



WBC - COVID-19 Policy

Date: November 11, 2021

Approved: Nov 11, 2021

V4.3

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 Roadmap to Re-Open and Badminton Ontario recommendations.

On July 16 2021, the Government of Ontario moved to Step Three of the Roadmap to Re-Open plan. 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 Step Three.

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.

Entry Rules

All persons entering the club must be **fully vaccinated and self-screen** before entering the facility. The self-screening questions are available on the WBC website.

Fully vaccinated persons must have received their second vaccination 14 days was administered. Youth members under the age of 12 are exempt from the fully vaccination requirement.

All persons must self screen before being admitted to the club. Therefore, we are asking members to answer the screening questions below. If you have symptoms or are in a high-risk group as determined by these questions please do not come to the club.

1. Are you currently experiencing any of these symptoms?



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- **Fever** – Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher
 - **Chills**
 - **Cough** that's new or worsening Continuous, more than usual, not related to other known causes or conditions (for example, COPD)
 - **Barking cough**, making a whistling noise when breathing – Croup, not related to other known causes or conditions
 - **Shortness of breath** – Out of breath, unable to breathe deeply, not related to other known causes or conditions (for example, asthma)
 - **Sore throat** – Not related to other known causes or conditions (for example, seasonal allergies, acid reflux)
 - **Difficulty swallowing** – Painful swallowing, not related to other known causes or conditions
 - **Runny nose** – Not related to other known causes or conditions (for example, seasonal allergies, being outside in cold weather)
 - **Stuffy or congested nose** – Not related to other known causes or conditions (for example, seasonal allergies)
 - **Decrease or loss of taste or smell** – Not related to other known causes or conditions (for example, allergies, neurological disorders)
 - **Pink eye** – Conjunctivitis, not related to other known causes or conditions (for example, reoccurring styes)
 - **Headache** that's unusual or long lasting – Not related to other known causes or conditions (for example, tension-type headaches, chronic migraines)
 - **Digestive** issues like nausea/vomiting, diarrhea, stomach pain – Not related to other known causes or conditions (for example, irritable bowel syndrome, anxiety in children, menstrual cramps)
 - **Muscle aches or joint pain** that are unusual or long lasting – Not related to other known causes or conditions (for example, a sudden injury, fibromyalgia)
 - **Extreme tiredness that is unusual** – Fatigue, lack of energy, not related to other known causes or conditions (for example, depression, insomnia, thyroid dysfunction)
 - **Falling down often**
2. In the last 14 days, have you or anyone you live with travelled outside of Canada?
 3. In the last 14 days, has a public health unit identified you as a close contact of someone who currently has COVID-19?
 4. Has a doctor, health care provider, or public health unit told you that you should currently be isolating?
 5. In the last 14 days, have you received a COVID Alert exposure notification on your cell?
 6. Is anyone you live with currently experiencing any new COVID-19 symptoms and/or waiting for test results after experiencing symptoms?
 7. In the last 10 days, have you tested positive on a rapid antigen test or a homebased self-testing kit?

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If you answer yes to any of the above or have concerns about a possible contact, and contact the local public health unit at 1-800-922-0096 or telephone Telehealth Ontario for further instructions at (866) 797-0000.

Public Access

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.

Facility Capacity

Facility capacity restrictions have been removed as of October 25, 2021.

Tracking

WBC must track who has been utilizing the facility in case there is a need by Public Health to contact trace an individual who has used our club facility. Members are asked to use the reservation tool as their primary means of tracking their visit to the club. Alternatively, persons using the club that have not used the reservation tool can track their presence by recoding their name and contact information along with the date and time of their visit in a log book located in the lounge area of the club.

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.



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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.) Coaches must continue to wear a face mask while on court.

Permitted Activities

Singles, doubles, coaching clinics.

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.

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

Regular programming and hours will be utilized.



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Hall Rental

The WBC club can be rented assuming all guests eligible for a COVID-19 vaccine are double vaccinated for at least 14 days.

Kitchen Sales

The kitchen is open for sales of equipment, snacks and beverages during the evening 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

Player Responsibilities

When arriving at the club, players are asked to:

- 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 (e.g., 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



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- 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**

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 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 numbers 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.



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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)



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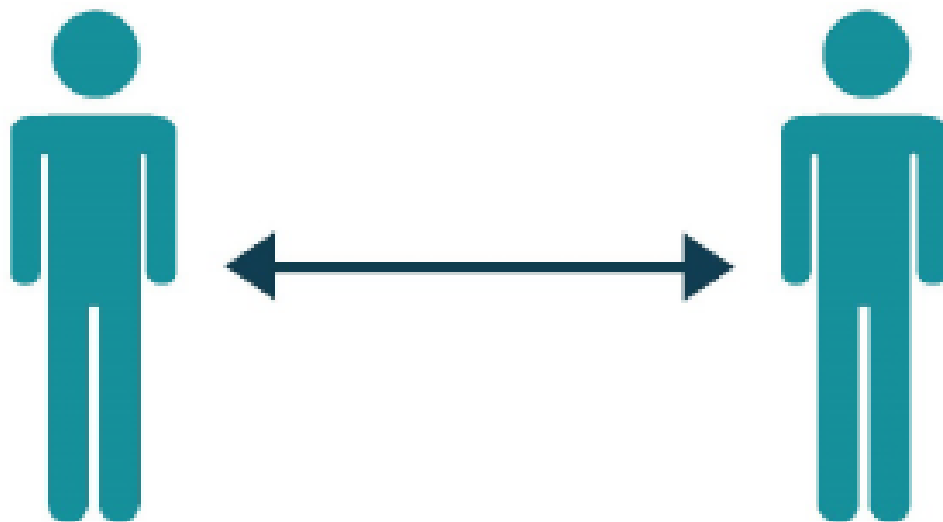
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HELP STOP THE SPREAD OF COVID-19

Keep your physical distance

Stay 2 metres apart

Roughly the width of a car





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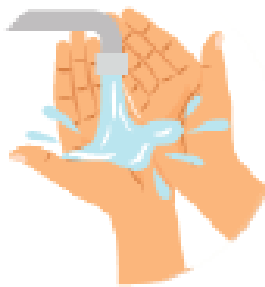
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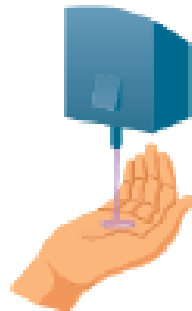
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Correct Handwashing Procedures

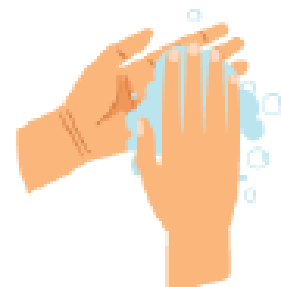
1 *Wet hands*



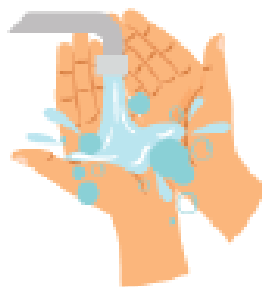
2 *Soap*



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





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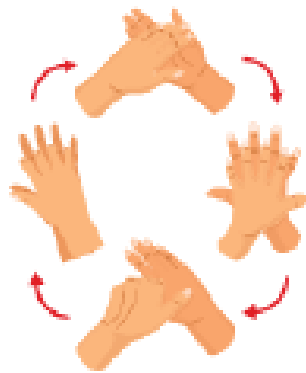
Correct Hand Sanitizer Use

1 Apply one squirt



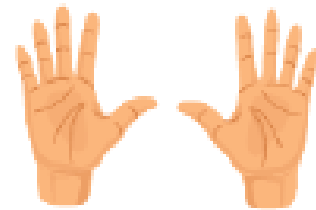
- Use a sanitizer with 60% to 90% alcohol
For healthcare settings, at least 70% alcohol should be used

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.

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