

SD 62 Return to Sport Training Safety Plan & Guidelines

	Name:	Contact: Email & Cell Phone
School:		
Head Coach:		
Sport/Team:		
Athletic Director:		
PVP Lead:		

SD 62 COVID-19 SAFETY PLAN GUIDING PRINCIPLES

The following five principles from BC's Restart Plan have been used to guide this document:

Personal Hygiene	Stay Home If Sick	Environmental Hygiene	Safe Social Interactions	Physical Modifications
<ul style="list-style-type: none"> Frequent hand-washing Cough into your sleeve Wear a non-medical mask No Handshaking 	<ul style="list-style-type: none"> Routine Daily Screening Anyone with any symptoms must stay away from others Returning travellers must self-isolate 	<ul style="list-style-type: none"> More frequent cleaning Enhance surface sanitation in high touch areas Touch-less technology 	<ul style="list-style-type: none"> Meet with small numbers of people Maintain distance between you and others Size of room: the bigger the better Outdoor over indoor 	<ul style="list-style-type: none"> Spacing within rooms or in transit Room design Plexi-glass barriers Movement of people within spaces

The return to organized physical activities will follow these steps:

STEP #1

Low-risk activities (e.g. skill building at home, etc.) can occur with the following requirements:

- The ability to maintain physical distancing (2 m) between cohorts (indoors and outdoors).
- Adherence to occupancy limit.
- Heightened cleaning protocols (frequently touched items disinfected twice every 24 hours).
- The focus is on the development of physical abilities and basics.
- Small class size ratios and reduced training time scheduled.
- No in-person inter-school competitions/events should occur at this time.

STEP #2

Activities can occur with the following requirements:

- Ability to maintain physical distancing (2 m) between cohorts (indoors and outdoors).
- Adherence to occupancy limit.
- Shared equipment can be used, provided it is cleaned and disinfected as per the guidelines in Appendix K - Enhanced Cleaning SWP COVID-19.
 - Please note, disinfecting between users is required.
 - Students should be encouraged to practice proper hand hygiene before and after participating in sport activities and equipment use.
 - Disinfect teaching aids (e.g., clipboards, white boards, pens, plastic bins for transporting materials etc.)
- Heightened cleaning protocols (frequently touched items disinfected twice every 24 hrs).
- The focus is on the development of physical abilities and basics.
- Larger class size ratios and increased training time scheduled.
- No in-person inter-school competitions/events should occur at this time.

STEP #3

“The New Normal” will be determined later based upon the recommendations of the Provincial Health Officer and the Government of B.C. regulations.

In the case of any discrepancy in guidance, schools and school districts are expected to follow the Ministry of Education guidelines outlined in this document.

SD 62 Return to Sport Training Safety Plan & Guidelines

COVID-19 SAFETY PLAN DETAILS

The following information represents the COVID-19 Safety Plan for the operations of SD 62 under Step #2.

PRE-PROGRAM START DATE COMMUNICATION

Prior to the start of our _____ sessions, the program organizers will do the following:

- Communicate with staff/community coaches and volunteers regarding training and information about how to address the COVID-19 Safety plan and programming modifications and sign consent form.
- Inform all registered participants and their parents or guardians about the new protocols related to the operation of the program before their first visit to foster confidence in our plans and seriousness to keep everyone safe.

These protocols will include information about the following:

- screening protocols (see Appendix C and D)
- illness policy (see Appendix B)
- personal hygiene requirements
- physical distancing requirements
- cleaning protocols
- programming changes related occupancy limits
- Participants will be asked to register for all programming and may be informed that attendance may change when the Student Daily Health Checks are completed.
- Any parent concerns, questions and communication should be addressed via email or telephone to _____.

PRIOR TO ARRIVING AT THE FIELD:

Prior to arriving at the field to participate in _____ sessions our members are expected to do the following:

- Read the Return to Sport Training Safety Plan & Guidelines Strategies (Appendix A) and the Illness Policy (see Appendix B).
- Parents will ensure their children arrive dressed appropriately for all programs.
- All program participants should only bring with them what items they need for the program in a single bag labeled with their name; sharing of personal items, including but not limited to food and beverages in water bottles is **forbidden**.
- Parents will be instructed to tell their children to follow the instructions of staff and community coaches when entering and exiting the field.

ARRIVAL AND DEPARTURE AT THE VENUE:

Proposed Venue(s): _____

Proposed Frequency & Times: _____

When a _____ participant arrives at the field for the start of a “Return to _____” session or the start of a new day in a continuing program, they will follow these guidelines:

- There will be no parking or drop off area at the _____ main gate so all players must come dressed.
- A parent may bring their child to the outside entrance to the field; people will lineup outside the field using the markings on the ground to maintain a physical distance (2 m) between yourself and other people standing in the line. Alternating gates will be used to separate the divisions to allow for more space to distance.
- SD 62 requires **prior to entering the field / gym / venue** all individuals, including staff, community coaches and program participants, will have completed the Daily Health Check (staff to complete online via engage).
- Students, staff or community coaches may still attend school if a member of their household has cold, influenza, or COVID-19-like symptoms, provided the student/staff/community coach is asymptomatic.
- As per public health guidance, it is expected the symptomatic household member is seeking assessment by a health care provider.
- If the household member tests positive for COVID-19, public health will advise the asymptomatic student/staff/community coach on self-isolation and when they may return to school.
- All Individuals must not enter the facility or participate in any activity if they have, travelled outside Canada in the last 14 days.
- Once players have been cleared to attend, they will be directed to personal area that will be identified by numbers to store their personal belongings (water bottle, gear bags) for the duration of the session. These areas will be 2 m apart. Once all players have arrived and are ready, they will be directed to the field single file through the entrance gate.
- At the end of the session players will be directed to return to their personal areas single file and wait, they will be released single file to their parents waiting on the outside of the gates.

PARTICIPATION IN SESSIONS

During participation in a “_____” session, the participants will follow these guidelines while they are active on the field:

- All participants must bring their own water bottle, gear, sticks and personal individual sanitation equipment; sharing of individual equipment is forbidden during sessions.
- No spectators are in attendance – aside from participants, only the minimum number of individuals required to run the activity should be present.
- All Staff/Community Coaches and players must adhere to the SD 62 Return to Sport Training Guidelines and follow suitable skills and drills that have been identified to ensure the safety of all that are involved. These will allow for the players and staff/community coaches to maintain physical distancing while continuing to work on their skills.
- Should a player need to use the washroom they must stop at the venue entrance for hand sanitizer before returning to the field. (Staff/ Community Coaches or designate should ensure sanitizer is available at entrance to venue).
- Player water bottles will not be stored near the field/floor but in the players designated personal area.
- Shared equipment can be used, provided it is cleaned and disinfected as per the guidelines in Appendix K - Enhanced Cleaning SWP COVID-19.
 - Please note, disinfecting between users is required.
 - Students should be encouraged to practice proper hand hygiene before and after participating in sport activities and equipment use.
 - Disinfect teaching aids (e.g., clipboards, white boards, pens, plastic bins for transporting materials etc.)
 - School based programs must purchase District approved disinfectant for use in the programs.
- Should there be an injury on the field, a coach or volunteer must wear a mask and gloves to attend to the player as per Appendix F, and if needed the parents will be called immediately for pick up.
- Participants must focus on the staff/community coaches and their instructions when waiting to perform drills and avoid distraction or horseplay while waiting for reps in drills.
- All balls, cones and nets, tables (equipment) will be cleaned and sanitized with the appropriate district approved product cleaner at the end of the sessions. The keys and locks for the fields will be sprayed with sanitizer.

CONFIRMED COVID-19 CASE IN A SD62 SITE/SCHOOL PROCESS

- If an SD 62 site experiences an exposure the health authority will manage the process. Refer to the [COVID-19 Protocols for School and District Administrators](#) for more information.

Glossary

Appendix A - COVID Safety Plan_Return to Training Strategies Plan

Appendix B – Illness Policy

Appendix C – Daily Health Check – Parents/Guardians

Appendix D – Daily Health Check – Staff/Visitors

Appendix E – Administering First Aid Safe Work Procedure COVID-19

Appendix F – Informed Consent & Assumption of Risk Agreement

Appendix G – Participant Agreement

Appendix H – Return to Sport Guidelines by Sport

Appendix I – Before You Play

Appendix J – Return to Sport Training Plan

Appendix K – Enhanced Cleaning SWP COVID-19

Appendix A - COVID Safety Plan - Return to Training Strategies Plan

SCREENING PROTOCOL

Prior to entering the field staff/community coaches and players must complete the Daily Health Check (see Appendix C and D).

Individuals must stay home if they are sick. Students or staff/community coaches may still attend school if a member of their household develops new symptoms of illness, provided the student/staff/community coach has no symptoms themselves. If the household member tests positive for COVID-19, public health will advise the asymptomatic student/staff/community coach on self-isolation and when they may return to school. Most illness experienced in B.C. is not COVID-19, even if the symptoms are similar (Provincial COVID-19 Health and Safety guidelines for K-12 Settings, Feb. 4, 2021).

ILLNESS POLICY

See Appendix B.

PERSONAL HYGIENE

Hand Hygiene

All staff/community coaches and participants must adhere to the following hand hygiene guidelines. Hand washing <https://www.youtube.com/watch?v=3PmVJQUcm4E> and / or sanitizing should be frequent throughout the day and should occur at, but not limited to, the following times:

- Before and after using the washroom.
- After sneezing, coughing, or handling dirty tissues.
- After getting hand dirty while performing and coaching activity.
- When they arrive at site/school and leave school.
- Before and after using an indoor learning space used by multiple cohorts (e.g. the gym).
- After using the toilet.
- Before and after any breaks
- Before and after using the gym.

PPE (Personal Protective Equipment)

- All staff are required to wear masks during PHE classes when they are indoors and a barrier is not present.
- All visitors (community coaches) must wear a non-medical mask when they are inside the school.

PERSONAL ITEMS

All participants must have their own full water bottle, gear and equipment, no sharing of personal items is permitted.

PHYSICAL DISTANCING REQUIREMENTS

Field and Surrounding Areas

HIGH INTENSITY SPORTS ACTIVITIES

- For high intensity stationary activities, students and fitness equipment (e.g. stationary bikes, treadmills, weight training equipment) need to be spaced 2 m apart if indoors, including for those within the same learning group. If 2 m spacing is not available, and

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the activity cannot be moved outdoors, then the activity must not take place and a different activity should be selected.

- Masks cannot replace the need for 2 m between students and/or fitness equipment during high intensity stationary activities indoors.
- For high intensity activities that involve movement (e.g. basketball, soccer,) indoors or outdoors:
 - Students within the same cohort (academy program) group are not required to maintain physical distancing, but avoid physical contact.
 - Students from different cohorts are required to maintain physical distancing (2 m).
- Wearing masks during high-intensity sport activities (stationary or with movement, indoors or outdoors) is left to personal choice.

LOW INTENSITY SPORTS ACTIVITIES

- For low intensity activities (e.g. stretching, golf), students Grades 4 to 12 are required to wear masks when they are indoors and a barrier is not present.

Masks not required during high intensity physical activity for students Grades 4 to 12 is due to during high intensity physical activity, respiration rates are increased (resulting in a wet mask) and the wearer is more likely to touch their face and adjust the mask frequently. These factors lessen the protective value a mask may offer. In addition, a wet mask is more difficult to breathe through; those wearing masks during high intensity activities should change them as soon as they become wet.

- Signage will be posted around the venue to encourage and to remind people about safe distancing.
- Should an injury occur and the 2 m distance can no longer be maintained, a coach or volunteer will wear gloves and a mask to deal with the situation in accordance to Appendix E – Administering First Aid Safe Work Procedure COVID-19.
- There are tape markers or cones marking 2 m apart for the entry to the field lineup and also tape markers 2 m apart for exit and pickup waiting spots.

CLEANING PROTOCOLS

- All balls, cones, nets, and tables will be cleaned and disinfected, using district approved disinfectant, at the end of their use ready for the next day.
- All signs will be removed at the end of the sessions, wiped down stored for the next week's session.

Appendix B - Illness Policy

In this policy, “Team member” includes an employee, volunteer, participant and/or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program co-ordinator) immediately if you feel any symptoms of COVID-19 as per Daily Health Check forms (Appendix C for Parents/Guardians and Appendix D for Staff/Visitors).

2. Assessment

- Participants must review the self-assessment signage located throughout the facility before activity to attest that they are not feeling any of the COVID-19 symptoms.
- Staff/community coaches will visually monitor participants to assess any early warning signs as to the status of their health and to touch base on how they are feeling regarding their person safety throughout the activity.
- If participants are unsure, please have them use the [K-12 Health Check app](#) or call 811.

3. If a participant is feeling sick with COVID-19 symptoms

- **Students and staff/community coaches should stay at home** when new symptoms of illness develop. As per the Daily Health Check forms (Appendix C for Parents/Guardians and Appendix D for Staff/Visitors).
- If the student (or their parent/guardian) or staff/community coach indicates that the symptoms are consistent with a previously diagnosed health condition and are not unusual for that individual, they may return to school. No assessment or note is required from a health care provider.
- Parents/caregivers and students can utilize the provincial [K-12 Health Check app](#) for daily assessment of symptoms.

4. If a participant tests positive for COVID-19

- The participant will not be permitted to return after the required self-isolation is complete. See below for further information.
- The following students, staff or other adults (community coaches) **must stay home and self-isolate**:
 - A person confirmed by the health authority as testing positive for COVID-19; or
 - A person confirmed by the health authority as a close contact of a confirmed case of COVID-19; or
 - A person who has travelled outside of Canada in the last 14 days.
- Close off, clean and disinfect the area immediately and any surfaces that could have potentially been infected/touched.

5. If a participant has been tested and is awaiting the results of a COVID-19 test they must stay home while they are waiting for the test results.

6. Quarantine or Self-Isolate

- Any participant who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- Students or staff/community coaches may still attend school if a member of their household has cold, influenza, or COVID-19-like symptoms, provided the student/staff/community coach is asymptomatic. As per public health guidance, it is expected the symptomatic household member is seeking assessment by a health care provider.
- If the household member tests positive for COVID-19, public health will advise the asymptomatic student/staff/community coach on self-isolation and when they may return to school (BC CDC February 4, 2021).

- Any participant who is in quarantine or self-isolating because of contact with an infected person or in families who are self-isolating is not permitted to enter any part of the facility.

Appendix C – Daily Health Check – Parents/Guardians

Daily Health Check			
1. Key Symptoms If yes to 1 or more: Stay home and get a health assessment. -Contact a health care provider or 8-1-1 about your symptoms and next steps.	Does your child have any of the following symptoms?	Circle One	
	Fever higher than 38 °C	Yes	No
	Chills	Yes	No
	Cough	Yes	No
	Loss of sense of smell or taste	Yes	No
	Difficulty Breathing	Yes	No
2. Secondary Symptoms -If yes to 1: Stay home until you feel better. -If yes to 2 or more: Stay home for 24 hours. -If symptoms don't get better or get worse, get a health assessment; contact a health care provider or 8-1-1 about your symptoms and next steps.	Sore Throat	Yes	No
	Loss of Appetite	Yes	No
	Extreme Fatigue or tiredness	Yes	No
	Headache	Yes	No
	Body Aches	Yes	No
	Nausea and vomiting	Yes	No
	Diarrhea	Yes	No
3. International Travel -If yes: Self isolate for 14 days	Have you returned from travel outside of Canada in the last 14 days?	Yes	No
4. Confirmed Contact -If yes: Follow Public Health advice.	Are you a confirmed contact of a person confirmed to have COVID-19?	Yes	No

Please note, [K-12 Health Check app](#) can be used to complete the daily health check.

If you have any **concerns** or **questions** about your health, you may contact 8-1-1 at any time.

If a COVID-19 test is not recommended by the health assessment, the child can return to school when symptoms improve and they feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

A health-care provider note (i.e. a doctor's note) should not be required to confirm the health status of any individual.

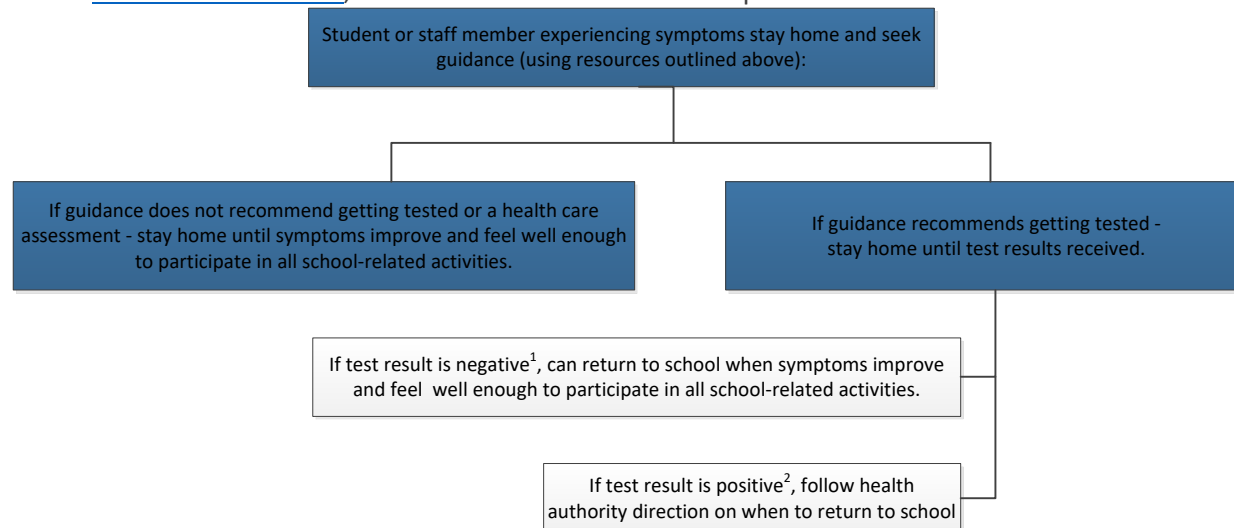
PARENTS CONSENT OF UNDERSTANDING:

I have read and reviewed the Daily Health Check and understand I must complete this daily for my child before they arrive on-site. I will review this checklist daily when assessing my child.

Once you have reviewed this document, please consent as per school's process confirming that you understand this and that you will assess your child daily for symptoms.

COVID-19 Symptoms, Testing & Return to School

When a student, staff or other adult can return to school depends on the type of symptoms they experienced and if a COVID-19 test is recommended. See the [K-12 Health Check app](#) and BCCDC “[When to get tested for COVID-19](#)” resource for specific guidance. Staff, students and parents/caregivers can also use the BCCDC online [Self-Assessment Tool](#), or call 8-1-1 or their health care provider.



1. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless the person develops a new illness. [BCCDC](#) has information on receiving negative test results.

2. Public health will contact everyone with a positive test. Visit the BCCDC website for more information on [positive test results](#).

Provincial COVID-19 Health and Safety guidelines for K-12 Settings, Feb. 4, 2021

Appendix D – Daily Health Check – Staff/Visitors

Daily Health Check			
1. Key Symptoms If yes to 1 or more: Stay home and get a health assessment. -Contact a health care provider or 8-1-1 about your symptoms and next steps.	Do you have any of the following symptoms?	Circle One	
	Fever higher than 38 C	Yes	No
	Chills	Yes	No
	Cough	Yes	No
	Loss of sense of smell or taste	Yes	No
	Difficulty Breathing	Yes	No
2. Secondary Symptoms -If yes to 1: Stay home until you feel better. -If yes to 2 or more: Stay home for 24 hours. -If symptoms don't get better or get worse, get a health assessment; contact a health care provider or 8-1-1 about your symptoms and next steps.	Sore Throat	Yes	No
	Loss of Appetite	Yes	No
	Extreme Fatigue or tiredness	Yes	No
	Headache	Yes	No
	Body Aches	Yes	No
	Nausea and vomiting	Yes	No
	Diarrhea	Yes	No
3. International Travel -If yes: Self isolate for 14 days	Have you returned from travel outside of Canada in the last 14 days?	Yes	No
4. Confirmed Contact -If yes: Follow Public Health advice.	Are you a confirmed contact of a person confirmed to have COVID-19?	Yes	No

Please note, the [When to get tested for COVID-19 webpage](#) can be used to complete the daily health check but staff must complete the Daily Health Check via engage before entering the site.

If you have any **concerns** or **questions** about your health, you may contact 8-1-1 at any time.

If a COVID-19 test is not recommended by the health assessment, you can return to school when symptoms improve and feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

A health-care provider note (i.e. a doctor's note) should not be required to confirm the health status of any individual.

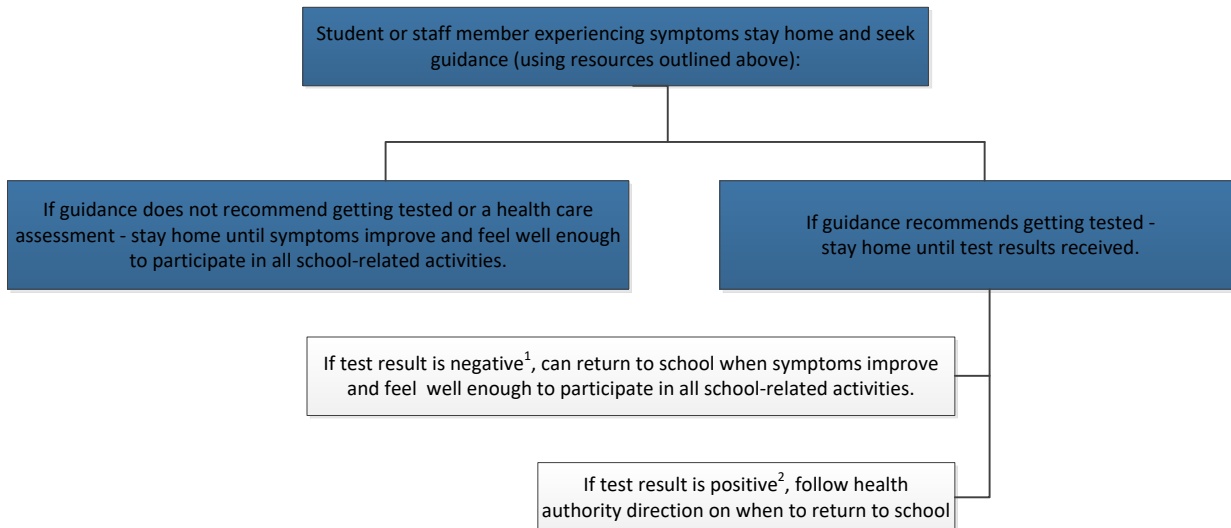
STAFF OR VISITORS CONSENT OF UNDERSTANDING:

I have read and reviewed the Daily Health Check and understand I must complete the Daily Health Check for myself before I arrive on-site. All SD 62 staff must complete the Daily Health Check via Engage, or by other pre-arranged means with their Site-Based Manager or P/VP if no internet access, before entering the site. This document must be reviewed daily but does not need to be submitted daily to the school/site.

Once you have reviewed this document, please consent as per sites process confirming that you understand your role and that you will assess yourself for daily for symptoms.

COVID-19 Symptoms, Testing & Return to School

When a student, staff or other adult can return to school depends on the type of symptoms they experienced and if a COVID-19 test is recommended. See the [K-12 Health Check app](#) and BCCDC “[When to get tested for COVID-19](#)” resource for specific guidance. Staff, students and parents/caregivers can also use the BCCDC online [Self-Assessment Tool](#), or call 8-1-1 or their health care provider.



1. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless the person develops a new illness. [BCCDC](#) has information on receiving negative test results.

2. Public health will contact everyone with a positive test. Visit the BCCDC website for more information on [positive test results](#).

Provincial COVID-19 Health and Safety guidelines for K-12 Settings, Feb. 4, 2021

Appendix E - Administering First Aid Safe Work Procedure - COVID-19

Purpose

The purpose of this document is to provide a procedure for Occupational First Aid (OFA) designates to follow while performing first aid to either students or staff at schools/sites during COVID-19 to ensure worker safety.

PPE

Nitrile gloves and non-medical mask. Safety eyewear or other PPE is task dependent.

Before performing administering first aid OFA designate must read and understand the Re-useable/Disposable Masks and Face Shields Use, COVID 19 SWP and watch the associated hand washing video (<https://www.youtube.com/watch?v=3PmVJQUCm4E>).

Procedure - Flu like Symptoms

- OFA designates are **not** to assess or approach patients with suspected flu like symptoms. Should a staff or a child begin to show flu like symptoms follow **If Staff or Students become ill on site** process under **Illness** in the SD 62 COVID-19: Stage 2 Staff Handbook.

Procedure - Non -Flu like Symptoms- Standard First Aid

- First Aid rooms / dressing rooms are to be kept as a clean staging area, **patients are NOT to enter**. Have patient sit in chair outside room or other designated area.
- Perform hand washing as per COVID 19 SWP regarding Hand Washing.
- **Don nitrile gloves and non-medical mask.**
 - **Don and doff mask** as per Appendix T – Re-useable/Disposable Masks and Face Shields Use.
- Gather appropriate first aid supplies and leave first aid kit in staging area (First aid room/dressing area).
- Perform injury assessment verbally and visually prior to administering first aid.
- Administer appropriate first aid.
- Advise custodial of areas used/touched for disinfecting purposes.
- **Remove gloves:**
 - Remember the outside of the gloves are contaminated. Grasp palm area of gloved hand and peel off first glove. Slide fingers of hand under other glove at wrist and peel off. Discard in regular waste.
 - Wash hands as per Hand Washing SWP.
- Complete First Aid Record (Form 55B23) as per WorkSafeBC (you can use the same form for students).
 - If OFA Level 2 or 3 designate completes Patient Assessment record (Form 55M60), if required.

For additional information please contact District OHS.

APPENDIX F - INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

(To be executed by Participants under the age of 19)

WARNING! By signing this document, you will assume certain risks and responsibilities. Please read carefully.

Participants Name: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in school sport and the orientation, instruction, activities, programs, and services Lower Vancouver Island Senior School Athletic Association (LVISSAA) & the Sooke School District (SD 62), (collectively the "Activities"), the undersigned, being the Participant and the Participant's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this document:

Description of Risks

2. The Parties understand and acknowledge that:

- a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
- b) LVISSAA / SD 62 may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
- c) LVISSAA / SD 62 has a difficult task to ensure safety and it is not infallible. LVISSAA may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
- d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. LVISSAA has put in place preventative measures to reduce the spread of COVID-19; however, LVISSAA cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.

3. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards.

The risks, dangers and hazards include, but are not limited to:

- a) Contracting COVID-19 or any other contagious disease;
- b) Executing strenuous and demanding physical techniques;
- c) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- d) Exerting and stretching various muscle groups;
- e) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- f) Spinal cord injuries which may render the Participant permanently paralyzed;
- g) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the participant's body or to the Participant's general health and well-being;
- h) Abrasions, sprains, strains, fractures, or dislocations;

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- i) Privacy breaches, hacking, technology malfunction or damage;
- j) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- k) Physical contact with other participants, spectators, equipment, and hazards;
- l) Not wearing appropriate safety or protective equipment, such as a helmet;
- m) Failure to act safely or within the Participant's ability or within designated areas;
- n) Grass, turf, and other surfaces including bacterial infections and rashes;
- o) Collisions with fences, poles, stands, and softball equipment;
- p) Negligence of other persons, including other spectators, participants, or employees;
- q) Weather conditions; and
- r) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities.

We have read and agree to be bound by paragraphs 1 and 3. _____

Parent Signature

Terms

4. In consideration of LVISSAA allowing the Participant to participate in the Activities, the Parties agree:
 - a) That the Participant's mental and physical condition is appropriate to participate in the Activities;
 - b) That when the Participant practices or train in his or her own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
 - c) To comply with the rules and regulations for participation in the Activities;
 - d) To comply with the rules of the facility or equipment;
 - e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring such to the attention of a LVISSAA / SD 62 representative immediately;
 - f) The risks associated with the Activities are increased when the Participant is impaired and the Participant agrees not to participate if impaired in any way;
 - g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
 - h) That they are responsible for the choice of the Participant's protective equipment and the secure fitting of the protective equipment;
 - i) That COVID-19 is contagious in nature and the Participant may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all of the foregoing risks.
5. In consideration of LVISSAA / SD 62 allowing the Participant to participate, the Parties agree:
 - a) That the Parties are not relying on any oral or written statements made by LVISSAA / SD 62 or their agents, whether in brochure or advertisement or in individual conversations, to agree to be

involved in the Activities; and

- b) That LVISSAA / SD 62 is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities.

We have read and agree to be bound by paragraphs 4-5.

Parent Signature

General

6. The Parties agree that in the event that they file a lawsuit against LVISSAA, they agree to do so solely in the province of British Columbia, Canada and they further agree that the substantive law of British Columbia will apply without regard to conflict of law rules.
7. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement

8. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Participant (Print)

Signature of Participant

Date of Birth

Name of Parent/Guardian (Print)

Signature of Parent/Guardian

Date Signed

APPENDIX G - PARTICIPANT AGREEMENT

Application - all athletes, staff, community coaches and officials while in attendance at any and all school sport activities ("Participants"), including practices and team meetings.

All Participants of LVISSAA/LIMSSA/SD 62 agree to abide by the following points when entering school sport facilities and/or participating in activities under the COVID-19 Response plan and Return to Play Protocol:

- I agree to symptom screening checks and will let my school and team coach know if I have experienced any of the symptoms in the last 10 days.
- I agree to stay home if Appendix C – Daily Health Check advises me to.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided (shared and personal equipment).
- I agree to continue to follow physical distancing protocols of staying at least 2 m away from others.
- Shared equipment can be used, provided it is cleaned and disinfected as per the guidelines in Appendix K - Enhanced Cleaning SWP COVID-19.
 - Please note, disinfecting between users is required.
 - Students should be encouraged to practice proper hand hygiene before and after participating in sport activities and equipment use.
 - Disinfect teaching aids (e.g., clipboards, white boards, pens, plastic bins for transporting materials etc.)
 - School based programs must purchase District approved disinfectant for use in the programs.
- I agree to abide by all of LVISSAA/LIMSSA/SD 62's COVID-19 policies, procedures and guidelines.
- I understand that if I do not abide by the aforementioned policies/procedures/guidelines, that I may be asked to not to participate and attend any practices or games for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies, procedures and/or guidelines may result in suspension of my involvement temporarily.
- I acknowledge that there are risks associated with entering the facilities and/or participating in school sport activities, and that the measures taken by LVISSAA/LIMSSA and its participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Name of Participant (Print)

Signature of Participant

Name of Parent/Guardian (Print)
(If participant is Under 19)

Signature of Parent/Guardian

Date Signed

APPENDIX H – RETURN TO SPORT GUIDELINES BY SPORT

Applicable to ALL Sports:

HIGH INTENSITY SPORTS ACTIVITIES

- For high intensity stationary activities, students and fitness equipment (e.g. stationary bikes, treadmills, weight training equipment) need to be spaced 2 m apart if indoors, including for those within the same learning group. If 2 m spacing is not available, and the activity cannot be moved outdoors, then the activity must not take place and a different activity should be selected.
 - Masks cannot replace the need for 2 m between students and/or fitness equipment during high intensity stationary activities indoors.
- For high intensity activities that involve movement (e.g. basketball, soccer,) indoors or outdoors:
 - Students within the same cohort (academy program) group are not required to maintain physical distancing but avoid physical contact.
 - Students from different cohorts are required to maintain physical distancing (2 m).
- Wearing masks during high-intensity sport activities (stationary or with movement, indoors or outdoors) is left to personal choice.

LOW INTENSITY SPORTS ACTIVITIES

- For low intensity activities (e.g. stretching, golf), students Grades 4 to 12 are required to wear masks when they are indoors and a barrier is not present.

Masks not required during high intensity physical activity for students Grades 4 to 12 is due to during high intensity physical activity, respiration rates are increased (resulting in a wet mask) and the wearer is more likely to touch their face and adjust the mask frequently. These factors lessen the protective value a mask may offer. In addition, a wet mask is more difficult to breathe through; those wearing masks during high intensity activities should change them as soon as they become wet.

Participants should maintain physical distancing of 2 m when off the court/field.

There should be no unnecessary contact between participants – this includes handshakes, hugs, meeting at the net/bench/sideline, and high-fives.

Participants should “Get In. Train. Get Out”. Participants should not congregate or socialize before or after the activity.

Where officials (if being used) are unable to physically distance, it is recommended to assign an official(s) to a specific cohort and avoid having them interact with multiple cohorts.

Shared equipment can be used, provided it is cleaned and disinfected as per the guidelines in Appendix K - Enhanced Cleaning SWP COVID-19.

- Please note, disinfecting between users is required.
- Students should be encouraged to practice proper hand hygiene before and after participating in sport activities and equipment use.
- Disinfect teaching aids (e.g., clipboards, white boards, pens, plastic bins for transporting materials etc.)
- School based programs must purchase District approved disinfectant for use in the programs.

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FALL AND WINTER SPORTS

Cross Country:

- When possible & safe, it is preferable to run/bike/ski BESIDE others instead of BEHIND (e.g., on closed roads or wide trails).
- For dryland time-trials or races, use individual start only. Timing chips or bibs shall not be shared, but may be used if owned by / permanently assigned to the athletes.
- Athletes must come dressed to compete and bring their own water.
- No more than 50 people are allowed to be at a site (this includes staff/community coaches).

Volleyball/Triple ball:

- There may be up to 12 individuals per court (six per side), if able to physically distance (2 m). All team players and substitutions must be included and counted in the school designated cohort.
- Physical contact and proximity is permitted for the purposes of training and game play on- court and within the cohort.
- Non-essential physical contact (e.g. high fives, hugs) should not occur.
- Volleyball Canada rules for volleyball must be complied with at all times.
- All participants, community coaches and staff must practice physical distancing off the court.
- If a ball from another cohort comes over, participants should use their feet to kick it back.

Rowing:

- Currently there is no on water training or practice through LVISSAA or GVVRS
- For dryland training.
 - Ergs must sanitize between users (including surrounding floor area).
 - Ergs must be set up 2 m apart from one another.
 - Any running training must abide by the Cross-Country guidelines.
 - Any weight training must abide by the fitness center's guidelines and processes.

Weight Training:

- Weight rooms may be used between users who are not in the same cohort
 - Cleaning between users, ensuring adequate disinfection time between users, see Table 1 of Appendix C - Enhanced Cleaning SWP COVID-19.
 - Custodial will not be responsible for cleaning between users.
 - Those using cleaning products must be WHMIS trained.
- Physical distance (2 m) between users must be maintained at all times.
- Participants must wash hands before and after use.
- No rotating between stations for circuit training is allowed at this time.
- If equipment is shared within a cohort, please limit equipment sharing.

Soccer:

- No throw-ins. Kick-ins only. The kick-ins will be handled as an indirect free kick.
- Skills and drills that maintain physical distancing between school designated cohorts can be practiced (i.e. passing drills).

Field Hockey:

- Must adhere to field hockey facility guidelines.
- Players are limited to 2 sport cohorts. Staff/community coaches must confirm with any student-athletes who are playing club field hockey that they are only in 1 club sport cohort.
- Skills and drills that maintain physical distancing between school designated cohorts can be practiced (i.e. passing drills)

Badminton:

- Singles and doubles play are allowed.
- Equipment must be sanitized between school designated cohorts.
- If more than one cohort is in a gym at once there is to be no sharing of equipment. Birdies must be passed back to the different school designated cohorts via a racquet only. No touching birdies with hands between cohorts.
- Games within school designated cohorts are allowed. Games with more than one cohort is allowed provided the cohorts always maintain a physical distance of 2 m minimum (i.e. opposite side of court) and no equipment is shared (each cohort has their own birdie supply).

Basketball:

- When in a school designated cohort, individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised.
- If more than one school designated cohort is using the same gym, physical distancing must apply between groups. Any stray balls from the other cohort must be returned using their feet and should not be touched by anyone's hands from outside the cohort.
- Drills such as or similar to fast break simulations with no defenders, or a 3-person weave are still permitted, but the idea is that the participants are maintaining a physical distance at all times, except for a brief moment when performing a drill. Prolonged exposure such as guarding someone is now prohibited.
- Low-intensity drills are permitted and while do not require the same level of distancing of students in the same educational learning group (cohort), the guidelines do require using all of the space available, reducing face-to-face contact, and minimizing physical contact.
- If more than one school designated cohort is using the same gym, physical distancing must apply between groups.

Rugby:

- Minimize the amount of close contact (within 2 m of another person). This means no person to person tackling, scrums, lineouts, mauls or rucks.
- Touch or flag rugby allowed within cohort only
- Use discretion on use of tackling pads, enhanced cleaning measures required, pad holder must be wearing a mask.

Track & Field:

- Keep participants minimum one lane apart when training on the track (i.e. Use lanes 1, 3, 5, 7). Use cones to visually remind athletes of the distance that should be maintained while waiting their turn.
 - Use staggered starts when doing intervals/repeats.
- Throws**
- Practice physical distancing by keeping 2m away from one another at all times. Use cones to visually remind athletes of the distance that should be maintained while waiting their turn.
 - Athletes should retrieve their own throwing implements.
 - Personal aides like gloves, wrist straps, chalk, tape should not be shared between athletes.
- Horizontal & Vertical Jumps**
- Long Jump & Triple Jump Pits are permissible for use. It is important to recognize that
 - there currently is no known method to ensure sand pits are properly sanitized. As a result,
 - use of these sand pits comes with an increased risk of infection. To help mitigate this risk we
 - strongly recommend:
 - Sanitizing your hands before and after each jump.

- Avoid getting sand in your eyes, nose or mouth.
- The landing pit should be turned and raked before and after each individual athlete/user.
- Equipment such as rakes, measuring tapes, should be managed by dedicated individuals for a particular session i.e. one athlete or the coach, and cleaned between one athlete's series of jumps or between sessions.
- High Jump Pits are permissible for use only if mats are to be covered by a large tarp that is unique to each athlete and put in place and removed before and after each individual athlete/user (therefore multiple tarps needed), or the mat is sanitized between participants. Cross Bars should be cleaned before use and managed by dedicated individual for a particular session. Bars should be sanitized after contact by an athlete.

Ultimate:

- Competitive play, which includes close proximity of participants, should only occur within a cohort while avoiding physical contact.
- A “ground check” may be used to put the disc into play at any time when a “defensive check” is required by the rules.

Golf:

- Groups should be formed within cohort when possible.
- Participants should maintain 2m distance from one another at all times. Wear a mask when the 2 m distance cannot be maintained.
- Must follow the guidelines set by each golf course.

APPENDIX I - BEFORE YOU PLAY

Do not play if you:

- Exhibit any coronavirus symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
- Have been in contact with someone with COVID-19 in the last 14 days.
- Are considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).

PREPARING TO PLAY – PROTECT YOURSELF AGAINST INFECTIONS

- Wash your hands with disinfectant soap and water for at least 20 seconds before going to the activity.
- Bring hand sanitizer.
- Bring your own equipment.
- Bring your own water bottle.
- Clean your equipment, including your water bottle.
- Shared equipment can be used, provided it is cleaned and disinfected as per the guidelines in Appendix K - Enhanced Cleaning SWP COVID-19.
 - Please note, disinfecting between users is required.
 - Students should be encouraged to practice proper hand hygiene before and after participating in sport activities and equipment use.
 - Disinfect teaching aids (e.g., clipboards, white boards, pens, plastic bins for transporting materials etc.).
 - School based programs must purchase District approved disinfectant for use in the programs.
- Change into your sport apparel at home if possible (not at the field/court location).
- Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
- Consider wearing a mask or gloves while playing.
- If you cough or sneeze, do so in a tissue or in your sleeve.
- Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched as quickly as possible.

WHILE PLAYING

- Comply with the distancing measures and recommendations issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
- Listen to your coach and keep to the area of the field/court the coach has instructed you to be in.
- As much as possible, keep a 2 m distance with other players.
- Avoid physical contact with other players.
- Do not shake hands or do fist bumps, with other players.
- Avoid touching other equipment with your hands (i.e. cones, nets, etc.).

AFTER PLAYING

- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- Do not use locker rooms or changing areas.
- Leave the court/field as quickly as possible after you finish playing.

FAILURE TO FOLLOW

- Should any participants and/or individuals fail to follow these recommendations and guidelines may result in removal from participation.

Appendix J

Return to Sport Training Plan

Checklist for Approval:

- ☐ **Diagram of Sport Venue:** highlights entrance and exits with traffic flow directions, individual player changing/staging areas, parent/spectator areas if applicable, access to bathroom area, location of hand sanitizer stations. **(Only required if your Sport has not been previously approved)**
- ☐ **Diagram of Field or Floor:** Highlights examples of how staff/community coaches will break field/gym/venue into distinct spaces and will assign players & staff/community coaches to facilitate physical distancing. **(Only required if your Sport has not been previously approved)**
- ☐ **Full List of Staff/Community Coaches & Contacts:** List all management and medical/support, staff/community coaches that will be in contact with team including full name, email and cell phone contact number. **(Staff/Community Coaches/AD/PVP will be asked to keep these files current and at the school site. Data must be easily accessible for PVP in the case of an exposure event and the need to provide Vancouver Island Health Authority with data for the purposes of contact tracing – No need to submit to District)**
- ☐ **Full List of Student-Athlete Participants:** includes full name, email and cell phone contact number. **(Staff/Community Coaches/AD/PVP will be asked to keep these files current and at the school site. Data must be easily accessible for PVP in the case of an exposure event and the need to provide Vancouver Island Health Authority with data for the purposes of contact tracing – No need to submit to District)**
- ☐ **Appendix C Daily Health Check – Student-Participant:** ensure that parents have gone to the SD#62 Parent Consent Portal and have consented online to Student Daily Health Checks. If not, the student-athlete may not participate. This information should be included on your Student-Athlete Participant List Daily (*coach should ask daily if the screen was performed*). **(Only required if your Sport has not been previously approved)**
- ☐ **Appendix D Daily Health Check – Staff/Community Coaches:** Ensure that Staff/Community Coaches have read and reviewed the Daily Health Check and understand that they must complete the Daily Health Check (on engage for Staff) before arriving on-site. This document must be reviewed daily but does not need to be submitted daily to the school/site. Once they have reviewed this document, have them consent that they understand their role to assess themselves daily for symptoms. **(Only required if your Sport has not been previously approved)**
- ☐ **Informed Consent & Assumption of Risk Agreement (Appendix F):** All student-athletes must return and endorsed Appendix F prior to a return to training. Staff/Community Coaches must be able to produce these documents on short notice as required. Positive endorsement of Appendix F should be included on a checklist with all student-athlete requirements. **(Only required if your Sport has not been previously approved)**
- ☐ **Participant Agreement (Appendix G):** All student-athletes must return and endorsed Appendix G prior to a return to training. Staff/Community Coaches must be able to produce these documents on short

notice as required. Positive endorsement of Appendix G should be included on a checklist with all student-athlete requirements. **(Only required if your Sport has not been previously approved)**

- ☐ **Proposed Training Schedule:** Staff/Community Coaches will provide a training schedule that will highlight the frequency (how many times a week/month), duration (length of sessions), scope (how many months or length of training season) and purpose (generic goals of the training program). We understand this is subject to change. Do not “knock yourself out” with this – point form and brief. **Please note School Facilities are only accessible to Staff/Community Coaches and students in an extra-curricular program from 8am to 5pm Monday to Friday. (Only required if your Sport has not been previously approved)**
- ☐ **Daily Return to Sport Training Attendance:** Within 12 hours of completion of each training session, a complete training session attendance roster (including Staff/Community Coaches) needs to be emailed to the School-based Athletic Director & the School Principal (or designate). Failure to do so may result in a suspension of the program.
- ☐ **Evidence of Educating Parent & Player Community:** Staff/Community Coaches must include in their submission for approval, one of the following as evidence of educating student-athletes, coaching and support staff and parents of the health & safety precautions and guidelines. Yes, you may do this work prior to submitting your approval package.
 - Copy of Meeting Agenda with recorded attendance from meeting. If holding a face to face meeting, please keep the group under 50 total and ensure physical distancing. It is strongly recommended to hold several smaller face to face meetings as possible.
 - Copy of email to team community outlining the details of SD#62 Return to Sport Training Safety Plan & Guidelines. Including confirmation from staff, community coaches and player’s parents/guardians have reviewed and will follow the changes. **(We have tried our best to prepare district docs and email templates for you to support the process)**

Approval Process:

- **Staff/Community Coaches submit the full package** as listed in the checklist above **to School-based Principal** (or designate) and the **school’s Athletic Director**.
- Once School-Based staff are satisfied the package meets the criteria above, **the Principal (or designate) will forward the package via email to Associate Superintendent, Paul Block, Manager of District OHS, Christine Merner and Mario Labrecque, OHS Advisor. The team will review and final approval will be communicated by Paul.** Packages will be kept at the Board Office as needed. School-based staff are encouraged to keep copies for your on-going reference.

If PVP, AD’s or staff have any questions, do not hesitate to reach out: pblock@sd62.bc.ca or (250) 514-6834.

Appendix K - Enhanced Cleaning SWP COVID-19

Purpose

The purpose of this document is to provide a procedure for custodial staff to follow while performing enhanced cleaning and disinfecting of schools/sites due to COVID 19 to ensure worker safety and effective disinfecting.

Enhanced Cleaning

Staff are required to conduct general cleaning and disinfecting of the school/site at least once every 24 hours. This general cleaning includes items that only a single student uses, like an individual desk or locker. Frequently touched surfaces are required to be cleaned and disinfected twice every 24 hours, including at least once during regular school hours.

- Frequently touched surfaces include,
 - Items used by multiple students and staff, including doorknobs, light switches, hand railings, water fountains, faucet handles, toilet handles, tables, desks, chairs, manipulatives and toys.
 - Shared equipment (e.g. computer keyboards and tablets, glassware and testing equipment for science labs, kitchen equipment for culinary programs, sewing machines and sewing equipment for home economic programs, PE/sports equipment, music equipment, etc.) (Provincial COVID-19 Health and Safety guidelines for K-12 Settings, Feb. 4, 2021).
- The responsibility to clean and disinfect surfaces in our schools is the responsibility of all staff. Frequently touched surfaces as described above will be the responsibility of custodial staff, however, disinfecting other shared items used within classrooms or common areas of the school, e.g. toys, manipulatives, photocopiers microwaves, IT equipment, etc., will need to be cleaned after use by the staff using them.

No additional cleaning procedures are required when different cohorts use the same space or equipment (Provincial COVID-19 Health and Safety guidelines for K-12 Settings, Feb. 4, 2021).

Personal Protective Equipment (PPE)

Nitrile gloves, splash goggles and if using Clorox 360 - N95 dust mask.

Goggles and nitrile gloves for concentrated percept and/or oxivir. No PPE required for use of 1:16 dilution of percept and 1:40 dilution of oxivir.

Non-medical mask as per PPE section of the SD62 COVID-19: Stage 2 Handbook.

Microfiber Cloth use guidelines,

- If disinfectant solution is in a bucket, it must be used the wet the clean microfiber initially and the spray disinfectant can be liberally applied to surface and spread with the cloth for the duration of the cleaning the room.
- The microfiber and disinfectant in the bucket will need to be changed after cleaning 5 rooms.
- If using paper towel, wet the paper towel with disinfectant and spray disinfectant liberally to surface and spread with the paper towel.

Procedure Enhanced Cleaning

1. Perform hand washing as per Hand Washing Safe Work Procedure (SWP).
2. Don required PPE.

DO NOT sweep with a bristle type broom.

3. When dry mopping,
 - Do not shake the mop head,
 - Keep mop head on the floor surface when dry mopping,

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- Use HEPA rated vacuum to collect the debris, being careful not to shake the mop to create dust to be created.

If cleaning up and disinfecting after an ill staff member or student, we must only use wet clean-up methods, NO dry mopping.

4. Use HEPA Vacuum for removing debris on the floors.
5. To ensure access is restricted to room to be cleaned, use cart or sign to restrict access.
 - The custodial cart can be placed outside the room against a wall, **DO NOT** bring into room.
 - Use bucket to bring in essential supplies only to the room.
 - Bucket along with all of its contents will be thoroughly disinfected before being placed back on the cart to prevent cross contamination.
 - A waste bag will be placed on the floor by the doorway.
 - A wet mop can be pre-dipped and stood in the corner of the room. Its handle should be disinfected thoroughly before being placed back in the cart.
6. Using SD 62 approved disinfectant
 - begin cleaning and disinfecting at the doorway and work around the room in a clockwise direction to ensure no areas are missed.
 - Using a disinfectant and microfiber cloth, rub and scrub all horizontal and contact surfaces, including,
 - phone, chairs, low ledges, window crank, counter, sinks, wall mounted equipment, light switches and doorknobs, desktops and spot wash walls.
7. Ensure Contact Time for the product is sufficient to disinfect, see table 1 below.
8. Inspect window coverings and remove dirt if visibly soiled.
9. For washrooms using separate clean microfiber cloth, disinfect working from top to bottom.
 - Clean the light switches, door handle, grab bars, dispensers, sink fixtures, basin, underside and pipes, shower fixtures/bathtub and spot wipe walls.
 - Use a separate clean microfiber cloth and a separate bucket of solution, clean toilet fixtures, seat, tank and base. Wipe splash marks from wall around toilet. Use the bowl mop to clean the bowl.
10. Remove trash from the garbage bins, damp wipe the can inside and out and replace the liner.
 - **DO NOT** leave additional liners in the bottom of the garbage container or hanging over the side.
11. Wipe down vacuum after use.
12. Take garbage/soiled items to exterior dumpsters.
13. Replace all mop bucket solutions and gloves every 2-3 rooms.
14. Removing personal protective equipment and dispose,
 - Goggles – Do NOT touch the front of them. Place in container for disinfection.
15. Wash hands as per Hand Washing SWP.
16. Frequently touched surfaces are required to be cleaned and disinfected twice every 24 hours.
17. For very high-risk areas, follow up with Clorox 360, if required. Follow Clorox 360 SWP.

Table 1: Shows the contact time required for the cleaning product to ensure effective disinfection.

Product	Contact Time
Vital Oxide	10 minutes
Percept (1:16)	5 minutes
Oxivir Tb wipes	1 minute
Oxivir Plus (1:40)	5 minutes

Procedure Microfiber Cloth Cleaning - Washing Machine

1. Wash on warm water cycle
 - a. No bleach or fabric softener
2. Tumble dry on low heat (max 140°C)
 - a. The cloths are essentially plastic therefore heat will melt them.

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Procedure Microfiber Cloth Cleaning - Hand Washing

1. Wash with warm soapy water
2. Scrubbing manually to release the soils
3. Hang to dry

When to dispose of Microfiber Cloths:

Cloths will last approx. 200 - 500 laundering's, typically a calendar year or more.