

Squamish Recreation Services Programs

COVID-19 and Work Safety Plan Last updated May 28, 2021

Recreation Services Programs:

Squamish Recreation Services is committed to providing a safe, fun environment for a variety of recreation programming that meets the needs of the community.

PRINCIPLES:

1. **Employee Safety:** Adhering to WorkSafe BC, BCRPA Restart Guidelines and Provincial Health Guideline requirements.
2. **Public safety:** Provide all regular services to the public ensuring meeting of Provincial Health Guidelines: modify wherever possible to decrease in-person contact for services and then physical distancing, hygiene and required cleanliness, while remaining low barrier, friendly, and accessible.
3. **Coordination, consistency and flexibility:** adapting to program needs, and new information and Provincial orders.

REMINDER:

The provincial health officer and the BC Centre for Disease Control (BC CDC) have issued the following guidance around self-isolation:

- anyone with symptoms of COVID-19 including fever, chills, cough, shortness of breath, sore throat and painful swallowing, must self-isolate at home for a minimum of 10 days.
- anyone under the direction of the provincial health officer to self-isolate must follow those instructions using the BC Self-Assessment tool or as directed by a medical professional.
- anyone who has arrived from outside of Canada, or who is a contact of a confirmed COVID-19 case, is to self-isolate for 14 days and monitor for symptoms.
- If you start to feel unwell while at work, isolate yourself and report it to your supervisor immediately.

To reduce the risk of COVID-19 transmission and ensure the health and safety of employees and the public, the Provincial Health Officer issued a new Provincial Health Order. The District of Squamish must ensure all on-site employees including contractors complete a health check prior to entering a facility and are Cleared for Work.

Risk Assessment:

Potential Hazard Review:

- Recreation Services has assessed and identified the risks involved with the spread of Covid-19 in our workplace.
- Representatives from management, facilities, bookings, programs and aquatics have been involved in the workplace assessments. The necessary actions have been taken to ensure workers are aware of the recommended guidelines regarding physical distancing and proper sanitization.

Risk review and considerations (BCRPA-Restarting Guidelines):

- Number of contacts:
 - Control and limit the maximum number of participants.
 - Up to 19 people indoors for low intensity fitness classes.
 - Up to 10 people indoors for all other adult classes
 - Up to 10 people for indoor programming for children or youth (no spectators allowed)
 - Avoid large crowds and maintain physical distance with other staff
- Contact intensity:
 - Each program participant MUST maintain two (2) meter distance from staff and other participants.
 - Low-Intensity indoor fitness participants will maintain two and a half (2.5) meters distance from staff and other participants while exercising.
 - Any group classes or bookings where a cohort of patrons are arriving at the same time will include at least 5 minutes before and 5 minutes after the class/booking time to reduce bottlenecking.
 - Low intensity group exercise will have at least 10m² of unencumbered floor space per person
 - Instructors will remain in a designated “instructor area” throughout the class where they can maintain 2m physical distance from all patrons
 - Instructors must give verbal rather than hands-on corrections for yoga/barre/Pilates, etc.
 - Indoor group high intensity exercise is not permitted at this time.
 - Outdoor group fitness will have a maximum capacity of 12 people and a 2m distance must be maintained between participants.
- Ability to modify: recognizing when situations must be modified to ensure risks are lowered and that both staff and participants are taking all the necessary precautions.
 - Instructors for fitness classes will be encouraged to use microphones so that they are not required to raise their voices beyond a normal speaking volume. Microphones will only be used by one individual.
 - Use of floor markings to direct flow through space and ensure physical distancing can be maintained.
 - Door greeter staff ensure no groups are congregating.
- Phasing framework: Recognizing that programs can move forward and backwards along the BC Restart Phases upon recommendations by the Provincial Health Ministry.
- Managing high touch surfaces such as, but not limited to; waivers and sign in sheets, pens, equipment, etc.

Safe Work Procedures:

- Regular sanitization and hygiene:
 - Wash hands regularly for a minimum of 20 seconds with soap & water, including upon arriving for work, before and after breaks, after handling cash or other materials, and before and after handling common tools and equipment.
 - When no running water is available, use hand sanitizer frequently. Hand sanitizer will be provided to all staff and will be readily available during programs.
 - All shared equipment will be cleaned and disinfected in between each use.
 - High touch surface areas will be cleaned and sanitized at least twice per day.
 - Create and follow a schedule that will allow for enhanced cleaning.

- Sneeze or cough into your sleeve or a tissue and dispose of it right away. Wash your hands with soap and water for at least 20 seconds or clean hands with alcohol-based hand sanitizer.
 - Avoid touching your face with unwashed or gloved hands.
 - Practice social/physical distancing of 2m.
 - PPE: All employees and patrons are required to wear masks at the workplace in any location where they are in a shared space with other workers or members of the public.
 - As per Ministerial Order M012, masks must be worn at all times in exercise facilities including while exercising.
 - Masking is not required in outdoor programs unless 2m distance cannot be maintained.
 - There are exemptions for:
 - ~~a) Patrons in the facility when they are participating in a sport or fitness activity.~~
 - b) People with health conditions or with physical, cognitive or mental impairments who cannot wear one.
 - c) People who cannot remove a mask on their own.
 - d) Children under the age of 2 years. Masks are recommended but not mandatory for children under the age of 12 years. Masks are mandatory for those 12 years and older who do not qualify for the exemptions listed above.
 - Employees will have gloves made available if they wish to use them.
 - Instructions for proper mask usage will be made available.
- <https://www.worksafefbc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-how-to-use-mask?lang=en>
- The use of gloves is required when handling garbage.

First Aid Guidelines:

Due to the possibility of community infection of the COVID-19 virus, you will need to modify your standard first aid treatment to reduce potential transmission.

- Minor First Aid: If the patient can self-treat, place the required first-aid supplies on a surface 2 meters from the patient for them to pick up and apply the supplies. Then you can proceed to verbally direct patient how to apply treatment.
- Incident that cannot be self-treated: call 9-1-1

Training:

- Review the Final Guidelines for individual programs.
- Participate in Training for COVID-19 Safety Measures
- Review Brennan Park Facility COVID-19 Safety Plan

Supporting Documentation

[BC's Restart: A plan to bring us back together - Province of British Columbia \(gov.bc.ca\)](#)

[indoor-exercise-requirements.pdf \(gov.bc.ca\)](#)

Public Health Guidelines for Low Intensity Fitness

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-public-health-guidelines-low-intensity-exercise.pdf>

BCRPA Restarting Guidelines: <https://www.bcrpa.bc.ca/COVIDGuideline>

BC's Restart Plan <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/bc-restart-plan#getting-back-to-work>

Health Canada Guidelines for Cleaning and Disinfecting Public Spaces
<https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/cleaning-disinfecting-public-spaces/cleaning-disinfecting-public-spaces-eng.pdf>

WorkSafe BC COVID-19 and Returning to Safe Operation <https://www.worksafebc.com/en/about-us/covid-19-updates/health-and-safety/covid-19-returning-safe-operation>

WorkSafe BC COVID-19 Information & Resources <https://www.worksafebc.com/en/about-us/covid-19-updates>

WorkSafe BC Preventing Exposure to COVID-19 in the Workplace: A Guide for Employers
<https://www.worksafebc.com/en/resources/about-us/guides/preventing-exposure-to-covid-19-in-the-workplace?lang=en>

OFAA Protocols during the COVID-19 Pandemic: <https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

Squamish Library COVID-19 Restart Plan

District of Squamish Municipal Reopening COVID-19 Safety Plan