

Alberta Cerebral Palsy Sports Association

Overview

This document outlines Alberta Cerebral Palsy Sports Association COVID-19 protocols and expectations in order to play safely during times with COVID-19. ACPSA acknowledges that we work closely with vulnerable populations and all decisions are made with the safety of our participants, volunteers, and staff as the first priority.

This document is to provide guidance on ACPSA programs and applies to outdoor and indoor activities organized by the organization.

To ensure the safety of individuals, families and communities, ACPSA will follow guidelines from both Alberta Health Services, any relevant governing bodies and the municipality in which the activity is delivered.

This document will be updated as necessary to reflect new guidelines and best practices, as information becomes available.

Principles

These five principles have been used to guide this document.

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 arms• Wear a non medical mask• No handshaking	<ul style="list-style-type: none">• Screen yourself daily for symptoms• Anyone with any symptoms must stay away from others	<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">• Modification of activities (including set up/take down)• Room design• Spacing between rooms or in transit



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Program Planning

- Coaches will be provided with and required to bring hand sanitizer, masks and wipes to each session. Only staff, coaches and volunteers are permitted to touch and use them.
- All participants and coaches will wash their hands before and after sessions, as well as after handling of shared equipment when participants must do so.
- Waivers are updated and renewed to remind members that participating/attending poses a risk that they are choosing to undertake.
- All new guidelines and procedures will be posted on the ACPSA website and updated as more information is available. Clear guidelines and expectations for participants will also be sent out to all registered members prior to first session of program so they come prepared and know what to expect once at the program.

Food and Beverages

- Participants must bring own drinks and snacks from home.
- Sharing of snacks among people from different households is not encouraged
- We encourage that water bottles be labelled

Non-Compliance

- If an attendee does not abide by the guidelines mentioned, they will be reminded of the guidelines and expected to comply.
- If attendee refuses to comply they will be asked to sit out the program session immediately.
- If participant repeatedly refuses to abide by guidelines, further disciplinary actions may be considered by staff and Board of Directors

Safety

- Any person who begins to feel sick during the activity will be isolated from other participants and will be required to return home. (See Rapid Response Plan on page 6 of this document)
- ACPSA requires that any individual showing any symptom of COVID-19 be tested immediately in order to attend our programs. If this is impossible to arrange (i.e. the individual cannot arrange transportation), they can call 811 for at-home testing availability.
- If not willing to be tested, they will have to self-isolate a minimum of 14 days or until symptoms subside in order to attend our programs.
- ACPSA will follow up once test results are shared with ACPSA to let all contacts know the outcome. No personal identifying information about the person going for testing will be shared with contacts.
- Hand sanitizer will always be on site at each session.
- In the event that a participant requires first aid, we will encourage having a family member attend to the injured. If not possible, the coach or volunteer (First Aid certified) will use appropriate Personal Protective Equipment, including non-medical mask and gloves.

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- All coaches and volunteers must use Personal Protective Equipment including a mask when assisting participants at a close distance
- Staff or volunteers exhibiting symptoms will not attend programs, will return to their homes and call 811. They will not return to programs until tested and cleared of COVID-19. (See Rapid Response Plan on page 6 of this document)

Attendee Procedures

Before and after training

- Anyone participating should proactively and regularly check their health status (e.g. taking temperatures and monitoring for any symptoms).
- All participants and spectators are encouraged to wash hands with soap and water for a minimum of 20 seconds before and after training
- Participants in wheelchairs are encouraged to clean and disinfect heavily touched areas of your wheelchair/mobility aid. These include but are not limited to:
 - Manual chairs - hand rims, frames, push handles. Power chairs - joysticks, arm rests, handles. Walkers – frame, handles, seat

At training

- Alcohol-based hand sanitizer (minimum 60% alcohol) will be available for every attendee to use
- No sharing towels, clothing, and other personal items.
- No spitting, clearing of nasal passages, handshakes, high fives, fist bumps, chest bumps, or group celebrations allowed.
- All participants are strongly encouraged to follow proper respiratory etiquette:
 - sneezing or coughing into the crook of your elbow
 - no spitting or no clearing of nasal passages
 - minimal touching of eyes, nose, and mouth
 - frequent hand hygiene

Spectators

- Only guardians, personal assistants and/or families of a participant can spectate. No public spectators will be allowed.
- Limit of 1 spectator per participant will be encouraged (e.g. parent/guardian driving participant)
- Spectators (excluding assistance where necessary for player support) should be kept out of participant spaces (e.g., fields of play)
- Spectators are encouraged to maintain a minimum two-metre distance from one another at all times, whether the activity is indoor or outdoor
- It is strongly recommended that all spectators wear masks, especially in an indoor setting. Cheering and yelling is strongly discouraged at this time as it presents a high risk of spreading droplets.

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Rapid Response Procedure

If a participant develops symptoms while at the program:

- The participant will be isolated away from other participants and leave immediately, if possible.
- If participant has to wait for transportation they must wait in isolated area until transportation arrives. If a separate space is not available, the participant needs to be kept at least 2 metres away from other people.
- A taxi will be arranged if participant used public transportation in order to avoid exposure to public.
- If the participant requires close contact and care, staff can continue to care for the participant until family/friend/private vehicle is able to pick them up. Staff should wear a mask during all interactions with the participant and should avoid contact with the participant's respiratory secretions.
- All equipment touched by participant during the session will be thoroughly cleaned and sanitized.
- All other participants and spectators will wash their hands before resuming the program.

If a staff/coach/volunteer develops illness while at program:

- They should immediately remove themselves from any contact with others, notify their supervisor and go home. Depending on staff and volunteer availability, this may mean that the program for that day would have to be suspended due to lack of supervision.

If a participant tests positive for COVID-19, the following steps should be taken:

1. Immediately notify the coach/program manager
2. Notify anyone the participant may have come in contact with during training
3. Any participants that develop symptoms should be assessed and tested as appropriate
4. At discretion of head coach and staff, next practice may be cancelled

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Appendix A: Screening checklist

If an individual answer **yes** to any of the questions, they **must not** be allowed to participate in the sport. Children and youth will need a parent to assist them to complete this screening tool.

		CIRCLE ONE	
1.	Does the person attending the activity, have any of the below symptoms:	YES	NO
	• Fever	YES	NO
	• Cough*	YES	NO
	• Shortness of Breath / Difficulty Breathing*	Yes	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Runny Nose / Nasal Congestion*	YES	NO
	• Feeling unwell / Fatigued	YES	NO
	• Nausea / Vomiting / Diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ Joint aches*	YES	NO
	• Headache	YES	NO
	• Conjunctivitis	YES	NO
2.	Have you, or anyone in your household, travelled outside of Canada in the last 14 days?	YES	NO
3.	Have you or your children attending the program had close <u>unprotected</u> * contact (face-to-face contact within 2 metres/6 feet) with someone who is ill with cough and/or fever?	YES	NO
4.	Have you or anyone in your household been in close <u>unprotected</u> contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

*We recognize people experience some of these symptoms when well, such as in people with asthma, those who are just beginning to return to physical activity, and those participating in intense activity. Please self-assess for new or worsened symptoms for you!

If you have answered “**yes**” to any of the above questions **do not** participate. Go home and use the [AHS Online Assessment Tool](#) to determine if testing is recommended.