

COVID SAFETY PLAN Instinct Development

Please note that this document is suggested as a guide and is subject to change at any time due to the ongoing and unforeseen changes associated with the COVID-19 pandemic.

QUESTIONNAIRE AND SCREENING

All coaches and participants are required to provide information to us regarding any of the following questions.

This will be ongoing and will be reviewed every session.

- Has your child or anyone in your family started to exhibit symptoms of COVID 19 in the last 48 hours including fever, dry cough or shortness of breath?
- Has your child or anyone in your family been exposed to anyone in the last 48 hours who has started to exhibit symptoms of COVID 19 in the last 14 days including fever, dry cough or shortness of breath?
- Has your child or anyone in your family left the province/country in the last 14 days?
- Have you or anyone in your family been issued a quarantine or self-isolation order?

DAILY

- We will monitor each participant daily to see if they are exhibiting any symptoms of COVID-19.
- If a participant has symptoms of COVID-19 they will be asked not to attend training for 14 days
- A negative COVID-19 test at the participants cost can be provided to us to return to training alternatively.
- Our staff all have first aid training and will use their best judgement to balance the need for wound treatment and emotional support, with the need to limit close contact.
- Participants will be required to respect social distancing guidelines during training. This includes no sharing of equipment. We operate under BC cycling's rules and will as such adopt a 3 metre rule.
- If it becomes too difficult to manage physical distancing measures with any children, coaches will immediately stop the activity and focus on keeping the children safe and at least 3m apart.
- We will also practice physical distancing measures through games and drills, making it part of the fun to learn about how and why children need to respect each other's space, during COVID-19.
- No non-essential visitors allowed, this means non club members. If you need to drop off late or pick up early this will be at the discretion of the coach or manager on duty that day.
- Participants and their parents will be required to wear masks at drop off and pick up and anytime they are unable to maintain the required 3 metre of physical distance mandated by Cycling BC.
- Participants will not be required to wear masks while exercising at high intensity but will be asked to maintain their physical distance to keep everyone safe.
- Attendance will be recorded daily using a google form should there be a need to follow up at any point
- Max group size is regulated by Cycling BC and Instinct Development keeps a 6:1 participant to coach ratio for both quality and to reduce the amount of participants in one place.

Staff and coaches

We will have a rigorous sanitizing program including:

- Use of hand sanitizer before and after doing any mechanical adjustments to participants bikes.
- Use of hand sanitizer before touching any shared equipment such as cones, stopwatches etc.
- Use of face masks when social distancing measures cannot be maintained, such as static demonstrations and bike setup.
- Staff will be under the same restrictions and requirements as all participants and will be required to pass all screening questions prior to being able to coach. Should a coach be unable to pass the screening questions they will not be able to work that day or until a negative COVID test has been received and they are approved to return to work by Vancouver Coastal Health.