



CVRR COVID 19 SAFETY PLAN

February 1, 2022

As CVRR progresses to resuming full 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 challenging times. All individuals taking part in CVRR activities must comply with BC PHO Orders current at that time.

As per BC Government Health regulations, the following individuals should NOT attend club activities for such time as defined in the current PHO Guidelines: (see below)

- 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.

Furthermore, CVRR advises that, for the safety of others, the following individuals should not attend club activities for 5 days:

- 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.

Each participant should complete the BC COVID Self-Assessment prior to attending any club activities (see below).

All training sessions will take place outdoors.

All athletes should maintain a respectful 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.

Participants in any club activities must have completed a current CVRR club waiver.

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19#self-isolation>

<https://bc.thrive.health/covid19/en>