



## Comox Valley Road Runners

Box 3521  
Courtenay, BC  
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www.cvrr.ca

### CVRR COVID 19 SAFETY PLAN

As CVRR progresses to resuming club activities a safety plan has been put in place to protect both our members and the community during the COVID 19 crisis. There are a number of requirements that must be adhered to as we navigate these difficult times.

- As per Government Health regulations, the following individuals should NOT attend club activities:
  - Any person experiencing any symptoms of COVID-19 (including fever, cough, sore throat, runny nose, headache, or shortness of breath). If these symptoms begin while at a training venue the individual must leave immediately and contact medical assistance for advice on further management.
  - Any person who receives a diagnosis of COVID-19.
  - Any person who has been told to self-isolate at home.
  - Any person who lives in a home or has been in close contact with someone with symptoms of COVID-19.
  - Any person who lives in a home or has been in close contact with someone who has been told to self-isolate at home.
  - Any person who has arrived in Canada from outside of the country within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.
- BC Public Health Officer directives regarding group size and physical distancing will be strictly followed.
- Participants in any club activities must have completed a current CVRR club waiver.
- Each participant should complete the BC COVID Self Assessment prior to attending any club activities. <https://bc.thrive.health/covid19/en>
- All training sessions will take place outdoors.
- All participants must complete a sign in sheet at the beginning of each club activity.
- All athletes should maintain a 2m (6ft) distance between each other if they are not from the same household.
  - Do not touch your face, eyes, nose, or mouth with unwashed hands.
  - Do not shake hands or high five to celebrate or embrace.
  - Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
  - Do not share food, drinks, utensils, water bottles etc
- Personal Protective Equipment will be available at each training session including masks, gloves, eye protection and hand sanitizer
- It is the responsibility of each athlete and coach to undertake their own personal risk assessment and determine whether they are willing and able to return to sport at this time and do so at their own risk.

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VISION: To be a central body in the Comox Valley for running and running events, where people run and socialize in a fun, welcoming and safe environment that is inclusive of runners of all levels.

MISSION: To promote the development and growth of running in the Comox Valley by providing education, leadership and social opportunities, along with programs and running events, for runners of all abilities.