

Lake City Basketball COVID-19 Safety Plan

In order to participate in Lake City programs, the following guidelines must be met by all staff and participants

- All staff and participants will enter the facility (UNISUS) through the **north** gym door (in the rear of Unisus by the roundabout) and exit through the **west** gym door;
- Only staff and participants may enter the building. Parents should arrange for drop off and pick up in the parking lot. Athletes should not enter the gym until players from earlier sessions exit. Athletes should not linger after sessions. Parents please pick up promptly as Lake City staff cannot monitor athletes once they exit the gym;
- Players must bring their own basketball. If others have been in contact with this ball before or during sessions, it must be sterilized before entering the gym;
- Lake City will have sanitizer in the gym. Athletes and coaches must sanitize hands before and after sessions;
- Athletes and coaches should physically distance during training when possible;
- Athletes and coaches will refrain from unnecessary contact (no high fives, handshaking or other physical contact);
- Reminder to participants/parents about hand washing/hand sanitising protocols. Change room facilities will be available for use of washrooms and handwashing only. Athletes should come prepared. These facilities will be cleaned and sanitized by UNISUS custodial staff each evening following our sessions;

Prohibition from participation

Parents are expected to assess the health of their children before each session. As per guidelines from the B.C. Health Ministry, in the following cases, coaches and participants will be prohibited from participating in Lake City programs:

1. Anyone who has symptoms of COVID-19 10 days prior to the commencement of the session he/she is attending. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, loss of taste or smell, new muscle aches or headache.
2. Anyone directed by Public Health to self-isolate.
3. Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must have self-isolated for 14 days and monitor for symptoms

Protocols for illness

In the event that a staff member or athlete starts to feel ill while at the facility or during their participation in Lake City programming, the following protocols will be followed:

1. The person should report his or her symptoms immediately to the instructor.
2. The affected individual will be isolated immediately. Parents will be notified that immediate pick up is necessary.
3. The participant will not be permitted to return to participation until he or she has been medically cleared.
4. All surfaces that the participant has come in contact with will be cleaned appropriately.
5. All families of those participating in the session will be notified of the incident.

