



2020 NATIONAL TEAM TRAINING - SHAWNIGAN LAKE COVID-19 PROTOCOLS

The enclosed protocols are specific to National Team Training at St. John's Academy Shawnigan Lake and are supplementary to the [Paddling & COVID-19 Phase Guidelines](#) and [CKC Paddling & Covid-19: High Performance Strategy](#).

The following safety measures are in place to protect the team and local community. Ignoring them puts the whole team and community at risk.

PRE-ARRIVAL

Athletes, coaches and staff must complete the [CKC COVID Screening Form](#) daily for at least 3 days prior to date of departure flight to BC. This step is crucial to help with monitoring health and symptoms prior to departure.

Anyone who is feeling unwell must report symptoms immediately to their National Discipline Coach (as applicable) and Graham Barton, CTO. If you have symptoms on or prior to the date of your departure, you must follow your local COVID-19 protocols for isolating and testing. This may mean you cannot board your original booked flight and need to reschedule your flight until you have received a negative test.

Guidance for Air Travel

- Check the local quarantine regulations immediately prior to departure
- Wear a mask at airport and on flight. Medical grade or N95 masks are not necessary.
- Wash hands frequently in airport. Once settled in seat use hand sanitizer and wash hands again upon leaving plane and airport.
- Practice rigorous cough and sneeze hygiene at all times



- Use a wipe to clean the arms of the seat, do not use the seatback table unless necessary and wash it with a wipe before using it.
- If possible, choose a window seat as this minimizes contacts with others.
- Wipe down luggage including hand luggage once retrieved and exiting airport and any public transport such as a bus or taxi.

TEAM ON-SITE PROTOCOLS

General

Daily Attestation

- Athletes, coaches and staff must complete the [CKC COVID Screening Form](#) daily before the first morning session .

Anyone who is feeling unwell must report symptoms immediately to their National Discipline Coach (as applicable) and Graham Barton, CTO.

Campus

- Wear a mask in all indoor and outdoor common areas on campus when physical distancing of 2m is not possible; except when actively training in gym/dance studio and eating in dining hall (see more details in **Training** and **Dining** sections, respectively).
- Access to common rooms are limited to the number of people as posted within the specific room.
- Athletes should not enter dorm rooms other than their own assigned room.
- If interaction with school member occurs, maintain physical distancing of 2m or wear a mask if 2m is not possible.



Dining Hall

- Wear a mask at all times in dining all except while eating, including
 - entering dining hall,
 - during the meal pick-up process,
 - walking to table,
 - during clean-up process, and
 - exiting dining hall until outdoors.
- Respect physical distancing of 2m where possible while in the dining hall.
- Where possible, sit with close contacts (roommate and crew boat members) or discipline team members.

Team Kitchen

- Access team kitchen as per scheduled time slots.
- Limit of 4 people in team kitchen per scheduled time slot.
- Clean all used items using the provided cleaning supplies and put away.
- Professionally cleaned by school daily.

Treatment

- Athlete to wear a mask during treatment session.
- Therapist to wear a mask and eye protection/shield during treatment session.
- Therapist will clean treatment room between each appointment.



Cleaning, Hygiene and Sanitation

- Common areas and high touch surfaces on campus will be professionally cleaned by the school daily.
- Access to cleaning closet with supplies on each floor in dorms.
- Sanitizer will be available at each CKC mini fridge.
- Access to cleaning supplies in team kitchen.

Training

Arrival / Departure

- Wear a mask to and from training, remove mask when in boat and put back on at dock

Boat Containers and Prep Area

- Only 2 people to access a boat container at a given time.
- Have your warm-up strategy in place and maintain physical distancing in the fenced in prep area.
- Only touch your single boat or assigned crew boat.
- Athletes must clean equipment prior to returning to boat container.

Docks

- Follow scheduled dock times for your training group.
- Dock access limited up to 6 single, 4 doubles, or 2 K4s.
- Maintain physical distancing of 2m when on dock.



Gym / Dance Studio

- Athletes, coaches and staff members must wear a mask in the gym except for when actively training (i.e., pull, push, cardio)
- Maintain physical distancing of 2m where possible.
- Access gym and dance studio in pre-approved group size as per schedule.
- Clean all equipment using provided cleaning supplies.
- Gym and dance studio to be professionally cleaned daily by school.

Cleaning, Hygiene and Sanitation

- Athletes to clean single boats and assigned crew boats prior to putting back into boat container.
- Coaches to clean common areas and high touch surfaces daily (i.e., container locks/handles, etc.).
- Coach boats assigned to one person.
- Cleaning supplies and sanitizer available in each boat container.



COMMUNITY PROTOCOLS

When in the community (i.e., at the grocery store), athletes, coaches and staff must follow all Island Health COVID-19 recommendations. Please visit the following link for more details:

<https://www.islandhealth.ca/learn-about-health/covid-19>

Island Health recommendations include:

- Wear a mask in all indoor public spaces.
- Maintain a safe physical distance from others.
- Wash hands frequently.
- Groups should not exceed 6 persons

Team members are also encouraged to download the [BC COVID-19 App](#) for quick access to information and the BC Self-Assessment Tool.

Where possible, team members are encouraged to limit interactions with anyone outside of the team. If interaction must occur, a mask must be worn for any indoor interactions and physical distancing of 2m must be maintained and where 2m is not possible a mask must be worn for outdoor interactions.

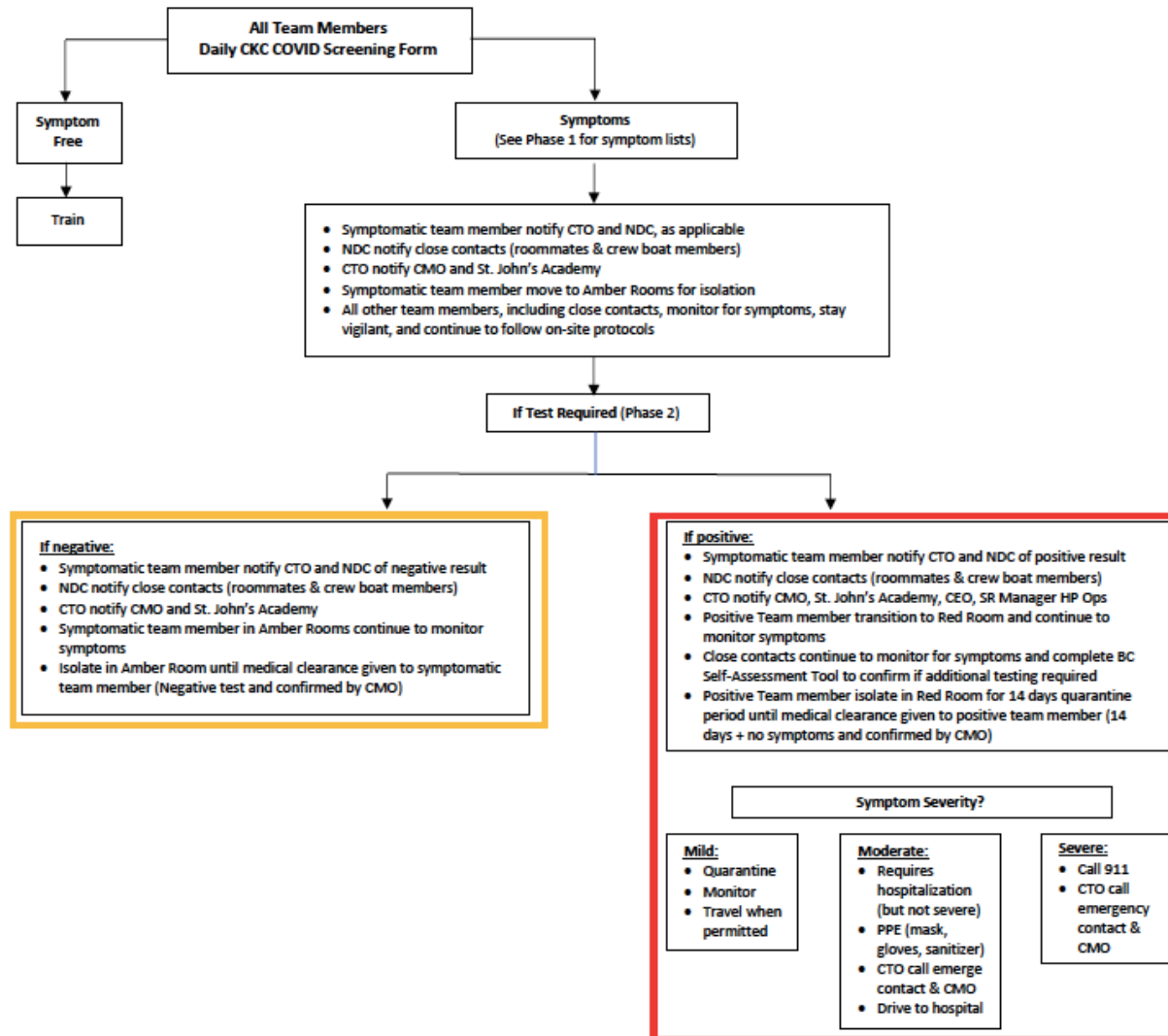
IMPORTANT: To limit any additional close contacts and reduce risk to the local community, it is strongly discouraged for family and friends outside of the local region to travel to BC to visit team members.

Ground Transport

- Wear a mask while in a vehicle with anyone other than close contacts (roommates or crew boat team members)



TWO-PHASE PROCESS FOR SUSPECTED CASE





For the National Team training camp at St. John's Academy Shawnigan Lake, a close contact to an athlete is categorised as below due to the environment which prohibits 2m physical distancing without wearing a mask.

- Roommate
- Crew boat members

Phase 1 – Symptoms & Test

Initial 14-day period team is on-site:

If a team member develops any of the following symptoms then they must notify Graham Barton, CTO and their National Discipline Coach, as applicable, immediately. Then steps will be taken as per flow chart above.

Symptoms:

- Fever (Body temp 38 degrees plus)
- chills
- cough or worsening of chronic cough
- shortness of breath
- sore throat
- runny nose
- loss of sense of smell or taste
- headache
- fatigue
- diarrhea
- loss of appetite
- nausea and vomiting
- muscle aches
- Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

To confirm if a test is required, the symptomatic team member must complete the BC Self-Assessment Tool which is available via this link <https://bc.thrive.health/> (either on the BC COVID-19 App or online).



Following the initial 14-day period

If a team member develops any of the following symptoms then they must notify Graham Barton, CTO and their National Discipline Coach, as applicable, immediately. These protocols are in line with the BC Centre for Disease Control and BC Ministry of Health guidelines for schools in BC (see appendix). Then steps will be taken as per flow chart above.

- Fever (Body temp 38 degrees plus)
- Chills
- Cough or worsening of chronic cough
- Shortness of breath
- Loss of sense of smell or taste
- Diarrhea
- Nausea and vomiting

If a team member has two or more of the following symptoms, then they must notify Graham Barton, CTO and their National Discipline Coach, as applicable, immediately. Then steps will be taken as per flow chart above.

- sore throat
- runny nose
- headache
- fatigue
- loss of appetite
- muscle aches
- Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

If a team member develops one of the symptoms in list above, then they will be required to self-isolate for at least 24 hours. If symptoms improve and on the advice of the Chief Medical Officer can return to training. If symptoms strengthen or persist, then steps will be taken as per flow chart above.



To Book a COVID-19 Test: The Island Health COVID-19 Testing Call Centre is available for individuals experiencing symptoms of COVID-19 and referred to take a test following the completion of the BC Self-Assessment Tool.

**CALL CENTRE HOURS OF OPERATION: MONDAY - SUNDAY, 8:30 PM - 4:30 PM
1-844-901-8442**

You will be asked to leave a callback number rather than wait on-hold. Calls will be processed in priority order during business hours but you may receive a call back after Call Centre hours. Please ensure you provide a phone number that you can be reached at after our hours of operation. You will need your personal health number available when Call Centre staff return your call.

Closest Testing Centre:

Cowichan District Hospital

3045 Gibbins Rd., Duncan

Mon – Sun: 8:40 AM - 4:10 PM

Phase 2 - Negative or Positive Test

When a test is required, team member must notify Graham Barton, CTO and their National Discipline Coach, as applicable, immediately when test results are received. Then steps will be taken as per flow chart above.