

NLSC COVID-19 Benvon's Room Return to Sport Alert Level 2

March 29, 2021

The presence of COVID-19 variants (including B.1.1.7), introduces new challenges and it is important that recreation facility operators and organizations are aware of the following:

- *COVID-19 variants may spread more rapidly than the original strain of the virus;*
- *Given that COVID-19 is transmissible by asymptomatic individuals, it may go undetected, thus the more rapid spread of COVID-19 variants can lead to more cases, and potentially more deaths.*

The presence of COVID-19 variants requires the NL Sports Center Management and Staff to be extra vigilant in monitoring and enforcing all Public Health Guidelines. The NL Sports Centre expects the same level of vigilance and adherence to all Public Health Guidelines from its PSO User Groups, Sports Groups and Community Organizations.

NLSC Responsibilities

1. Have an approved plan than accommodates PSO and other users plans.
2. Identify Covid action/response personnel.
3. Ensure clearly defied and signed traffic flow routes.
4. Eliminate as many touch points in facility as possible.
 - a. Interior doors left open where possible.
 - b. No access to bleachers.
 - c. No access to dressing room areas and concessions room.
5. Ensure proper signage is posted to inform all users of travel routes, approved activity areas, off-limits areas, hygiene expectations etc.
6. Ensure suitable staffing level to safely regulate COVID Protocols.
7. Ensure appropriate PPE is available for necessary for all staff.
8. Daily Health checks for all staff.
9. Mask wearing mandatory at all times for all staff in common areas.
10. Ensure easy and effective access to sanitary wipes and hand sanitizer is available.
 - a. Most relevant in high touch areas exits/entrances etc.
11. Ensure all areas are cleaned and sanitized at regular intervals (every hour), especially high touch areas.
 - a. Exterior doors, toilets & handles (urinals are touchless), paper towel/toilet paper dispensers.
 - b. Major cleaning tasks such as all floors and turf area to be cleaned daily after or prior to sport activity. Deep cleaning of bathroom areas also to take place at this time.
 - c. Cleaning Log to be kept.
12. Tracking information for purpose of contract tracing for all user groups via Booking Software. Booking system accounts for this by design. No special modifications necessary.
13. NLSC will maintain 30 min stagger period between all 2 hour minimum bookings.
14. **Maintain regular open lines of communication with PSO/User Group Staff with respect to any issue or areas of concern where there may be breaches in protocol.**

PSO/User Group Responsibilities

1. Have own approved plan specific to their Sport/Activity. Board level approval with review by CSSD/CMO.
 - a. Have own protocol for screening athletes (Waivers, Health check forms, etc)
 - b. Maintain a protocol and appropriate cleaning supply for cleaning/sanitizing all PSO owned camp and sports equipment. I.e. balls etc.
 - c. Must have COVID Coordinator.
 - d. Must have a suitable ratio of coaches to athletes to monitor and ensure adherence to PSO and NLSC COVID Plans.
 - e. 1 athlete to 5sq.m minimum in Benvon's Room or greater.
 - i. Maximum of 30 persons at any time in Benvon's Room (including Athletes, Coaches, Referees)
 - ii. NO SPECTATORS PERMITTED AT ANY TIME.
 - f. Must ensure coaches and athletes follow strict personal hygiene standards with respect to hand washing and using sanitary wipes in areas provided and required.
 - g. Ensure advanced communication to all athletes and coaches regarding traffic flow in and out of building.
2. While participating in indoor sports, NMM must be worn inside the facility, however participants may remove their mask when engaged in moderate or vigorous physical activity as determined by the coaches or organizers. The use of non-medical masks will be required to be worn where possible.
 - a. If training is low intensity, then participants/athletes should wear non-medical masks for the duration of the training session. If training is moderate or vigorous, masks may be removed at the discretion of sport instructors/coaches.
 - b. It is recommended that instructors/coaches wear NMM for the duration of the session, provided that they themselves are not engaged in moderate or vigorous physical activity.
3. Maintain Own Liability Insurance (Contagion Exclusion is OK)
 - a. This may include use of waivers for athletes; this is not a NLSC responsibility.
 - b. Must complete NLSC digital signature request to use facilities agreeing to Licensing terms. NLSC License Agreement updated to include Covid/Contagion Plan requirement.
4. **Maintain regular open lines of communication with NLSC Staff with respect to any issue or areas of concern where there may be breaches in protocol.**

Accessible areas – Benvon's Room

1. Entrance/Exit areas
 - a. Direction and traffic flow arrows and signage to clearly indicate enter and exit strategy.
 - i. Only touch point on main exterior door handles when entering.
 - ii. All other exiting and entering inside area should be touch free if possible.

2. Benvon's Room

a. All available areas of Benvon's Room available for use. Including outside foyer.

3. Bathrooms

- a. Only Benvon's Room bathrooms to be used.
- b. Designated toilets and non-accessible toilets/urinal to be clearly marked in each of main bathrooms.
- c. Limit 1 person at a time Male/female.
- d. Wipe/use/wipe policy. Disinfectant wipes installed in each toilet stall. Appropriate disposal bin supplied.
- e. Gov. NL Hand washing signs in all washrooms.
- f. Hand sanitizer in both entrance areas to washrooms.
- g. PSO staff to accompany athlete to washroom and wait outside.
- h. NLSC Staff to disinfect cubicle and toilet touch point every hour.
- i. Bathrooms are for essential use only and not to be used as change rooms. ATHLETES MUST COME IN TRAINING ATTIRE READY TO TRAIN.

No Access areas (areas to be cautioned taped off)

1. ANY PART OF POWERPLEX Including:
2. Gymnasium
3. Bleachers
4. Men's and ladies Locker rooms
5. Concessions Room (athletes must bring own filler water bottles. Limit drinking to limit washroom use).
6. Staff room
7. Storage area
8. Combat Room.

NLSC Signature: _____

PSO Signature: _____

DATE: _____