

Covid-19 Safety Plan - Valley Royals Track and Field Club

This safety plan is based on directives and recommendations from multiple government agencies, including ViaSport, the Ministry of Health, and BC Athletics. All athletes and parents must have a clear understanding of the safety protocols listed below. Before any athlete is allowed to attend practice, they (or their parent /guardian) must have signed this document as well as read and signed the “disclaimer / assumption of risk”.

Safety is shared responsibility. Everyone must play a role. Those responsibilities are as follows:

Valley Royals Coaches and Staff will:

- organize practices in such a way that maintains physical distancing between athletes/coaches. Training groups will be kept to a maximum of 8 people (including the coach). There will be no large group games or activities.
- clean any shared equipment before and after each use
- section off training areas as needed in order to maximize distancing between others
- keep an attendance record of athletes at each practice (for contact-tracing purposes)
- should an athlete appear sick, that athlete will be isolated /sent home immediately

Athletes will:

- complete the BC COVID-19 Symptom Self-Assessment Tool before attending every practice with the Valley Royals (<https://bc.thrive.health/covid19/en>)
- only come to practice if feeling 100% healthy.
- thoroughly wash their hands before and after practice.
- communicate any health concerns with their Valley Royals coach
- maintain physical distancing of 2 meters between yourselves and all other athletes and coaches at all times.
- refrain from touching any equipment unless directed to do so by their coach.
- bring their own water bottle to practice. No sharing of water with anyone.
- use sanitizer on a regular basis throughout practice. This will be supplied by the club.

Parents will:

-ensure that their son/daughter understands the stated safety protocols and ensure their child completes the BC COVID-19 Symptom Self-Assessment Tool before attending each and every practice with the Valley Royals (<https://bc.thrive.health/covid19/en>)

-monitor their son/daughter's health closely. If they're not well, don't send them to practice.

-drop off / pick up their son/daughter on time and at the designated area

-stay out of the practice area while training is in session. This includes siblings. This is to reduce numbers and maintain athlete safety.

