



WBC - COVID-19 Policy

Date: April 17, 2022

Approved: May 10, 2022

V6

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.

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.

Please note that this document has been revised to remove many of the restrictions that were in place earlier in the pandemic.

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 and frequent handwashing - 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 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?

- **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



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- **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 home based self-testing kit?

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.

Facility Capacity



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

Tracking

Tracking requirements have been suspended as they are no longer required by provincial health organizations.

Waivers

All who enter the club facility must sign a Waiver of Liability / Hold Harmless Agreement. (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.

Face Coverings (Masks)

Face coverings are **optional** within our facility. Members must respect other members' choice on whether they wear a face covering.

Permitted Activities

No restrictions..

Sanitizing

Hand sanitizer is available throughout the club facility.

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.

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 at the club, players are asked to:

- 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.
- No shouting.

Players should also practice good hygiene.

- Avoid touching hands to face
- Cough and sneeze into tissue, and dispose safely

Other responsibilities:

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.



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- 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.
- 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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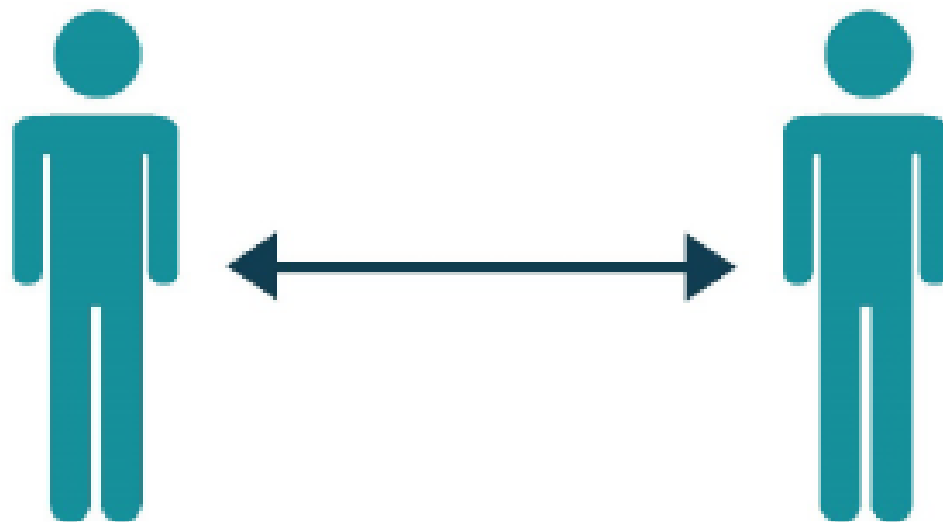
V6

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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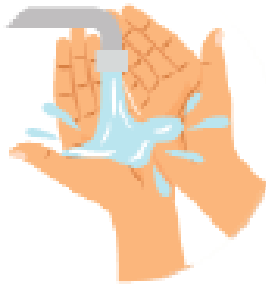
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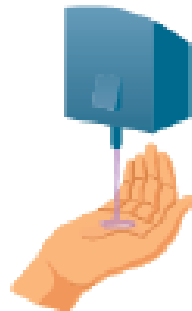
V6

Correct Handwashing Procedures

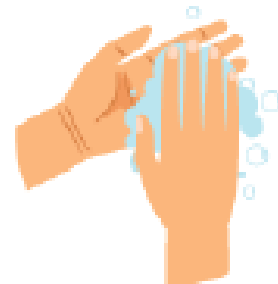
1 Wet hands



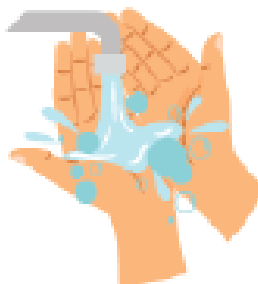
2 Soap



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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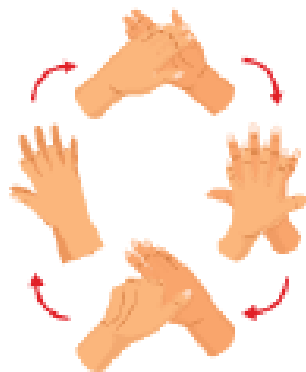
Correct Hand Sanitizer Use

1 Apply one squirt



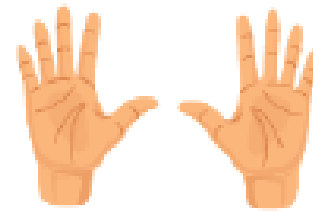
- Use a sanitizer with 60% to 90% alcohol
For healthcare settings, at least 70% alcohol should be used

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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