

Kelowna Badminton Club COVID-19 Safety Plan

July 23, 2020

1. Introduction

The BC Restart Plan provides five principles for every situation as the province begins to restart services during the current pandemic:

Five Principles For Every Situation

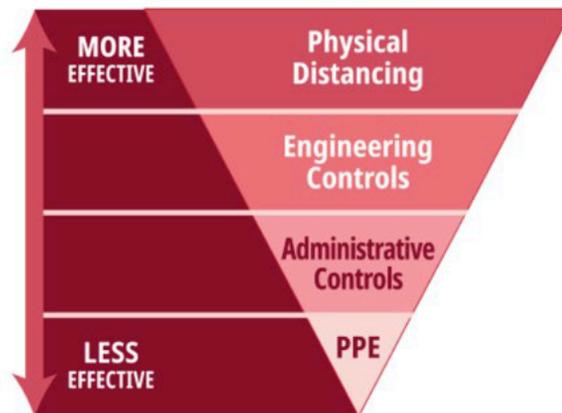
| Personal Hygiene: | Stay Home if You Are Sick: | Environmental Hygiene: | Safe Social Interactions: | Physical Modifications: |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking | <ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate | <ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology | <ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor | <ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces |

This Restart Plan also includes the hierarchy of controls for COVID-19, which are fundamental for the information the recreation sector needs to restart operations during the pandemic:

Hierarchy of Controls For COVID-19

The hierarchy of controls is a framework for reducing transmission hazards. The most effective controls are at the top of the pyramid.

Source: Koehler, K, Rule A. Can a mask protect me? Putting homemade masks in the hierarchy of controls. [Internet] 2020 April 2. Johns Hopkins Education and Research Center for Occupational Safety and Health.



The basic goals for operating KBC during the COVID-19 are to create an environment that reduces risk, enables playing badminton, and identifies and communicates member responsibilities. We ask members to be aware of and follow the policies outlined here to minimize risks and create a safe environment for all. We also ask members to take

responsibility for their safety by only using the club facility in a way that reduces any risks to a level they are comfortable with.

2. Physical Distancing

The KBC gym is 39.9 m x 16.8 m (130' 9" x 55' 3") and includes 5 badminton courts 6.1 m (20') wide and 13.4 m (44') long. The ceiling beams are approximately 7 m from the floor with additional open attic space above. This adds up to a large indoor space for the number of people playing.

With 5 courts and 4 people per court, up to 20 people can play at once. Allowing 2 additional people per court to be sitting in designated seats means a maximum of 30 people in the building, with 20 playing and 10 sitting.

The spacing guide for building occupancy is:

- a 5 m x 5 m square per person for active activities
- a 2.5 m x 2.5 m square per person for passive activities

20 people on court (active) would require 500 m², and 10 people sitting around the perimeter (static) would require an area of 63 m² (though they would be sitting against a wall, technically reducing their space requirement). Regardless, the 563 m² required is within the 570m² available.

When playing singles, two people use a court and rarely, if ever, come within 2 m of each other.

When playing doubles, partners on average are at least 2 m from each other in order to cover the entire court, but there are times where partners would come within 2 m of each other. To mitigate risks associated with this, players could choose to only play with partners from their existing household or social bubble. Players could also choose fixed partners to reduce the risk associated with multiple partners.

The building entrance is small, but unavoidable. Players will need to manually avoid each other in the entrance, which is simple enough to do as the foyer door has been removed.

2.1 KBC Physical Distancing Policy

The Gym

- Singles is recommended, but doubles is allowed if all players on a court are in agreement.
- If playing doubles, players should consider fixed partners and/or partners within their social bubble.
- No more than 2 additional people can be assigned to a court and be waiting or sitting (not playing). If playing singles, this means a maximum of 4 people (2 playing, 2 waiting) and if playing doubles, it means a maximum of 6 people (4 playing, 2 waiting). Waiting players must sit or stand by one of the designated spots in the gym, which ensures proper distancing.

- Nonplaying parents supervising juniors must be in the gym in one of the designated spots and count the same as a waiting player. There may not be more than 2 waiting per court under any circumstances.
- Everyone in the facility must minimize movement behind the courts. This means no warming up behind the courts or walking around to socialize.
- Everyone in the facility must maintain a 2 m distance from everyone else. The one exception is when playing, particularly doubles, and all players on that court must agree to this risk.
- Players may not contact another player. This means no handshakes or high-fives after games. Sportsmanship can be shown with a wave or virtual high-five. This applies to all players, including those from the same household, to discourage everyone from touching each other at KBC.
- Players are not allowed to enter the building prior to their scheduled start time.
- Players must leave the building prior to their scheduled end time.

The Change Rooms

- The change rooms and showers are unavailable for use at this time. Players should come ready to play and shower at home.
- The washrooms are available if necessary. In particular, everyone is encouraged to wash their hands prior to playing and prior to leaving the building. Sanitizing hands is an alternative option with stations around the gym.
- Only 2 people are allowed in each change room at a time and must keep 2 m from each other.

The Entrance / Foyer

- Anyone entering or leaving the building must maintain 2 m distance from other people.
- Players leaving should do so before players entering.
- The water fountain is unavailable. Players should bring water with them.
- Nobody is allowed to wait in the foyer.

Upstairs

- The upstairs viewing area and kitchen are unavailable for any use at this time.
- Only executives are allowed upstairs to access the office or the stock room. If selling stock, the executive must ensure proper distancing is followed with the purchaser.

3. Common Surfaces

There are a few common surfaces in the building. These consist mainly of door handles and seats. To reduce the risk of contamination from contact with common surfaces, KBC is taking the following measures:

- The upstairs area is unavailable for any players or spectators. The only valid use of the upstairs area is for executives to access the office and for the sale of items from the

stockroom. Both of these are infrequent and monitored by an executive to ensure that rules are followed.

- All entrance doors to the change rooms are removed, allowing people to enter and exit without touching a door handle.
- The door between the foyer and the gym is removed.
- The door to the locker area is removed.
- The change rooms are unavailable to use for changing. They are only available to access the washroom or the sink. Only 2 people at a time are allowed in each change room and they must maintain 2 m distance in doing so.
- Showers are roped off and unavailable for use.
- The water cooler is removed.
- Benches are marked to outline seats. This ensures physical distancing and limits the area that may need to be disinfected.
- Hand sanitizer is available near each court and in the foyer.
- Sanitizing wipes are available near seating areas and by the front door.

These changes leave the front door as the only part of the building that a player is required to touch, and players are asked to wash or sanitize their hands upon entering the building.

The other common surface is the shuttle used to play the game of badminton, which is typically touched by all players on a court. The shuttle is disposable and typically lasts about a game before it needs to be switched.

One way to avoid multiple people touching the same shuttle is to mark the shuttles and have each player only handle their shuttle. While this is possible, it is also quite cumbersome in practice. Avoiding touching one's face and frequent hand sanitization is another method to reduce infection handling common shuttles.

3.1 KBC Common Surfaces Policy

- All building common surfaces, including door handles and marked seats, are disinfected by our janitor twice per week.
- Disinfecting wipes are available at the front door and in the seating area for people to use as needed. Players are also encouraged to bring their own wipes.
- Executives and group leaders are asked to disinfect the front door handles upon entering, ensuring that this happens at least daily.
- Everyone entering the building should wash or sanitize their hands before playing.
- Everyone should wash or sanitize their hands as they leave the building.
- Players should avoid touching their face with their hands and sanitize their hands frequently.
- All players not on court must be seated in one of the designated spots or stand at least 2 m from anyone else. Moving around the perimeter of the gym should be minimized.
- Players should consider using separate marked shuttles so that each player only touches their own shuttle. If all players on a court are comfortable with the using same shuttle,

they are encouraged to sanitize their hands before playing, avoid touching their face while playing, and sanitize their hands after playing.

4. Administrative Changes

In order to reduce the risk of infection and support the above policies, several other changes are being introduced. The most significant of these is the introduction of a system for court booking.

Players must book a court or have a court booked on their behalf in advance in order to play. This ensures that players showing up at KBC have a court to play on and that there are no more players than our capacity allows. Players without a booking are not allowed to play. No exceptions. There are strict maximums on the number of people playing or sitting for every court, based on the physical distancing space calculations by Public Health.

We have assigned a Booking Manager to oversee the bookings, ensure fairness, and deal with any issues that arise.

In order to manage our capacity and limit exposure, only members are allowed to play for the time being. No guests are allowed without prior consent by an executive.

In order to track who is in the building at any given time and potentially provide that information to Public Health, all players must card-in to play. This means that someone forgetting their card cannot play.

4.1 KBC Booking Policy

- KBC members must have a court booking for a specific court in order to be able to play. That court can be booked for either singles (encouraged) or doubles, with a maximum of 2 people sitting in either case. There are no exceptions to the maximum numbers.
- Every court booking must list all players included in the booking prior to the booking starting. Furthermore, the booker must be able to immediately provide the contact phone numbers for each person in their booking.
- Whoever books a specific court is responsible to ensure that the rules for the number of people playing and sitting are followed.
- At the discretion of the Booking Manager, multiple courts may be booked by a single person on behalf of a group. That person becomes responsible for all of the courts they have booked to ensure that their group complies with all of the rules. Each member of the group coming to play needs to be aware that they have a spot. Players interested in playing with that group need to get confirmation from the leader in advance of showing up at the club. The leader needs to be aware of who is coming each time and ensure that they do not exceed capacity limits.
- Courts may be booked up to one week in advance.
- Unused courts must be cancelled at least one day in advance to make them available for other players.
- Booking courts and not using them may result in suspension of booking privileges.

- Groups wishing to book courts on a repeating basis may request the Booking Manager to set that up. They are responsible for managing the specific people playing each time they are scheduled. They are responsible for cancelling bookings that will not be used.
- At higher demand times, it may not be possible to obtain the booking(s) desired. The Booking Manager will resolve any issues.
- Every member playing must present their access card to the reader when they enter the building. No exceptions. This allows KBC to do contact tracing for Public Health, should it be necessary. Players without a card may not play.
- Only KBC members are allowed to play at this time. Drop-in play is suspended for the time being. Having a guest play requires the consent of an executive. If a guest is allowed to play, they must be properly signed in using the standard procedure.
- Restricted access members may only book courts during the times the facility is available to them.
- Juniors may book courts at any time, but their access cards only work at specific times. Juniors also require a supervising adult in the building, which must either be playing on court or in one of the designated seats in the gym. Parents are no longer able to wait upstairs.
- The Booking Manager has the right to cancel or modify any booking. Reasons include, but are not limited to:
 - Abusing the booking system with too many bookings
 - Booking more time or courts than actually used or needed
 - A sanctioned event has priority
 - Correcting errors in booking
 - Avoiding unbooked dead-time during busier intervals

5. Summary

There are a number of changes for safe use of the club that complies with provincial guidelines during this pandemic. These KBC policies may be revised over time and the most recent version supersedes all previous versions. Players are responsible for being aware of the current rules. If everyone does their part to abide by them, we can all enjoy the benefits of playing badminton while minimizing known risks.

5.1 Requirements to Play at KBC:

- You must have a booking
- You must arrive after your booking starts and leave before your booking ends
- You must have your access card with you and card-in
- You must come changed and ready to play
- You must have indoor-only court shoes
- You must have your own water/drink if you need it
- You must follow all distancing protocols at the club
- You must wash or sanitize your hands prior to playing and as you leave

5.2 Situations Prohibiting Coming to the Club

- Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
- Anyone directed by Public Health to self-isolate.
- Anyone who was arrived from outside of Canada in the last 14 days.
- Anyone has had contact with a confirmed COVID-19 case in the last 14 days.

While KBC is committed to minimizing risk through our policies and building changes, all risks cannot technically be eliminated. Each player must assess their own risk tolerance in deciding whether and how to enjoy the club. We ask players to be respectful of other players that may have different views on personal safety during this time.

The executive will review any issues and adjust policies as needed. This situation is new for all of us, so we appreciate your patience with us and with each other.