



## 1.0 Overview

### Purpose

The purpose of this document is to provide guidance for Inspire Sports Victoria (ISV) staff members, participants and visitors with important information required to help prevent communicable disease. ISV is a privately owned facility that will meet or exceed the Public Health Order requirements.

### Public Health Directives

The Provincial Health Officer (PHO) for BC is responsible for monitoring the health of the population across the province, providing independent advice to the ministers and public officials on public health issues.

The responsibilities of the PHO are outlined in the *Public Health Act* and include the following:

- provide independent advice to the ministers and public officials on public health issues;
- monitor the health of the population of BC and advise on public health issues and on the need for legislation, policies and practices;
- recommend actions to improve the health and wellness of the population of BC;
- deliver reports that are in the public interest on the health of the population and on government's progress in achieving population health targets;
- establish standards of practice for and conduct performance reviews of Medical Health Officers; and
- work with the BC Centre for Disease Control and Prevention and BC's Medical Health Officers across the province to fulfill their legislated mandates on disease control and health protection.

Inspire Sports Victoria is prepared to implement or maintain additional measures at times when the risk of communicable disease in their region or workplace is elevated, as advised, and directed by public health. Public Health's specific guidance for a particular communicable disease will be followed where their information differs from this document.

Inspire Sports Victoria has established the following plan:

## 2.0 Recognize Hazards/Assess Risks

Inspire Sports Victoria is a unique workplace in that 90% of our memberships is under the age of 12 years. This requires that ISV regularly assesses all the hazards within our operations, taking appropriate steps to eliminate or control the associated risk.

Within our workplace, there are many routine situations where staff & participants will have contact with coaches, other participants and the physical environment itself (surfaces, doors, equipment etc.). During times of outbreaks, these encounters could give rise to contact with communicable diseases, if not controlled adequately.

## 3.0 Methods to control outbreaks:

**3.1 Personal protective equipment (PPE):** The use of face masks may be considered where the nature of the outbreak indicates that wearing masks is effective. Wearing of masks will always be supported in the facility. ISV will determine the requirement for staff to wear masks for their protection as indicated by the current health situation.

### **3.2 Stay Home or Isolated from Others When You're Sick**

All staff, participant and visitors should stay home when they are sick or show symptoms of illness. Everyone must be 48-hour symptom free prior to returning to the facility.

### **3.3 If you become sick at the gym**

All staff, participants or visitors who have symptoms upon arrival to the facility or become ill during their class/visit must promptly separate themselves from other people, inform their supervisors/coach and go home. Participants showing symptoms will be removed from classes

### **3.4 Personal Hygiene/Cleaning**

Depending on the communicable disease, it's possible for people to become infected if they touch contaminated surfaces and then touch their nose, mouth, or eyes. The most reliable way to prevent infection from surfaces is to wash your hands. Washing your hands often and practicing good hand hygiene will reduce the chances of getting or spreading germs. Washing your hands with soap and hot water for at least 20 seconds is most effective. This is because soap actively destroys the surface of some viruses, and a soapy lather reduces the number of germs left on your skin. Alcohol-based hand rubs can be used to disinfect your hands when soap and water are not available.

Other things to consider:

- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough instead of your hands.
- Do not share food, drinks, utensils, etc.
- Avoid unnecessary contact.
- Consider physical distancing.
- Wear a mask.

### **3.5 Facility and Equipment Hygiene**

At a minimum, ISV will clean and disinfect commonly touched surfaces at the beginning and end of each shift. Gymnastics equipment will be cleaned in accordance with the guidelines provided by the manufacturer.

If there has been a sick person in our facility within the last 24 hours, we will clean AND disinfect the space

### **3.6 Ventilation**

For all activities that take place indoors, basic principles of good indoor air quality include supplying outdoor air to replenish indoor air, thereby removing and diluting contaminants that naturally accumulate in indoor settings, especially in well-sealed buildings.

#### **Strategies ISV uses to optimize ventilation system functionality**

- ISV's circulation system changes the air in the gym every 17 minutes
- Preventative maintenance is conducted on a regular basis.
- During periods of communicable disease events limiting occupancy in facilities will be considered.