

**Pickering Rouge Canoe Club COVID-19 Statement**  
**Winter Training Programs: November 1, 2020**

Pickering Rouge Canoe Club (PRCC) will be operating our High Performance, Development, and Bantam winter programs at the Shed locations in Pickering and Ajax from November 2020 to April 2021. With the health and safety of participants and staff our highest priority, we will be implementing new measures to prevent any spread of COVID-19. Please review the following changes to our programming and policies. We will continue to assess and evaluate our policies to ensure we are aligned with all government requirements, particularly the Ministry of Health's COVID-19 Guidance for [Guidance for facilities for sports and recreational fitness activities during COVID-19](#).

PRCC is confident in our ability to run these programs safely given that: the activities occur in a large facility where enhanced physical distancing will be maintained, participants will wear masks whenever possible, the number of participants will be limited, cohorting will keep participants within their family and social circles as much as possible, environmental cleaning of equipment will be at a high standard, and we have qualified and well-trained staff.

**New Practices and Policies**

**Cohorts and Social Distancing**

- We have reduced the maximum participant size of participants to a maximum of 10 per workout space.
- Social distancing will be enforced in all programs as per Ministry of Health guidelines.
- Facility doors will be locked to ensure that maximum participant numbers are not exceeded.
- Parents and visitors will not be permitted in the Shed.

**Sanitization and Equipment**

- Hand sanitizer stations will be set up around the facility.
- Sanitizing of equipment, including ergs and weights, will take place between each use and at the end of each program.

- Staff and participants will be required to wear face coverings (non-medical masks) when physical distancing is not possible. Face coverings will be used during drop-off and pick-up. Participants will be required to bring their own face coverings and ensure that they are changed if visibly soiled, damp or damaged.

### **Screening**

- Program participants and staff must complete PRCC's COVID-19 screening passport each day before practice. Staff and participants (or parents of minor children) must sign and date the passport indicating that they (their child) do not have any of the symptoms or risk factors indicated on the passport. Participants and staff must show the completed passport to a coach before practice. Staff will confirm that all participants are symptom-free each day. Entry will be denied to any individual who has any of the symptoms outlined in the [COVID-19 Reference Document for Symptoms](#) on the Ministry of Health's COVID-19 [website](#) or who has come in close contact with a person with symptoms of or confirmed COVID-19 in the past 14 days. Program participants will be monitored for atypical symptoms and signs of COVID-19. Those who present concerning symptoms will follow the protocol outlined by the provincial guideline.
- Staff members and program participants awaiting COVID-19 test results because of symptoms or close contact with a confirmed or suspected case are excluded from attending any PRCC programming.
- Daily records will be kept of anyone (program participants and staff) entering the program setting who stays for longer than 15 minutes. Records will be kept up to date and available to facilitate contact tracing in the event of a confirmed COVID-19 case or outbreak.

### **Management of Participants with Suspected COVID-19**

- Participants who develop any symptoms consistent with COVID-19 will be immediately separated from others in a supervised area and will wear a mask (if tolerated) until they can go home.
- Those providing care will maintain a distance of at least 2 metres and wear a mask.
- The guardians of the symptomatic participant will be contacted immediately and be advised that the participant must be picked up.
- Siblings or members of the same household of the symptomatic participant will also be requested to leave the site.
- Environmental cleaning / disinfection of the space and items used in the program will be conducted once the participant has been picked up.

- Symptomatic participants may return to practice following a negative test result or medical clearance that they may return to practice.
- PRCC will follow guidance from Public Health in determining any additional steps required.

### **Refund Policy**

- Prorated refunds will be given if our programs are cancelled due to COVID-19.

### **Governing Body Guidance Documents:**

Ministry of Health: COVID-19 Guidance: Guidance for facilities for sports and recreational fitness activities during COVID-19.

<https://www.ontario.ca/page/guidance-facilities-sports-and-recreational-fitness-activities-during-covid-19>

Canoe Kayak Canada

<https://canoekayak.ca/paddling-covid-19-public-health-measures/>

Canoe Kayak Ontario Statement

[https://843ac69a-44c8-407e-ba5b-692ad2c25ebf.filesusr.com/ugd/6a5506\\_87bcba9ff3c04c028a61ace7ee503bf7.pdf](https://843ac69a-44c8-407e-ba5b-692ad2c25ebf.filesusr.com/ugd/6a5506_87bcba9ff3c04c028a61ace7ee503bf7.pdf)