

Mono Nordic Ski Club Storage & Operations Building Policies

Effective Date: November 20, 2020

Background

In light of the added risk to all individuals brought by the COVID-19 pandemic, this document outlines Club policies/protocols that apply to the use of the Mono Nordic Ski Club Storage & Operations Building. The policies and protocols described below apply to all persons entering the building unless otherwise stated.

Communications

All staff, volunteers, athletes, parents and other persons who plan to visit the Mono Nordic Storage & Operations Building should be advised of these policies before they arrive on-site, including the need to perform a self-screening before arrival as well as the Club's policy of refusing entry to those who screen positive for COVID-19 symptoms and/or risk factors as identified by the province of Ontario.

Self-Assessment

- **All persons entering the building must be screened for COVID-19 symptoms and/or risk factors.**
 - The Club recommends using the online Ontario COVID-19 Self-Assessment Tool at <https://covid-19.ontario.ca/self-assessment/>.
- **Staff, coaches, and/or lead volunteers must:**
 - **Ensure that all persons have been screened for COVID-19 before entering the building**
 - **Ensure that all persons who screen positive for COVID-19 are advised to return home and seek advice from their public health unit regarding next steps**
 - **Keep a record of each individual who remains in the building for longer than 15 minutes**, including date, time, full name and phone number in case this information is required for contact tracing purposes.
- Printed copies of the questions for assessment will be posted at each building entrance.
- Do not enter the building if you are ill, show symptoms of COVID-19, or have had contact within the last 14 days with a person who tested positive for COVID-19.
- If you begin to show symptoms of COVID-19 while on site, immediately:
 - Return home & self-isolate if possible, or self-isolate in a designated or separate space
 - Notify your supervisor or most appropriate contact
 - Contact Wellington Dufferin Guelph Public Health to seek guidance
 - Call 911 if symptoms are life threatening

Physical Distancing

- Whenever possible, each person must stay at least two (2) metres or six (6) feet away from individuals not from the same household while visiting the Club, particularly inside the building.

Face Coverings

- **Face coverings are required to be worn at all times within the building as per Public Health and Provincial orders.** (More information at <https://www.wdgpublichealth.ca/your-health/covid-19-information-public/face-coverings>)
- All persons must supply their own face covering that covers the mouth, nose and chin and provides a barrier that limits the transmission of infectious respiratory droplets. Face shields alone do not satisfy this requirement. Face coverings with exhalation valves or vents also do not satisfy the requirement.

Building Policies

- **Upon entry to the building, all persons are required to sanitize their hands.** Hand sanitizer will be provided inside each door.
- **Consumption of food and/or drinks inside the building is not permitted.** (Staff and volunteers who are working in the building for long periods may be permitted to eat or drink in a separate room that is not otherwise in use. Break times are to be staggered in order to reduce the possibility of respiratory illness transmission.)
- **Maximum occupancy** of the building is shown in the table below.
 - Occupancy totals are exclusive of staff, but include coaches and volunteers
 - If physical distancing can not be maintained, more stringent limits on occupancy should be considered.

Large Maintenance Room <ul style="list-style-type: none">- with large equipment removed- with large equipment present	20 persons 8 persons
Office/Work Room (#1)	6 persons
Small Middle/Boot Room (#2)	2 persons
Race Team / Wheelchair Room (#3)	3 persons

- Sanitizing of high-touch surfaces such as door handles and light switches is required at least twice per day when the building is in use.
- **Seating, tables, and shared equipment are to be sanitized after use.**

Other Practices

- As much as possible, arrive 'ready to ski' to minimize time inside the building
- Lock personal belongings in your car whenever possible
- Help ensure building hygiene by reducing the number of surfaces you touch
- Use elbows to open/push doors and leave doors open where possible
- Limit sharing of objects, tools, pens, hand held devices