

## COMMUNITY ACTIVITY PROGRAMS SAFE PARTICIPATION GUIDELINES

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The City of Terrace will comply with all rules and regulations from the provincial health officer, Northern Health authority, provincial/national sport governing body, Work Safe BC, and any other applicable authority or law designed to reduce the potential of contracting or transmitting COVID-19. It will be the patrons decision on assessment of risk in participation for the program(s) being offered. Parent(s) and/or legal guardian will assess risk of participation for under aged dependents.

### OUTDOOR FITNESS

#### *Location*

- Classes will be held in the George Little Park.

#### *Controlled Registration and Access to Class*

- Pre-registration only, no drop-in participants are permitted.
- Participants will be required to complete City of Terrace Informed Consent for participation and COVID 19 Assumption of Risk form
- Instructors will have a list.
- Instructor will screen arriving participants

Questions will be:

- That you, or someone in your household has not been out of the country in the last 14 days;
- That you do not have any flu like symptoms (ie difficulty breathing, coughing, runny nose, extreme tiredness); and
- That you have not been in contact with anyone who has tested + for COVID-19
- Any participants who answer yes to above questions will not be permitted to participate. Anyone who has the symptoms of COVID-19 is recommended to call Northern Health's COVID-19 Online Clinic and Information Line: 1-844-645-7811.

#### *Limit Occupancy*

- Maximum 20 participants in order for the instructor to lead a safe class.
- Instructor will direct participants on how to set up safely with minimum of 2 metres spacing between participants.
- If class is more actively moving then 5 metres spacing is required.

#### *Managing Congregating*

- Participants are asked to come no earlier than 15 minutes before class and leave directly after class.
- Participants are encouraged to park in designated parking lot or adjacent streets.
- Participants should respect physical distancing of 2 metres before and after class.

#### *Staff*

- The City of Terrace reserves the right to cancel class if the staff fall ill. In such an instance, a refund or credit on account will be applied.

#### *Equipment*

- Participants are expected to bring their own equipment to class. There is no sharing of equipment permitted.
- Participants expected to bring their own water bottles.

*Sanitization and Washroom Use*

- Each fitness instructor will be required to supply their own hand sanitizer for their class.
- George Little Park washrooms will not be disinfected before or after participant use

*First Aid*

- Fitness instructors are not certifiably trained in the administration of first aid procedures.
- Instructors will have basic first aid knowledge and be supplied with a basic first aid kit. With COVID-19 they are required to direct participant on how to self-administer and/or verbally assist participant with a minor injuries (such as small cuts, bumps, bruises etc).
- Major injuries that require first aid training ( ie. CPR, broken bones, fainting etc) instructors will call 911. And the participant will be responsible for payment of Ambulance call if that is required.

Instructors will have cell phone and expected to complete a first aid report.