

Signage will be posted around the camp to remind everyone to maintain 2 meters

**INJURY PROTOCOL**

* If an injury occurs and physical distancing measures must be broken, all persons attending to the injured individual will put on a mask and gloves.

NLT staffwill have a basic first aid kit on the ice containing personal protective equipment (PPE) on hand (gloves, masks), stored separately from our main large first-aid kit.

**OUTBREAK RESPONSE**

**NLT** **is committed to the following process in the event of a COVID-19 Outbreak:**

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. If a case or outbreak is reported, Bryce Cockburn will be the main point of contact for all parties. Bryce has the authority to modify, restrict, postpone or cancel any or all club activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, NLT will implement enhanced cleaning measures to reduce risk of transmission.
3. NLT will implement the illness policy (see Appendix 2) and advise individuals to:
	1. self-isolate
	2. monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
	3. use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
		1. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
		2. Individuals can learn more about how to manage their illness [here](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick).

In the event of a suspected case or outbreak of influenza-like-illness, Bryce or our COVID ambassador will immediately report and discuss the suspected outbreak with the Medical Health Officer at our local health authority. ***If NLT is contacted by a medical health officer in the course of contact tracing, all individuals associated with the camp must cooperate with local health authorities instruction.***

This document is based on WorkSafeBC COVID-19 safety plan, [viaSPort Return to Sport COVID-19 Plan](https://www.viasport.ca/sites/default/files/Appendix%20G_COVID-19_Safety_Plan.pdf), which is available here. Further, our camp is staying current with all requirements provided by Provincial Health Offices, Regional Health Authorities, WorkSafeBC, and the City of Campbell River