



KELSEY CENTRE COVID-19 SAFETY PLAN



COVID-19 PLAN

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The Kelsey Centre has developed a COVID-19 Safety Plan in order to open. The Covid-19 Safety Plan represents the minimum standards employers must meet based on the information from Provincial Health Officer (PHO), the Ministry of Health, the Province of BC and WorkSafe BC. The Kelsey Centre will continue to take direction from the PHO and the Provincial Government as required. How we interact with our patrons has changed.

In order to prevent and reduce the risk of exposure to COVID-19, anyone entering the Kelsey Centre is required to follow this Plan as well as all procedures.

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COVID-19 General Information

WHAT is COVID-19? COVID-19 is a respiratory infection caused by a newly identified virus (SARS-CoV-2). The infection has symptoms like other respiratory illnesses, including the flu and common cold: cough, sneezing, fever, sore throat and difficulty breathing. Other symptoms can include fatigue, muscle aches, diarrhea, headache or lost sense of smell. While most people infected with COVID-19 experience only mild illness, severe illness can occur in some people, especially in those with weaker immune systems, the elderly and those with chronic medical conditions. **HOW COVID-19 Spreads** COVID-19 is spread through liquid droplets when an infected person coughs or sneezes. The virus in these droplets can enter the body directly through the eyes, nose or mouth of another person if they are in close contact with the person who coughed or sneezed. COVID-19 is not transmitted through viral particles floating in the air and is not something that can enter the body through the skin. **Resources:** • Cough & sneeze etiquette posters on site. How to Hand washing posters on site. **WHERE can I get more Information about COVID-19?** The province of British Columbia has created a phone service to provide non-medical information about COVID-19 which is available from 7:30 a.m. - 8 p.m. at 1-888-COVID19 (1-888-268-4319) or via text message at 604-630-0300

More information on COVID-19 can also be found online: •

BC Centre for Disease Control <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

• BC Provincial Health Officer – Orders, Notices, and Guidance

<https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

• WorkSafe BC – COVID-19 and the Workplace <https://www.worksafebc.com/en/aboutus/news-events/announcements/2020/March?covid-19-and-the-workplace>

Important Points to Remember

There is no evidence that COVID-19 can be spread to humans through the pool water. Proper operation, maintenance, and disinfection of pools and hot tubs with chlorine or bromine, should inactivate the virus that causes COVID-19. Nevertheless, appropriate care must still be taken both in and outside the pool, to protect yourself and others.

Hierarchy of Controls for COVID-19

Know We Are Here to Help Pre- and Post-Restart

We understand you may have questions as you commit to this Plan and ensure for compliance. The Kelsey Centre has developed many additional COVID-19 health safety procedures and standards to help protect staff. As you ensure for safety, we ask that employees refer to the resources that are available on WorkSafeBC BC website. Considering the Hierarchy of Controls for COVID-19, operations must select a safeguard or a combination of safeguards that ensure for employee safety. The hierarchy of controls (in order of their effectiveness) is:

1. Physical distancing / elimination or substitution: Ensure for spaces that allow for activities to be performed two meters apart. Consider eliminating or postponing work tasks that may create a risk of exposure to COVID-19. Are there opportunities to work from home, or can work processes be changed to eliminate or reduce contact with others?
2. Engineering controls: Are engineering controls, such as physical barriers, practicable?
3. Administrative controls: Has the employer fully considered how work practices can be altered to minimize exposure, such as physical distancing or enhanced cleaning protocols?
4. Personal protective equipment (PPE): This last form of protection should only be considered after careful consideration of the previous control measures. The use of gloves and face masks may be considered where none of the above controls are possible or effective. If gloves, masks and protective suits are used, training and proper usage guidelines must be followed.

WORKPLACE WELLNESS

Workplace Wellness/Sick Operations must ensure that employees do not come to work if they are displaying symptoms of COVID-19. This includes employees who fall into the below categories:

- Anyone with COVID-19-like symptoms such as a sore throat, fever, sneezing, or coughing. Employees with these symptoms must self-isolate at home for a minimum of 10 days from onset of symptoms, until their symptoms are completely resolved. Anyone with these symptoms should call their physician or 8-1-1 for care guidance.
- Employees who have travelled internationally. In these cases, they must remain away from the workplace and self-isolate for at least 14 days.

Shared Workspaces / Equipment Including Vehicles

Employees are discouraged from sharing equipment (i.e. pens, phones, other tools). • The need to share workspaces and equipment will be minimized. • When it is necessary to use a common workstation or piece of equipment, such as photocopiers or cash registers, the surface should be disinfected before and after use. If you are in doubt about the cleanliness of an area or item, employees are encouraged to disinfect the area or item before and after use to reduce the risk of contamination. • In the event of a potential COVID-19 case in a shared workspace, workstation or with a person using shared equipment, the station/equipment must not be used until a deep clean can be performed which is to be delegated by the employee's manager. Follow the proper procedural guidelines outlined on THEO. • Employees who use Kelsey Centre vehicles must ensure that high contact surfaces within the vehicle are routinely disinfected. Follow the proper procedural guidelines outlined on THEO.

Kelsey Recreation Centre Covid-19 Protocol

In order to prevent the spread of covid-19 Provincial health authorities and the BC Centre's for Disease control have mandated specific changes to how our facility will be run. Please read through these new protocols and ensure that you understand the new rules under which we all must reside.

Cleaning Protocol

- All high touch surfaces must be washed at the start of the day, after each customer interaction and at the end of the day
- Hand sanitizer must be used upon entering the building
- Staff must wash hands regularly with the soap and disposable towels provided
- Masks must be worn when 2 meters or more can not be maintained, or there is no physical barrier (e.g. plexiglass) between non-family members
- Employees must complete hourly checklist for all cleaning done throughout their shifts

Social Distancing

- Customers using the Kelsey Recreation Centre must abide by all social distancing protocols, including following one-way walkways, using measured social-distancing floor decals and not touching or moving chairs and tables
- Washrooms must only have 1 person (or family) at a time. Please knock prior to entering
- Do not gather in the lobby, change-rooms, hallways or immediately outside the Kelsey Recreation Centre front-door

Washrooms

- All washrooms must not have more than 1 person or 1 family at a time. Please knock prior to entering
- Please wash hands thoroughly after using the washrooms, following the posted "Hand Washing Guide" in each washroom.

Front Desk

- Plexiglass barriers have been installed to provide a protective barrier between staff and the public.
- Surfaces must be cleaned thoroughly at the beginning and end of each shift. All high touch surfaces must be cleaned throughout the shift.
- Hand Sanitizer, a Hand Washing Station and Disinfectant is provided at the front desk for all cleaning duties
- Checklists MUST be completed throughout your shift.
- Move yellow sign outside front door at start of shift and bring in at end of shift
- If gymnasium available doors open otherwise closed

Pool

- Pool deck must be cleaned after each registered session if used.
- Change rooms must be cleaned after each registered session if used.

Gymnasium/Exercise Class

- Audio equipment must be cleaned before and after each registered session if used.
- No other entry is permitted.

Weight room

- Free weights will be stored in old Council Chambers in designated area and only retrieved if asked. Clean after every use and stored back in chambers.

ACCESS TO THIS FACILITY

Is by way of advanced registration, reservation or booking by telephone. 250-282-5500
please leave a message if call is not answered and someone will get back to you. ASAP
No Drop-ins permitted. Our top priority is to health and safety of our staff and patrons.

- ♦ No water stations will be available. Please bring your own water bottle for use on site.
- ♦ On arrival everyone must use the hand sanitizer that is available before admittance.
- ♦ No congregation in any open spaces including clustering outside the facility entrance .
- ♦ At the point of entry, screening for COVID-19 symptoms will be conducted by asking some questions and by a Infrared Forehead Thermometer.

E.g.: Do you have

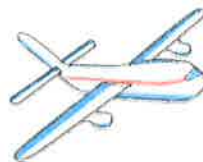
a Fever

a Cough

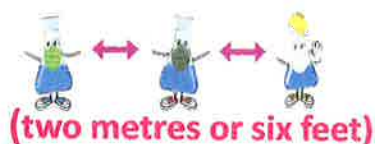
Nausea

Cold or Flu-like symptoms (pain etc.)

Please monitor self-care such as
hand washing and personal hygiene.



Social distance, please



Reminder: If you have just returned from out of province,
you cannot enter this facility and you must self-isolate for
14 days.

Follow patron flow signage

If patrons do not follow the new protocols while on Kelsey Centre property they will
be asked to leave, and their participation privileges will be suspended. No refunds will be
awarded.

We will revisit our protocols regularly; closely monitor the
guidance of the Health Authority; make changes as needed
and inform our staff and patrons in a timely fashion.



ACCESS TO WEIGHT ROOM AREA

Is by way of advanced registration, reservation or booking by telephone. 250-282-5500
Please leave a message if call is not answered and someone will get back to you. ASAP No
Drop-ins permitted. Our top priority is to health and safety to our staff and patrons.

- ♦ No water stations will be available. Please bring your own water bottle for use on site.
- ♦ On arrival everyone must sign-in and use the hand sanitizer that is available before admittance.
- ♦ No congregation in any open spaces including clustering outside the facility entrance
- ♦ At the point of entry, screening for COVID-19 symptoms will be conducted by asking some questions and by a Infrared Forehead Thermometer.

Non-stationary equipment (free weights, stability balls, mats etc.) may be requested from the weight room monitor (staff) **Sharing or trading of equipment is strictly prohibited.**
Please ensure all equipment is returned to the weight room used equipment area when you have finished using it (not at the end of your workout, as others may be waiting)

KELSEY RECREATION CENTRE WEIGHT ROOM SCHEDULE 250-282-5500			
SUNDAY	MONDAY	WEDNESDAY	FRIDAY
PRE-REGISTERED WEIGHT ROOM (3MAX.) 5:00-5:45 6:00-6:45 7:00- 7:45	PRE-REGISTERED WEIGHT ROOM (3MAX.) 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:45 7:00-7:45	PRE-REGISTERED WEIGHT ROOM (3MAX.) 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:45 7:00-7:45	PRE-REGISTERED WEIGHT ROOM (3MAX.) 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:45 7:00-7:45
NOTE: If patrons do not follow the new protocols while on Kelsey Centre's property they will be asked to leave, and their participation privileges will be suspended. No refunds will be awarded.			



Reminder: If you have just returned from out of province, you cannot enter this facility and you must self-isolate for 14 days.

We will revisit our protocols regularly; closely monitor the guidance of the Health Authority; make changes as needed and inform our staff and patrons in a timely fashion.



ACCESS TO THIS POOL

Is by way of advanced registration, reservation or booking by telephone. 250-282-5500 Please leave a message if call is not answered and someone will get back to you. ASAP No Drop-ins permitted. Our top priority is to health and safety of our staff and patrons.

- ♦ Wearing a mask is not required however we are asking patrons (for the pool) to come dressed in a robe ready for the session. Change rooms will have limited availability.
- ♦ No towels will be available. Please bring your own towel.
- ♦ No water stations will be available. Please bring your own filled water bottle.
- ♦ On arrival everyone must sign-in and use the hand sanitizer that is available before admittance.
- ♦ No congregation in any open spaces including clustering outside the facility entrance .
- ♦ At the point of entry, screening for COVID-19 symptoms will be conducted by asking some questions and by a Infrared Forehead Thermometer.
E.g.: do you have a Fever, a Cough, Nausea, Cold or Flu-like symptoms (pain etc.)
- ♦ Before entering the pool everyone must have a shower. No exceptions
- ♦ Once your swim session is completed, we ask that you follow the direction of exiting the facility so staff can do a thorough cleaning for next swim session.

KELSEY RECREATION CENTRE POOL SCHEDULE 250-282-5500			
SUNDAY	MONDAY	WEDNESDAY	FRIDAY
PRE-REGISTERED AQUACISE 5:00-5:45 (7MAX.)	PRE-REGISTERED AQUACISE 1:00-1:45	PRE-REGISTERED AQUACISE 1:00-1:45 (7MAX.)	PRE-REGISTERED AQUACISE 5:00-5:45
PRE-REGISTERED SWIM (20MAX.) 6:00-6:45 7:00- 7:45	PRE-REGISTERED LAP SWIM 2:00-2:45 (4MAX.)	PRE-REGISTERED LAP SWIM 2:00-2:45(4MAX.)	PRE-REGISTERED SWIM(20MAX.) 6:00-6:45 7:00-8:00
	PRE-REGISTERED SWIMS (20MAX.) 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:45 7:00-7:45	PRE-REGISTERED SWIMS (20MAX.) 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:45 7:00-7:45	
NOTE: If patrons do not follow the new protocols while on Kelsey Centre's property they will be asked to leave, and their participation privileges will be suspended. No refunds will be awarded.			

ADMISSION	SINGLE	NEW 5-PACK	10-PACK	MONTHLY
CHILD/YOUTH	3.00	15.00	27.00	36.00
ADULT	5.00	25.00	45.00	60.00
SENIOR	4.00	20.00	36.00	48.00
FAMILY(IMMEDIATE)	15.00	75.00	135.00	180.00

Important Points to Remember

There is no evidence that COVID-19 can be spread to humans through the pool water. Proper operation, maintenance, and disinfection of pools and hot tubs with chlorine or bromine, should inactivate the virus that causes COVID-19. Nevertheless, appropriate care must still be taken both in and outside the pool, to protect yourself and others.

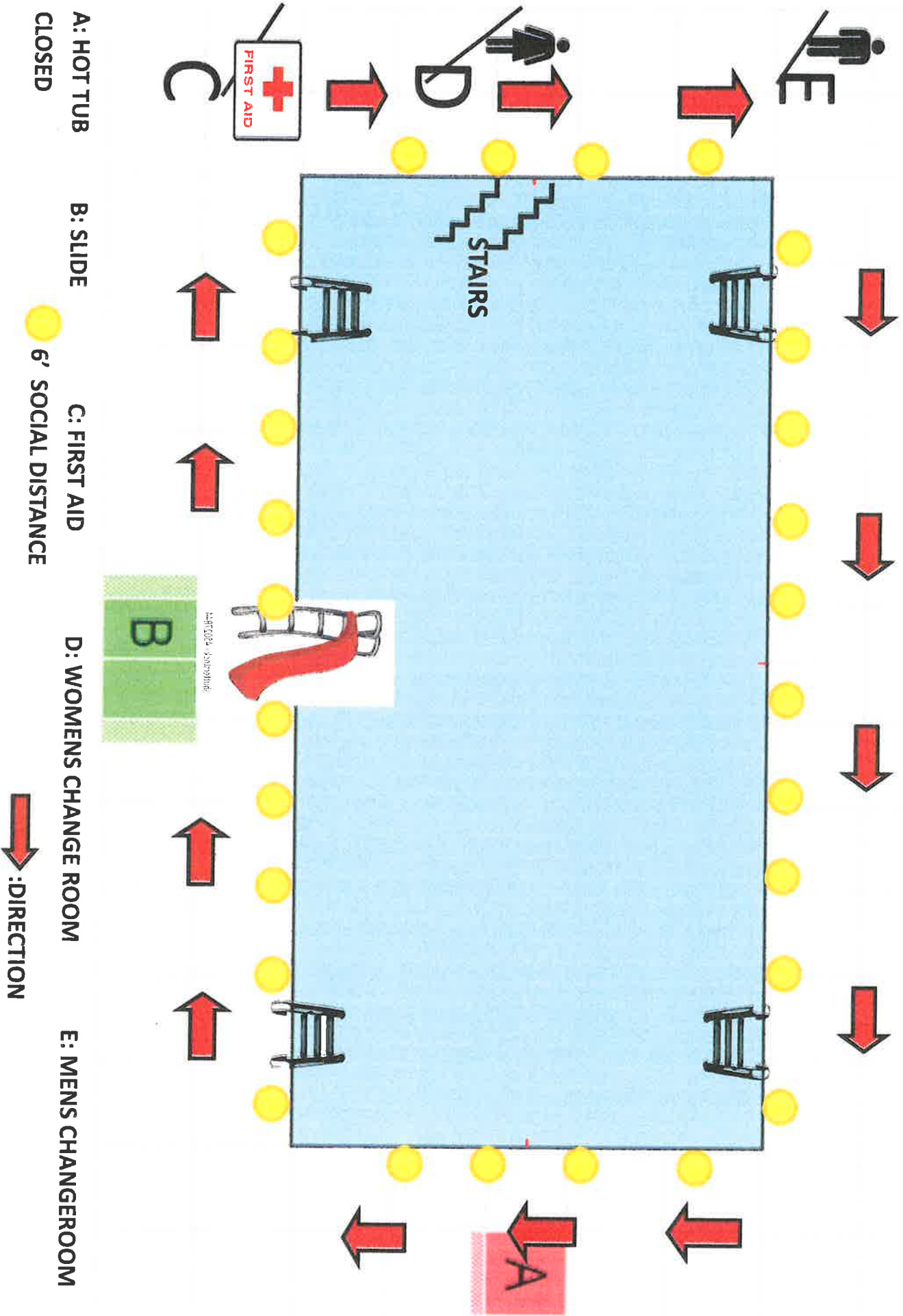


POOL RULES

**ANYONE NOT FOLLOWING THE RULES WILL BE ASKED TO
LEAVE. NO REFUNDS WILL BE AWARDED.**

- 1. A SHORT WHISTLE BLAST—STOP, LOOK, LISTEN**
- 2. A LONG WHISTLE BLAST — CLEAR THE POOL IMMEDIATELY**
- 3. DO NOT USE THE POOL IF YOU ARE SICK OR FEEL UNWELL**
- 4. EVERYONE MUST SHOWER BEFORE AND AFTER USING THE POOL**
- 5. DO NOT SPIT OR BLOW NOSE INTO THE POOL WATER**
- 6. PRACTICE PHYSICAL DISTANCING BY KEEPING 2 M/6FT APART**
- 7. ALWAYS LISTEN TO THE LIFEGUARDS**
- 8. ALL PATRONS MUST WEAR SWIMSUITS**
- 9. LONG HAIR MUST BE TIED BACK**
- 10. NO DIVING IN SHALLOW END**
- 11. NO FOOD, DRINK OR SMOKING IN POOL AREA**
- 12. NO RUNNING, FIGHTING OR FOUL LANGUAGE**
- 13. CHILDREN UNDER 7 MUST BE WITH AN ADULT**
- 14. TO ENTER DEEP END MUST SWIM 1 LENGTH**
- 15. EQUIPMENT/TOYS IS ALLOWED WITH LIFEGUARD PERMISSION**
- 16. TO ENTER SAUNA YOU MUST BE 14 OR OLDER**

KELSEY CENTRE POOL



Unsafe Work

WorkSafeBC

Work Safe BC recognizes the importance of worker safety following COVID-19 related work stoppages or interruptions. The Kelsey Centre has considered WorkSafeBC resources and guidance in developing our Plan. WorkSafeBC will not be reviewing or approving plans; however during a WorkSafeBC inspection they will ask about the steps taken to protect employees. This Plan and related addendums are a critical component that will demonstrate to a WorkSafeBC officer our commitment to employee safety and compliance with WorkSafeBC's expectations. Right to Refuse Unsafe Work Our employees have the right to refuse work if they believe it presents an undue hazard. An undue hazard is an "unwarranted, inappropriate, excessive, or disproportionate" risk, above and beyond the potential exposure a general member of the public would face through regular, day-to-day activity. In these circumstances, the worker should follow some specific steps to resolve the issue. The employee must report any undue hazard to their supervisor for investigation. Each refusal of unsafe work is dealt with on a case-by-case basis. If the issue is not resolved between the worker and the supervisor, the joint occupational health and safety committee is notified of the concern and an investigation is conducted. If the matter is not resolved, the worker and supervisor or employer must contact WorkSafeBC and a prevention officer will then investigate and take steps to find a workable solution for all involved.

Age-Friendly VAN COVID-19 PLAN

During this unusual period, we will be taking the following precautions:

You will be asked by your driver the night before you depart, if you have:

- A fever
- A Cough
- Nausea
- Cold or Flu-like symptoms (pain etc.)

You will be asked again before entering the van.

Cleaning Protocols:

- The van will be sanitized in the morning before the trip and again after arrival at your destinations, then again at the end of the day.
- Hand sanitizer is available onboard
-

Seating Configuration:

- We will have a maximum of 2 passengers from separate households with the driver
- Driver with no front passenger
- 1 passenger in the middle row of seats
- 1 passenger in the back row of seats
- Family groups/same household passengers can have up to 4 guests, with no other passengers on board

Necessary medical Equipment:

- Walkers/canes etc must be sanitized prior to getting in the van
- All equipment must be stowed by the owner in order to avoid cross-contamination
- Please only bring equipment that is absolutely necessary.

Purchases:

- All personal bags and store purchases must be loaded and handled only by the owner of the item to avoid cross-contamination

Required Personal Protective Equipment:

- masks must always be worn by all vehicle occupants .
- Masks will not be provided and must be put on prior to getting in the van.

LIMIT MAXIMUM

POOL 20

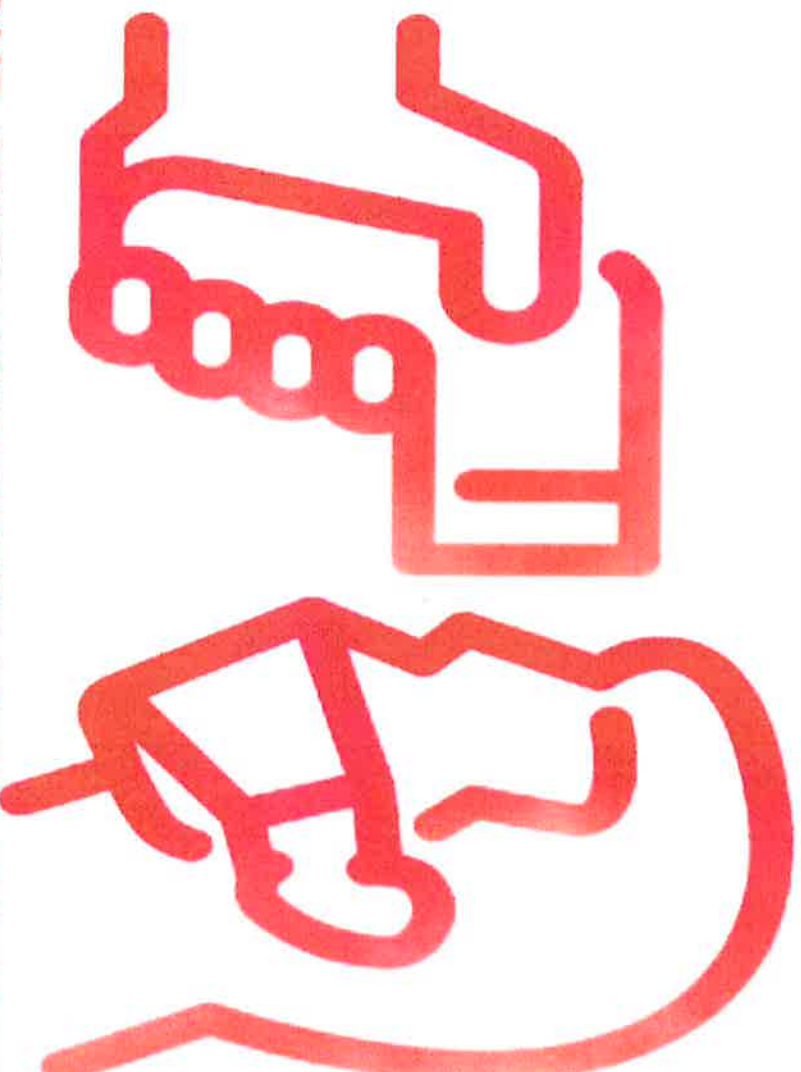
HOT-TUB Close

WEIGHT ROOM 3

CUSTOMERS AT ONE TIME

THANK YOU FOR CO-OPERATING

Temperature Scanning

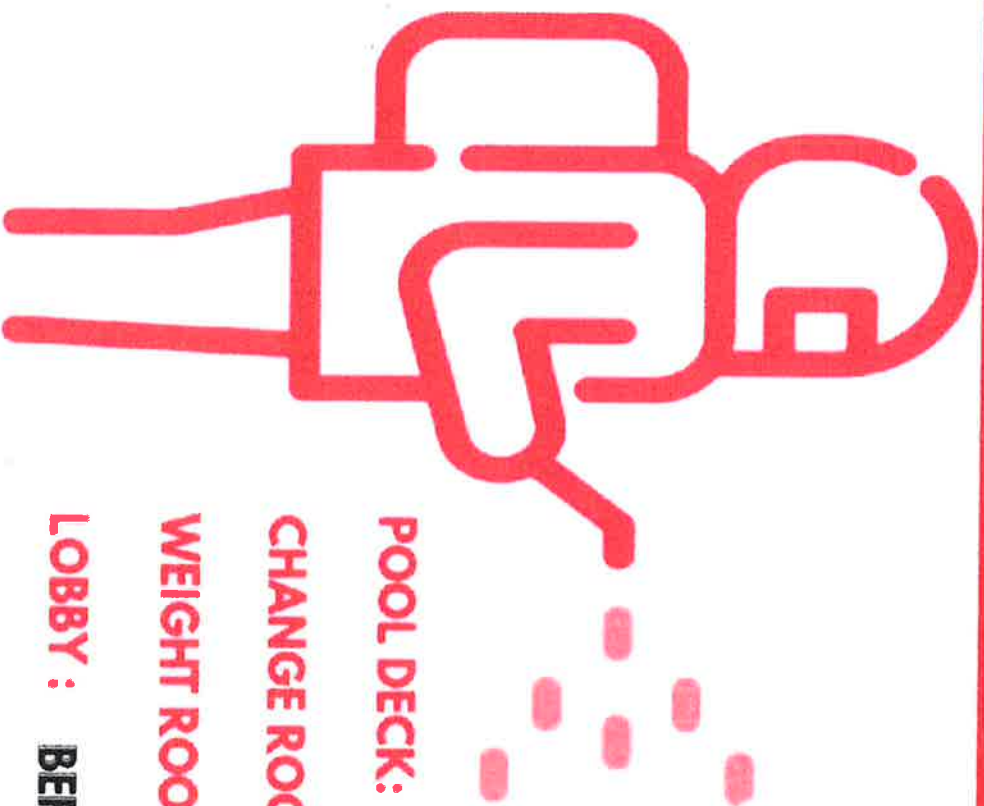


**TO PROTECT OUR STAFF AND CUSTOMERS, WE WILL BE SCANNING
TEMPERATURES UPON ENTRY.**

THANKYOU FOR YOUR PATIENCE AND UNDERSTANDING



CLEANING PROTOCOLS



POOL DECK: BEFORE OPENING AND DURING

CHANGE ROOM: BEFORE OPENING AND DURING

WEIGHT ROOM: BEFORE OPENING AND DURING

LOBBY : BEFORE OPENING AND DURING

PUBLIC WASHROOMS: BEFORE OPENING AND DURING

A diagram of a swimming pool layout. The pool is rectangular and divided into two sections: a 'SHALLOW' section on the left and a 'DEEP' section on the right, separated by a red line. The pool is surrounded by a deck with red circular markers. There are four chairs around the pool: two on the left (one near the stairs, one near the slide) and two on the right. A red slide is on the left side of the pool. A set of stairs is labeled 'STAIRS'. A red arrow points to a 'FIRST AID' sign on the left. A red arrow points to a red area labeled 'A' at the bottom. A green area labeled 'B' is on the right. Red arrows and black stick figures indicate the flow of people around the pool. A red arrow points to a red area labeled 'A' at the bottom. A green area labeled 'B' is on the right.

E: MENS CHANGEROOM

6' SOCIAL DISTANCE