

NL Sports Centre Alert Level 2 Guidance for Riley's Room

Effective July 2020

NLSC Responsibilities

1. Have a plan that accommodates all relevant guidance – PSO/NSO guidance and CSCA guidance.
2. Identify COVID-19 action/response coordinator. (Jerome Brennan)
3. Ensure there are defined and directional signage outlining traffic flow routes.
4. Eliminate as many touch points in facility as possible
 - a. Interior doors will be left open where possible;
 - b. No access to dressing room area; and
 - c. No access to kitchen.
5. Appropriately designate and visibly identify personal space areas for change of footwear and storing personal effects. Identify areas in 5m.sq spaces. Personal space areas are to be appropriately cleaned between user groups.
6. Ensure signage is posted to inform all users about directional signage, approved activity areas, off-limits areas, hygiene expectations etc.
7. Ensure suitable staffing levels to safely implement and monitor all COVID-19 guidance and procedures.
8. Ensure appropriate PPE is available, as necessary for all staff. Masks must be worn, where physically distance cannot be maintained.
9. Daily health checks will be undertaken with all staff.
10. Ensure easy and effective access to sanitizer wipes and hand sanitizer and that adequate supply is available.
 - a. Most relevant in high touch areas exits/entrances etc.
 - b. Wipes to be used in bathroom and equipment area. Wipe – Use – Wipe Policy.
11. Ensure all areas are cleaned and sanitized at pre-determined intervals, especially high touch areas.
 - a. Exterior doors, toilets & handles (urinals are touchless), paper towel/toilet paper dispensers, sports equipment and personal storage space.
 - b. Cleaning inventory log to be maintained
12. Strength & Conditioning staff are responsible for cleaning all equipment between sessions.
 - a. Equipment not required or inaccessible is to be placed in a designated area or marked as inaccessible.
13. Contact information for purpose of contract tracing for all user groups should be taken via Booking Software. Booking system accounts for this by design. No special modifications necessary. Individuals may not be denied access, if they do not volunteer to provide contact information.

14. Ensure all users sign waivers prior to first session. Parent or guardian to sign, where necessary.
15. Ensure all athletes complete daily health checks before attending scheduled session. Health check questionnaire may be completed electronically.
 - a. This process will serve as an attendance log for contact tracing purposes if needed.
 - b. No attendance is permitted, in the absence of completed health check form.
- 16. Maintain regular open lines of communication with User Groups, with respect to any issue or areas of concern where there may be breaches in protocol.**

Athlete Responsibilities

1. Respect all NLSC guidance with respect to COVID-19.
 - a. Complete necessary waivers before attending High Performance Program. This is only required once, to be completed at the start of program.
 - b. Complete daily health screening with athletes via health check forms electronically, just prior (not more than 1 hour) to the start of scheduled sessions.
 - i. Visit www.nlsportscentre.ca for access to waivers, daily Health Check Form and COVID-19 updates.
 - c. Respect personal space of staff and other athletes in attendance and maintain physical distance.
 - i. There should be no more than 1 athlete to 5sq.m minimum or 2m physical distance at all times.
 - d. Athletes must follow personal hygiene standards and hand hygiene protocols, coughing/sneezing etiquette and use of sanitizing wipes in areas provided.
 - i. Wipe Use – follow wipe policy for all touch surfaces.
 - ii. Use hand sanitizer when entering and exiting facility.
 - e. Ensure effective communication with all NLSC Strength & Conditioning coaches at all times.
 - i. If an athlete has questions or concerns, they should be addressed directly with NLSC Strength & Conditioning coach at that time.
- 2. 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.**

NLSC Riley' Room COVID-19 Plan

Riley's Room

1. Only PSO approved access to start. PSO must provide approval for training to resume/commence.
 - a. Athletes must have PSO permission to attend HP Team sessions.
2. All training groups to be given scheduled times for training.
 - a. No open or drop in slots.
 - There will be an exception for designated drop in slots that athletes may sign up for.
 - b. Scheduled times are to be 1 hour in duration, with a mandatory 30 minute period between scheduled times for cleaning of all used areas.
 - c. A maximum of 15 athletes, plus 2 coaches (17 total) is permitted in Riley's Room at any one time. (32 Sq.M per person)
 - d. All Riley's Room users will enter through the main entrance and exit through a designated emergency exit in the Strength & Conditioning room.
 - The goal is to eliminate large numbers of athletes entering and exiting at the same time; thus the 30 minute period between scheduled sessions for cleaning should also address this concern.
3. Athletes would arrive ready to train, with the exception of changing footwear if required (no restrictive footwear policy in Riley's Room for summer use).
 - a. Personal belongs should be kept to a minimum and stored in designated and marked personal spaces.
4. Athlete arrival should not be more than 5 minutes, prior to the start of training time in the parking lot. The entrance to Riley's Room for athletes, would be at the start of designated training time.
5. Riley's Room staff will supervise entrance and exit of facility for all sessions.
6. No loitering inside facility before or after training.

Accessible areas

1. Entrance/Exit areas
 - a. Direction and traffic flow arrows and signage to clearly indicate enter and exit strategy.
 - i. The only touch point would be on main exterior door handles when entering.
 - ii. The only touch point on would be on the emergency exit door panic bar when exiting.
 - iii. Interior doors would be open.

1. Bathroom door handles are the only exception and will be cleaned every hour.
 2. Hand sanitizer will be at this location for use before and after usage.
 - iv. All other exiting and entering inside facility is touch free.
2. Riley's Room
- a. Coaches and athletes to respect maintaining physical distance at all times, where possible.
 - i. Exceptions exist where spotting is absolutely necessary. In this instance, PPE is to be worn.
 - b.** Water bottles and personal belongings to be stored in designated personal space and include the athlete's name.
3. Bathrooms
- a. Only main HP Centre bathrooms are to be used.
 - b. Limit 1 person at a time - male/female.
 - c. Wipe/use/wipe policy. Disinfectant wipes will be installed in each toilet stall. Appropriate disposal bin supplied.
 - d. Hand hygiene protocol signage to be posted in all washrooms.
 - e. Hand sanitizer will be available at both entrance areas to washrooms.
 - f. NLSC janitorial staff to disinfect cubicle and toilet touch points between scheduled group sessions. Cleaning log to be maintained.

No Access areas (areas will be caution taped off)

1. Locker Rooms
2. Staff Room Areas
3. Swilers Kitchen Area.
4. Any area designated no access in Riley's Room

5 Things to Remember

1. **No Waiver – No Training**
2. **Daily Health Check Form (www.nlsportscentre.ca) completed before every session.**
3. **Schedule – Arrive sharp on time, Depart sharp on time.**
4. **Personal Hygiene – Arrive clean, keep clean and depart clean.**
5. **Questions? Ask your Strength & Conditioning coach if you need more information or clarification.**