



WBC - COVID-19 Policy

Approved November 2020

V3.7

Introduction

This document outlines the temporary measures and policies that have been put in place at the Woodstock Badminton Club as a result of the COVID-19 pandemic. Guidelines have been reviewed, revised and updated in accordance with the Government of Ontario COVID 19 Response Framework, the Southwestern Health Unit and Badminton Ontario recommendations.

On November 3, 2020 the Government of Ontario released the COVID-19 Response Framework to limit the transmission of COVID 19 and keep the Province safe and open. Within the framework, the government outlines targeted measures putting public health unit regions into different levels of alert categories: Green-Prevent (standard measures), Yellow-Protect (strengthened measures), Orange-Restrict (intermediate measures), Red-Control (stringent measures), and Lockdown. Measures will be scaled back or implemented progressively, level by level. Health units can shift between categories. A shift in category results in different restrictions being applicable. If trends are improving, measures are dropped cautiously, level by level, to ensure there are no significant community or public health impacts with the rollback of measures.

This document describes the steps that have been taken and are being taken by WBC to keep members safe and reduce the likelihood of the virus spreading at WBC. This document outlines the restrictions that will be in place at the club for each of the provincial government's alert categories.

Risk

Woodstock Badminton Club has in place preventive measures to reduce the spread of COVID-19. Participating in club activities could increase the risk of member's contracting COVID-19 or any other contagious disease. WBC cannot guarantee that the participant will not become infected with COVID 19.

Of the risk factors that help drive transmission of COVID-19. **Close contact is the highest risk.** Limiting these risks is critical to keeping Ontario open and safe. Personal and public health measures —such as wearing a mask, physical distancing, staying home when ill even with mild symptoms, frequent handwashing and surface cleaning —have significant benefits and have been proven to limit COVID-19 transmission. Using face coverings is a method of source control, but to reduce the risk of transmission, it must be accompanied with other measures including, physical distancing, respiratory etiquette and good hand hygiene.

Respiratory infections may spread from respiratory droplets from infected individuals through coughing, sneezing and speaking. COVID-19 transmission can occur even when someone is not showing symptoms.



WBC - COVID-19 Policy

Approved November 2020

V3.7

Entry Rules (All Alert Categories)

Please consider the following before entering the facility:

Stay Home if you:

- Are experiencing any symptoms of COVID-19 (e.g. fever, chills, new or worsening cough, shortness of breath, sore throat, difficulty swallowing, runny nose, stuffy or congested nose – not related to seasonal allergies, lost sense of taste or smell, pink eye, unusual headache, digestive issues, muscle aches or extreme tiredness,
- Have had close contact with anyone with respiratory illness or a confirmed or probable case of COVID-19
- Have travelled to an area with a high incidence of COVID-19 or had close contact with anyone who has travelled to an area with a high incidence of COVID-19 in the past 14 days. (In Ontario, high instance areas of COVID-19 include Red alert levels and Locked down areas.)
- Have been in close contact with a person with acute respiratory illness who has been outside of Canada in the last 14 days

If you are in an at risk group, 70 years or older, receiving treatment that compromises (weakens) your immune system, have a chronic health condition or regularly going to a hospital or health care setting for a treatment, consider staying home until restrictions are lifted.

If you answer yes to any of the above or have concerns about a possible contact take the COVID-19 Self-Assessment <https://covid-19.ontario.ca/self-assessment/> Please contact the local public health unit at 1-800-922-0096 or telephone Telehealth Ontario for further instructions at (866) 797-0000.

Provincial Government Alert Categories

The following chart indicates the key changes that members must be aware of when the Southwestern Health Unit alert category changes.

For Green - Prevent

Club Access	Regular Scheduled Programming (respecting facility capacity limits listed below) Off-hours FOB access is allowed
Face Coverings	Mandatory - in all areas of the facility except the courts when competing and training.
Distancing	Physical distance of at least 2m from every other person must be



WBC - COVID-19 Policy

Approved November 2020

V3.7

	maintained; when on court there should be no contact and every effort to maintain 2m physical distancing should be made.
Facility Capacity	A maximum of 16 persons in the court areas. A maximum of 32 persons in the lounge areas at any one time. A maximum of 50 persons in the facility.
Type of Play	Recreational singles and doubles play is permitted with no contact.
Coaching	Private and club supplied coaching is allowed.

For Yellow - Protect

Club Access	Reservations are required via the web site. Each player must reserve . Note that members are NOT reserving a court but are reserving one of the 10 allowable "person slots" for a given time period. Club access for recreational play (7 days a week) as per the reservation tool.
Face Coverings	Mandatory - in all areas of the facility except the courts when competing and training.
Distancing	Physical distance of at least 2m from every other person must be maintained; when on court there should be no contact and every effort to maintain 2m physical distancing should be made.
Facility Capacity	A maximum of 10 persons in the court areas. A maximum of 20 persons in the lounge areas at any one time A maximum of 30 persons in the facility.
Type of Play	Recreational singles and doubles play is permitted with no contact but limited to the 10 person limit.
Coaching	Private and club supplied coaching. Students are limited by facility capacity limits. No contact.



WBC - COVID-19 Policy

Approved November 2020

V3.7

For Orange - Restrict

Club Access	<p>Reservations are required via the web site. Each player must reserve . Note that members are NOT reserving a court but are reserving one of the 10 allowable “person slots” for a given time period.</p> <p>The club is open for recreational play (7 days a week) as per the reservation tool. Members will have to take a self screening test before registering. This is available online and on the club entrance door.</p>
Face Coverings	Mandatory - in all areas of the facility except the courts when competing and training.
Distancing	Physical distance of at least 2m from every other person must be maintained; when on court there should be no contact and every effort to maintain 2m physical distancing should be made.
Facility Capacity	<p>A maximum of 10 persons in the court areas.</p> <p>A maximum of 10 persons in the lounge areas. (Maximum 90 minute duration).</p> <p>A maximum of 20 persons in the facility.</p>
Type of Play	Recreational Singles and doubles play is permitted with no contact but limited to the 10 person limit.
Coaching	Private and club supplied coaching. (Students and parents/guardians are limited by facility capacity limits.) No contact

For Red- Control

Club Access	<p>Reservations are required via the web site. Each player must reserve . Note that members are NOT reserving a court but are reserving one of the 10 allowable person slots for a given time period.</p> <p>The club is open 7 days a week for recreational play as per the reservation tool. members will have to take a self screening test before registering.</p>
Face Coverings	Mandatory - in all areas of the facility except the courts when competing and



WBC - COVID-19 Policy

Approved November 2020

V3.7

	training.
Distancing	Physical distance of at least 2m from every other person must be maintained; when on court there should be no contact and every effort to maintain 2m physical distancing should be made.
Facility Capacity	A maximum of 4 persons in the court areas. A maximum of 5 persons in the lounge areas. A maximum of 10 persons in the facility. Only 2 courts in use separated by an empty court
Type of Play	Recreational Singles Play only
Coaching	Private Lessons only In-person singles and doubles badminton instruction/training permitted . Games, scrimmage, sparing will be permitted for singles training sessions only There must not be any games, scrimmage, nor sparing for doubles training sessions; doubles training sessions may only be strictly drills

For Lockdown

The club will be closed. There will be no access to the facility for recreational play or coaching.

Public Access

The club is not open to the public, Southgate members or guests. Only WBC members are allowed to utilize the courts as per the access levels listed above.

Parents / guardians of youth members are welcome to utilize the lounge while their child is playing or taking lessons. Other spectators are not permitted. Note that facility limits apply.

Tracking

We ask that all members “swipe” their FOB when entering the club. If it should become necessary to contact trace, we will have a record of all those at the club for any given time period.

The doors to the outside should be kept closed and locked.



WBC - COVID-19 Policy

Approved November 2020

V3.7

Waivers

All who enter the club facility must sign a Waiver of Liability / Hold Harmless Agreement 2020 - 2021. (Waivers for those under the age of 18 may be signed by parents/guardians). The waiver states that participating in club activities could increase the risk of contracting COVID-19 or any other contagious disease and that WBC cannot guarantee that the participant will not become infected with Covid 19.

The waiver for new members and members renewing their membership also includes this statement.

Face Coverings (Masks)

Face coverings are mandatory within our facility. It is the duty of all members and employees of WBC to ensure this policy is implemented and adhered to. The scope of this policy is as follows:

1. Persons who enter or remain in the indoor public space of the WBC facility must wear a face covering that covers the nose, mouth, and chin.
2. Best efforts shall be made to ensure that persons entering the facility are wearing a face covering. Remind those entering the facility that they must wear a mask.
3. The face covering must be worn inside the WBC lounge at all times.
4. The face covering may temporarily be removed in the court area when members are competing or performing physical activity where wearing a face covering would inhibit the person's ability to breathe. (Note: this does not include socializing on the courts.)
5. Persons who cannot safely wear a face covering for medical reasons (such as, but not limited to, respiratory disease, cognitive difficulties or difficulties in hearing or processing information.) are exempted from wearing a mask, they however are strongly encouraged to wear a face shield.

Sanitizing

Hand sanitizer is available throughout the club facility. Please ensure you use hand sanitizer upon entering the club, and after leaving the courts.

A sanitizer station (table) is located next to the court entrance door. Members should sanitize their equipment before entering the courts and when leaving the courts.



WBC - COVID-19 Policy

Approved November 2020

V3.7

Cleaning

The club will engage in sanitization practices for common areas when staff is on duty. This includes, sanitizing all touch points (doors, handles, tables, chairs, benches, counters, washrooms etc.) will occur.

Social Distancing

Members in the lounge that are waiting to utilize the courts should social distance at least 2 metres from other members. Members in recreational play must try and maintain social distances and avoid contact.

Scheduling Court Play

The number of members that can be at the club at any one time is set by the Provincial Government (alert category) and or the local health unit. Scheduling the use of the facility will be governed by these rules.

The schedule of when members can utilize the facility will be posted on the club's web site. For alert category green - prevent, the regular programming and hours will be utilized. For other alert categories the reservation tool will be activated on the website. The reservation tool will be used to reserve one or more of the "person" time slots available. (Government regulations restrict the number of persons that can be in the facility.) Note this is different from the court reservation that was utilized during the phased opening earlier in 2020.)

<https://woodstockbadmintonclub.org/>

Hall Rental

The WBC club will not be rented to members or non members at this time.

Kitchen Sales

The kitchen is open for sales of equipment, snacks and beverages during the evenings sessions when staff are available. Social Distancing must be practiced when eating or drinking a purchase from the kitchen. We strongly encourage everyone to use INTERAC debit for purchases at the bar, although cash will still be accepted



WBC - COVID-19 Policy

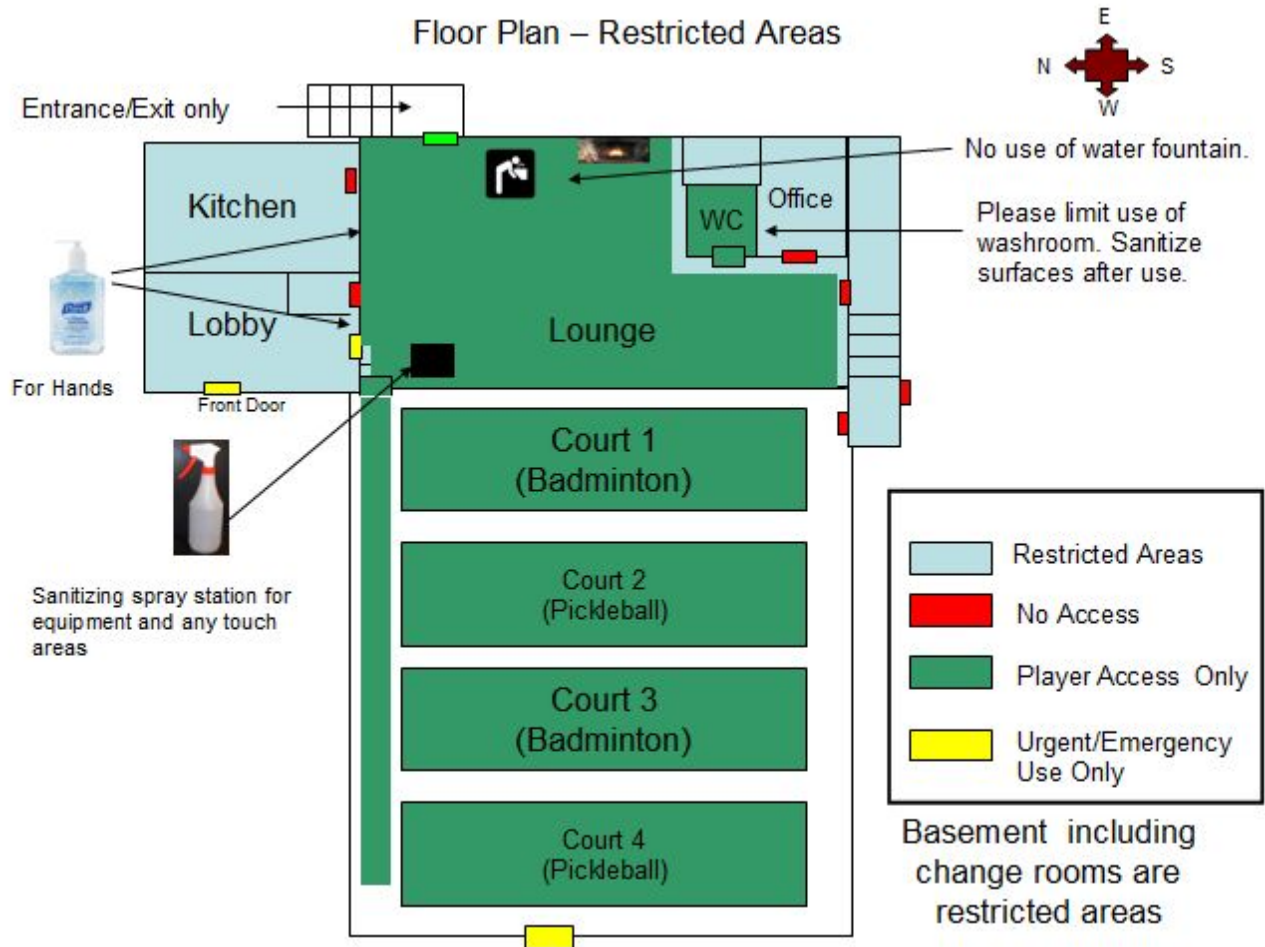
Approved November 2020

V3.7

Restricted Access in the Facility

In order to reduce the amount of real-estate that could potentially be contaminated, much of the club house will be designated as restricted. These restricted areas are designated on the diagram below. Members are not permitted in the restricted areas.

Board members and staff only are permitted in the kitchen and the office spaces. These spaces will be sanitized by the individual using the space after use.



There is no access to the kitchen or change rooms. A sanitizer station (table) will be next to the court entrance door. This table will be used by players to sanitize equipment when entering and leaving the courts. Hand sanitizer will be located in the lounge and on the kitchen counter. The court access door will be propped open to minimize the need for contact.



WBC - COVID-19 Policy

Approved November 2020

V3.7

Player Responsibilities

When arriving at the club, players are asked to:

- Carry their own hand sanitizer and disinfectant wipes.
- Arrive at the club no more than 5 minutes before scheduled play time.
- Use their key fob to enter by the back (east) door only. Push the door open. Avoid touching the door handle. This door needs to be kept closed at all times to ensure social distancing.
- Arrive ready to play. Use benches/chairs provided to change shoes.
- Avoid touching any unnecessary surfaces.
- Avoid physical contact with players (eg. handshakes, fist pumps, elbow bumps).
- Sanitize hands often before and after each game, for at least 20 seconds. Members are encouraged to bring/supply their own sanitizer.
- Use disinfecting spray bottles to sanitize pickleballs and paddles before, after and between games.
- Sanitize your hands before and after utilizing the security pad.
- No shouting.

Players should also practice good hygiene.

- Avoid touching hands to face
- Use a clip on towel or sweat bands to wipe face
- Cough and sneeze into tissue, and dispose safely

Other responsibilities:

- Players should bring their own water bottles. Please take your used water bottles with you. The water fountain will be closed.
- Protective eyewear is recommended.
- Leave the premises as soon as possible following the completion of your court time.
- Leave outside doors closed at all times.

If you have any flu or cold-like symptoms (regardless how minor) **STAY HOME**



WBC - COVID-19 Policy

Approved November 2020

V3.7

Optional Suggestions

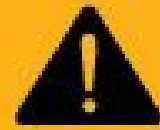
Can we do more to keep safe while enjoying badminton and pickleball?

Yes. Below are a few suggestions on things you may want to consider incorporating in your play. Please be respectful of other members' choices.

- Playing singles or skinny singles (Pickleball), Court 4 should be reserved for singles play when members who are not comfortable with doubles play are present at the club.
- All players bring a bird (or ball) to the court. The server serves using their bird (or ball). When the point is finished the bird (or ball) is returned to the server via flicking it across the floor with the racquet (or paddle). Once the service is lost, the bird (or ball) in play is returned to its owner and the next server uses their ball to serve for the next point. This reduces the chance of transmission through the birds (and balls).
- Wearing a mask and/or gloves when playing on the courts
- A thumbs up instead of tapping your racquets (or paddles) at the end of a game.
- When playing doubles, partner with the same member or a few number of members. Preferably partner with someone in your household.
- Practice drills in off-hours
- Play with a sanitized ball after each game where the participants change.

Please adhere to these signs that are posted at the club.

Attention Visitors



If you have at least one of the following symptoms: fever and/or new onset of cough or difficulty breathing

OR

At least two of the following symptoms:

- chills
- fatigue
- headache
- sore throat
- runny nose
- stuffy or congested nose
- lost sense of taste or smell
- hoarse voice
- difficulty swallowing
- digestive issues (nausea/vomiting, diarrhea, stomach pain), or
- for young children and infants: sluggishness or lack of appetite

please delay your visit AND contact your health care provider, or Telehealth Ontario (1-866-797-0000)

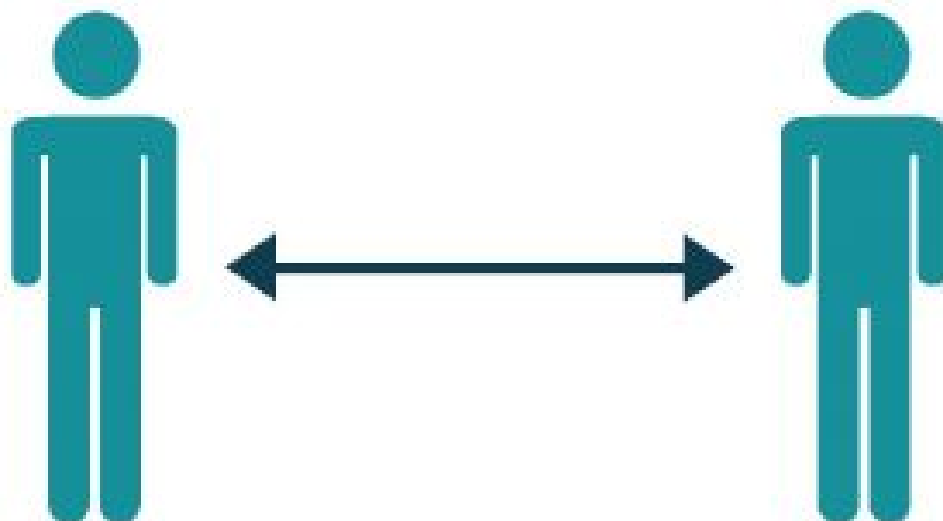


HELP STOP THE SPREAD OF COVID-19

Keep your physical distance

Stay 2 metres apart

Roughly the width of a car





WBC - COVID-19 Policy

Approved November 2020

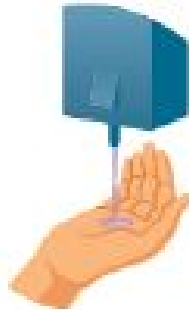
V3.7

Correct Handwashing Procedures

1 *Wet hands*



2 *Soap*



3 *Lather*
(minimum 15 seconds)



4 *Rinse*



5 *Towel dry*



6 *Turn taps off with towel*



Southwestern Public Health

St. Thomas Site
1230 Talbot Street,
St. Thomas N5P 1G9

Woodstock Site
410 Buller Street,
Woodstock N4S 4N2

1-800-922-0096

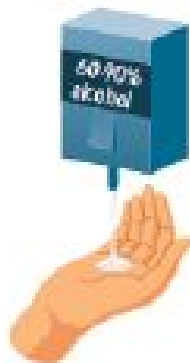
www.swpublichealth.ca



Adapted with the permission of Fort Region Community and Health Services

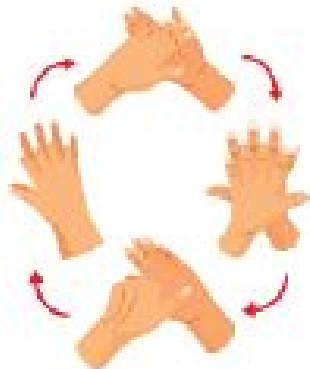
Correct Hand Sanitizer Use

1 Apply one squirt



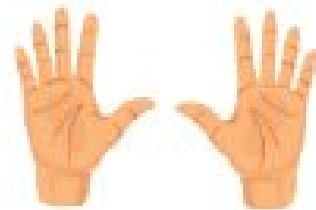
- Use a sanitizer with 60% to 90% alcohol
For healthcare settings, at least 70% alcohol should be used

2 Rub hands together



- Make sure to spread sanitizer all over your hands, palms, and between fingers

3 Rub until dry



- This should take 15 seconds if enough product is used

REMEMBER

Hand sanitizer should only be used when hands are not visibly dirty. Wash with soap and water if you see dirt on your hands.

Southwestern Public Health

St. Thomas Site
1230 Talbot Street,
St. Thomas N5P 1G9

Woodstock Site
410 Bulter Street,
Woodstock N4S 4N2

☎ 1-800-922-0096

🌐 www.swpublichealth.ca

