



LOTUS SPORTS CLUB COVID-19 Safety Plan

1) Assessing the risks at the Lotus Sports Club

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking in very close proximity to another person. The virus in these droplets can enter the body of another person through their eyes, nose, or throat when that person breathes in the droplets or when the droplets contact the eyes. This requires you to be in close contact – less than the recommended physical distancing of 2 meters. This is referred to as ‘droplet’ transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted when someone touches an area contaminated with the virus then touches their face without cleaning their hands. The virus does not enter the body through skin, it enters through the eyes, nose or mouth when the person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular handwashing and cleaning of high-touch surfaces is so important.

Risk Mitigation:

- Re-opening of the Lotus Sports Club has been planned around assessing the risks and developing a sport specific plan to take all necessary precautions to mitigate the risk of an individual being exposed to or infected with the virus.
- Our Return to Sport Plan is based on a risk assessment and analysis that considers the risks presented to members in paddling Outrigger Canoes and Stand-Up Paddleboards out of the Lotus Sports Club facility at Barnet Marine Park

Activity type for potential reinstatement:

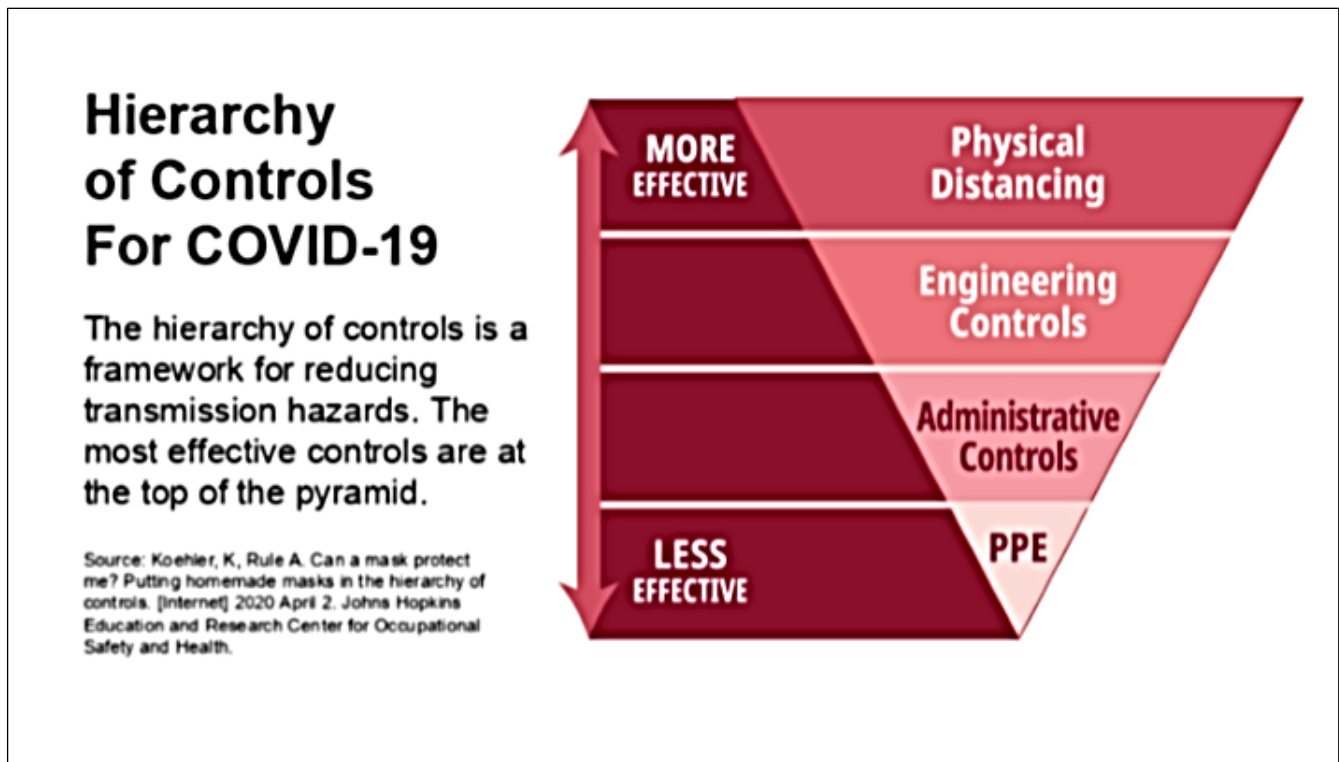
- Single person Outrigger Canoes (OC1), 2 person Outrigger Canoes (OC2s only when used by 2 people living in the same household), and Stand-up Paddleboard (SUP) activity has been assessed by the Executive Board as potentially low risk outdoor activities that may be reinstated if the measures in this document are implemented.
- For reasons of safety, new paddler training, races, 6 person Outrigger Canoe activities (OC6), and guest participants will not be reinstated at this time.

2) Implementing protocols to reduce risks

The following plan outlines the guidelines and procedures that the Lotus Sport Club will have in place to reduce the risk of COVID-19 transmissions for paddlers and volunteers. The guidelines in this plan are based on an assessment of COVID-19 risk exposure of club activities and current building infrastructure with the recommended safety measures from the BC Public Health Office and considerations of the hierarchy of controls (i.e. elimination, engineered, administrative, personal protective equipment). This plan is consistent with guidelines from ViaSport B.C., B.C. Recreation and Parks Association, Canadian Outrigger Racing Association, the B.C. Center for Disease Control, WorkSafe B.C., and Health Canada, and will be updated as Provincial guidance changes and the pandemic progresses.

Some measures may exceed the recommendations from public health based on the assessed risk specific to the club.

The following Hierarchy of Controls from B.C.'s Restart Plan (diagram taken from **The Recreation and Parks Sector Guideline for Restarting Operations**) have been used to guide this section of the document.



a. **Physical Distancing:** Limit the number of contacts and promote appropriate physical distancing

The club has established and posted an occupancy limit for various areas at the Lotus Sports Club to ensure physical distancing is maintained.

The club has implemented measures to keep paddlers and volunteers at least 2 meters apart.

Measures in place:

- Social/physical distancing will remain in effect for all paddlers: 2 meters on shore and 4 meters when paddling
- The number of persons in the building at one time will be limited:
 - Maximum 2 persons in each change room with appropriate physical distancing
 - Maximum 1 person per washroom
 - Maximum 2 persons in the storage bay with appropriate physical distancing
- Appropriate physical distancing (marked by signage) between individuals waiting outside of the building
- Use of public outdoor space outside of club area to assemble outrigger canoes while ensuring appropriate physical distancing between members
- Debriefing sessions or instructions will be conducted outside of the building with appropriate physical distancing
- There will not be any gatherings of more than 50 people at the club facility.
- An OC1 can be carried by 2 paddlers as long as distance between paddlers is greater than 2 meters; this is achievable due to overall length of the hull (approximately 6.4 meters).

b. Engineering Controls: physical barriers, partitions, outdoor spaces, decreased traffic

Barriers have been installed to enhance physical distancing and to partition off areas of the building.

Measures in place:

- Change rooms will have no other furniture or equipment other than 4 plastic single-piece chairs (2 chairs per person – for bag and for sitting), disinfectant wipes to be used by members to disinfect chairs after use, cleaning and disinfectant instruction poster for members, and alcohol-based hand sanitizer with no less than 70 percent alcohol concentration.
- Each change room will have a physical partition (hanging plastic polyethylene sheet to separate the two individuals in the change room)
- No personal items such as bags, clothing or paddling equipment to be left in the changeroom.
- Members will be instructed to only use designated spaces (change rooms, washrooms, storage bay). Other areas will be off limits to limit cross-contamination; these areas may be cordoned with physical barriers and/or caution tape.
- Debriefing sessions or instructions will be conducted outdoors with appropriate physical distancing

c. Administrative Controls: rules and guidelines

The board has identified rules and guidelines for how members should conduct themselves.

Prior to the club re-opening, the board and program organizers will communicate rules, protocols and guidelines to all members.

Measures in place:

- The COVID-19 protocols and Safety Plan will be shared with members prior to their participation through emails, video conference information sharing sessions, coach communiqués, and the website forum
- Membership
 - All participants must be paid club members with completed waivers
 - Participant waivers have been revised to include the risk of contracting COVID-19 from club participation and must be signed by all members
 - All participants must be paid Canadian Outrigger Racing Association members
- Paddling participation will be limited to 5 club boats (OC1s or SUPs), 10 privately owned OC1s, and/or 2 OC2s (OC2s only when used by 2 people living in the same household).
- An electronic sign-up will be implemented for all paddlers visiting the club. The sign up will incorporate self-health check, list of equipment used, and date/time the member was at the club. The electronic list will be stored in case of the need for public health contact tracing.
- No one who is ill, has any symptoms of any illness, has been exposed to COVID-19 less than 14 days ago, is a close contact of someone exposed to COVID-19 less than 14 days ago, has returned to Canada and has not completed the federally mandated quarantine period, or is awaiting the results of a COVID-19 test, should be accessing the clubhouse.
- Measures and member adherence will be monitored by on-site volunteer

Water safety:

- On water safety protocols and procedures will be adjusted to minimize the risk of community spread of COVID-19
- Social/physical distancing will remain in effect for all paddlers: 2 meters on shore and 4 meters when paddling
- Huli Certification will be required (all small boat paddlers must demonstrate successful ability to self-rescue)
- Novice and recreational program paddlers will be paddling along the shoreline accompanied by other experienced paddlers or coach boat
- Properly wearing a full PFD is strongly recommended
- If the coach boat is used, use will only be by designated individuals in each program. The boat will be cleaned immediately after use by the boat driver.
 - Cleaning of coach boat includes all commonly touched surfaces of the boat; engine, throttle, pull-chord, gas tank, boat dolly, and shared safety equipment
 - Coach boat cleaning supplies will be kept separate from outrigger cleaning supplies, and will be used by coach boat operators
 - Gas cans use will be restricted to coach boat operators

d. PPE: masks and other PPE

We understand the limitations of masks to protect the wearer from respiratory droplets. The masks also have limited use in outdoor paddling training.

Volunteers entering the clubhouse will be advised to wear masks.

If members choose to wear PPEs, they must take them home for proper disposal. Members wearing gloves should minimize contact with common surfaces.

Reducing the risk of surface transmission through effective cleaning and hygiene practices

Frequent handwashing and good hygiene practices are essential to reduce the spread of the virus.

The board has reviewed the information on cleaning and disinfecting surfaces.

There will be enough hand sanitizing stations (alcohol-based hand sanitizer with no less than 70 percent alcohol concentration) for Lotus paddlers; these are visible and easily accessed.

The club has policies that specify when members must wash their hands and has introduced instructional and reminder signage.

The club will be implementing cleaning protocols for all high-touch common areas and surfaces (doorknobs, alarm buttons, counter tops, stair railing, light switches, chairs, tabletops, bathroom sinks and taps, toilets, bathroom stall doors and handles, bay door handles and pull cords, water tap, cording for holding amas, boat stands).

All unnecessary equipment has been removed from designated access spaces to simplify the cleaning process.

Measures in place:

- Change rooms will have no other furniture or equipment other than 4 plastic single-piece chairs (2 chairs per person – for bag and for sitting), Health Canada approved disinfectant wipes to be used by members to disinfect chairs after use, cleaning and disinfectant instruction poster for members, and alcohol-based hand sanitizer with no less than 70 percent alcohol concentration.

- No bags or paddling equipment are to be left in the changeroom.
- Frequent hand washing is encouraged. At a minimum, hands should be washed for at least 20 seconds upon arrival and before departing and after using the washroom. Signage has been posted.
- Participants will be asked to bring their own sanitizer. Hand sanitizers (alcohol-based hand sanitizer with no less than 70 percent alcohol concentration) will also be placed throughout the limited access/egress points as well as changing rooms. Washrooms will continue to have sufficient hand sanitizing equipment. Health Canada approved disinfectant wipes will also be available.
- Personal equipment use will be encouraged
- Privately owned equipment should not be shared except by household members
- Paddlers are responsible for cleaning their own equipment.
- Shared equipment (i.e. cradles, Outrigger Canoes, etc) will be limited in quantity and other equipment will be stored to prevent cross-contamination. Shared equipment will be cleaned and disinfected by user immediately after each use with appropriate disinfectant. Cleaning includes commonly touched surfaces such as the exterior of hull, decks, pedals, leashes, seats, boat stands, cording to hold amas, and paddles.
- Club PFDs and paddles will be assigned to specific individuals and not shared; these will be stored in a designated area if the paddler is not taking them home. These items will be labelled with the paddlers' names
- There will be multiple, outdoor, separate wash stations placed more than 2 meters apart for boats and equipment; these wash stations will be supplied with soapy water and cloths.
- Regular disinfection of high-touch surfaces will be implemented; dates and times to be recorded.
- No showers except in an emergency situation
- No erging permitted in the clubhouse
- COVID signage will be placed throughout clubhouse and outside the building
- No food or drinks permitted in the clubhouse
- Members will be asked to bring their own bottled water for practices then take home any water bottles used. Water dispensers will be removed. Recycling collection container to be removed.
- Garbage will consist of disinfectant wipes and paper towels; these will be disposed of regularly.

3) Health policies

Members showing symptoms of COVID-19 are prohibited from the clubhouse.

Measures in place:

- Routine health screening for all volunteers and participants (self-screening)
- Signage for health self-check will be located at door
- Paddlers who develop symptoms while at the clubhouse will clean up equipment used, maintain appropriate physical distancing, wash their hands, sanitize all surfaces contacted, and head immediately home.
- Anyone who is returning from out of province must self-isolate according to current Public Health Measures and avoid visiting the club facilities and participating in events for 14 days
- Anyone who is sick must self-isolate until AT LEAST 14 days have passed since the start of symptoms. Clearance from a health care provider or public health will be required prior to returning to the clubhouse.
- High risk individuals should not participate in the re-opening phase

- The Lotus Sports Club will collaborate with local public health authorities if a COVID case is identified with possible exposures or contacts at the club. The club will adhere to advice and guidance from local health authorities regarding appropriate measures to take to ensure the safety and health of its members. The Lotus board will ensure that appropriate information is shared in a timely manner.

4) Communication plans

We will be communicating with the membership and will be ensuring that all members receive notification of re-opening protocols and policies.

We have posted signage, including occupancy limits and effective hygiene practices.

This re-opening plan is approved by the Lotus Sports Club Board of Directors and will be shared via email, website forum and/or virtual meetings with;

- Members
- Volunteers
- Board of Directors
- Canadian Outrigger Racing Association
- City of Burnaby

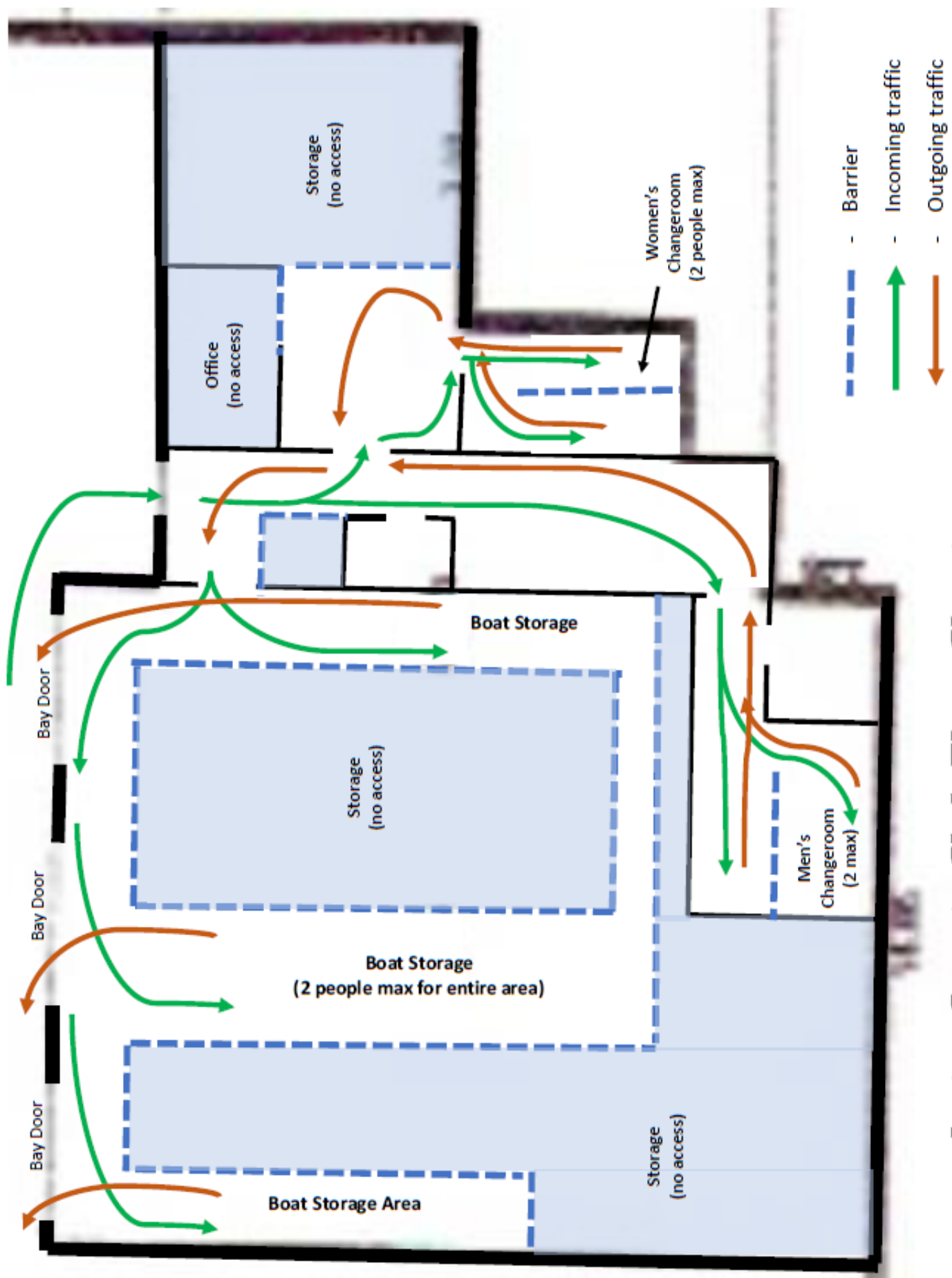
5) Monitoring the club and updating plans as necessary

The situation and policies and procedures will be monitored and will be updated as necessary with any changes communicated to members.

Questions and concerns are to be brought to the club's Safety Director or any Board member and will be addressed as soon as possible.

6) Assess and address risks from re-opening the club

The Board of Directors will need to re-evaluate the situation after the club has been re-opened. Any potential risks will need to be assessed and may require a policy or procedural change.



Lotus Sports Club Flow Chart