

Program Specific Safety Plan: Low-Intensity Indoor Recreation Adult - Pickleball

For more information, please contact:
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Key Considerations	Program Procedures
Cleaning and Disinfection: Equipment & Touch Points	<ul style="list-style-type: none"> Each participant to bring their own: water bottle, towel and hand sanitizer Do not share equipment with people outside your household Do not pick up rogue balls if they come into your court, please gently kick them out of your play area and back to the court it came from Facility staff will disinfect all touch points (door handles, light switches etc) Staff/coaches will follow the City of Kamloops Safe Work Procedures – Use of Neutral Disinfectant Instructions, where applicable.
Communication	<ul style="list-style-type: none"> Front desk staff will check-in participants Pickleball information and COVID protocols on the website Kamloops.ca/TCC
Emergency and First Aid	<ul style="list-style-type: none"> For minor first aid please alert gym attendant For major first aid emergencies call 9-1-1 or press the red emergency button in a major emergency to alert staff to help Staff/Coaches will follow City of Kamloops Safe Work Procedures – COVID-19 Minor First Aid Procedures for Recreation Programs, where applicable
Frequent Hygiene	<ul style="list-style-type: none"> Participants will wash hands for 20 seconds before and after the program at home, avoid touching eye, nose and mouth and cough into your sleeve. Participants to use hand sanitizer upon arrival to facility and departure. Staff/coaches will follow to City of Kamloops Safe Work Procedures – Hand Washing, where applicable.
Illness	<ul style="list-style-type: none"> Please complete a self-screening prior to entry of the building, stay home if you are ill Call the 8-1-1 BC Health Line if you are unsure of the COVID signs/symptoms

<p>Physical Distancing & Masks</p>	<ul style="list-style-type: none"> • 3 meters physical distancing at all times while participating in low-intensity exercise or physical activity (Example you must not approach the net at the same time). Two meters distancing for non-activity and while not exercising. • Participants are not to touch each other e.g. demos, high fives, hugs, handshake etc. • Maximum program numbers 8 participants, 2 per court, 1 per side. • Masks are now mandatory as per the Provincial Health Order while in transit and while in public spaces. Examples: arrival/departure to facility or field, to the bathroom, in hallways, court sidelines, etc. • Masks to be worn at all times when not exercising • People who are unable to wear a mask due to a health condition or a physical, cognitive or mental impairment, and who are unable to put on or remove as mask without the assistance of another person are exempt from mask requirements. • <i>Coaches/Staff will follow the City of Kamloops Safe Work Procedures – Practicing Social Distancing.</i>
<p>Scheduling</p>	<p>Arrival: Participants to arrive 3-5 minutes before program start. Do not arrive early. If participants arrive early, please wait in your vehicles until your booking time.</p> <p>Departure: Participants are to leave the program area immediately after their booking time. No socializing or lingering.</p>
<p>COVID Information</p>	<ul style="list-style-type: none"> • Province of BC - https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support • viaSport - https://www.viasport.ca/return-sport • BCRPA - https://www.bcrpa.bc.ca/covidguideline/ • City of Kamloops: Kamloops.ca/COVID or Kamloops.ca/TCC