Hello CAN Participants and Families,

Thank you for your ongoing patience. Our team continues to work hard to ensure that CAN participants are able to access in-person programming safely.

As the COVID-19 pandemic continues, recommendations from health authorities are evolving on an ongoing basis. We are updating our procedures to ensure that CAN programs are either in line with, or exceed, the best practice safety guidelines from all relevant sectors.

Thank you for continuing to pay close attention to our updated program safety procedures.

**IMPORTANT UPDATES: NOVEMBER 2020**

In response to provincial health orders on November 7, we instituted a 2-week suspension of all indoor programs in the Lower Mainland. During that time, we have updated our Safety Plan to further support physical distancing, while maintaining fun, active and individualized experiences for all participants.

With new provincial health recommendations on November 19 allowing indoor programs in the Lower Mainland to continue, we are ready to resume all Active, Multisport and Skate sessions with the following updates.

- **Curriculum Updates:**
  - All programs featuring a **station-based format** in which participants are even further distanced within the program area.
  - All program activities are now designed to be **hands-free**. Participants will focus on skills such as running, jumping, hopping and kicking. Activities that require touching equipment will be eliminated for this season.
  - Youth and adult programs will feature increased outdoor activities where physical distancing can be maintained

- **Mandatory Masks:**
  - New health orders require **mask use in all indoor public spaces – if able.**
  - In CAN programs, this includes facility lobbies, hallways, washrooms, etc.
  - We recognize that not all participants are able to wear a mask, but those who can are strongly encouraged to do so.
  - In alignment with other community sport programs and public health orders, **masks will NOT be required on the ‘field of play’** (ie. on the ice, field or gym court).
• **No Spectators:**
  - New health orders prohibit spectatorship of any kind. **Parents/caregivers are no longer able to enter the facility and observe programs.**
  - Participants will be dropped off at the facility entrance and CAN staff will escort them into the space.

• **Reduced Participants**
  - In order to further support physical distancing, we will be decreasing the number of participants enrolled in each session beginning Winter 2021

• **Physically Distanced Support:**
  - Provincial health guidelines require that CAN staff and volunteers maintain physical distance from participants.
  - For participants who have difficulty maintaining physical distance, a **parent/caregiver may be asked to join the program** to provide one-on-one physical support. If this is the case for your child, CAN staff will contact you directly to create an individualized approach.

• **Program Suspensions:**
  - At any point in time, **additional temporary program suspensions may occur** in accordance with mandates set by the provincial health authorities.
  - Members will receive notifications of any program suspensions in a timely manner. We appreciate your flexibility and understanding during this time.

*Please read the rest of this document for a review of our ongoing safety protocols. Thank you again for your support with keeping CAN programs safe!*
This Safety Plan document outlines the safety measures that participants are expected to follow prior to arriving and while at the program, as well as processes that our staff and volunteers will implement when delivering the in-person programs.

These measures have been established in accordance with recommendations from WorkSafe BC, the Provincial Health Authority of BC, viaSport and BC Parks and Recreation Association.

To participate in CAN programs, you must read and agree to the terms and protocols outlined in this document.

**Participant Protocol Prior to Arriving at Program**
Parents/guardians must self-screen for personal symptoms and any symptoms shown by participant(s) before leaving for each session. Anyone attending the session should answer the following questions:

1. Are you experiencing any of the following:
   - Severe difficulty breathing (e.g. struggling to breathe or speak)
   - Severe chest pain
   - Difficulty waking up
   - Feeling confused
   - Losing consciousness
   - Fever
   - Cough

2. Have you been outside of Canada within the last 14 days?

3. Have you been in contact with anyone who has the above symptoms or has tested positive for COVID-19?

If you answered “yes” to any of the above, you need to stay home and self-isolate for 14 days.
Participant Protocol at Programs

ARRIVAL PROTOCOL

Parents/caregivers are no longer permitted in the entire program facility. Staff will meet parents/caregivers at the facility entrance to receive participants and ask the COVID screening questions listed below.

Upon arrival at the program, participants must:

1. Maintain physical distancing at all times (minimum of 2 meters apart)
2. Check in with a CAN team member who will ask the following COVID-19 screening questions:
   - Do you have any COVID-19 symptoms?
   - Have you travelled to any countries outside Canada (including the United States) within the last 14 days?
   - Have you provided care or had close contact with a person with confirmed COVID-19?
3. If the participant answers ‘no’ to all of the above questions, they will be welcomed into the facility and asked to wash or sanitize their hands.

If the parent/guardian answers ‘yes’ to any of these questions on behalf of their participant, they will not be permitted to take part in the program and will be asked to leave.

Once the participant has been dropped off, parents/guardians must leave the premises. In accordance with current provincial health orders, there will be no spectatorship or waiting in the common areas within the facility of any kind.

REQUIRED HAND HYGIENE

Rigorous hand washing with plain soap and water is the most effective way to reduce the spread of illness. To ensure program safety, everyone must practice diligent hand hygiene. CAN staff will teach and reinforce these practices with participants regularly during the program.

How to practice diligent hand hygiene:

- Wash hands with plain soap and water for at least 20 seconds. Antibacterial soap is not needed for COVID-19.
- When sinks are not available or in close proximity, participants will be provided with alcohol-based hand sanitizer.
- If hands are visibly soiled, soap and water is preferred as alcohol-based hand rub may not be effective at eliminating respiratory viruses.
• To learn about optimal hand hygiene, please refer to the BCCDC’s hand washing poster (Appendix A).

In accordance with provincial health guidelines, participants will be required to wash or sanitize their hands in all of the following situations:

• Upon arrival at the program
• After using the toilet
• Before and after any transitions within the facility (e.g. to another room, indoor-outdoor transitions, etc.)
• After sneezing or coughing
• Before eating any food. Participants are advised to avoid bringing snacks to CAN programs at this time.
• Before and after touching one’s face (nose, eyes or mouth)
• After touching a high-contact surface or another participant’s equipment (*note: equipment sharing will be minimized and/or eliminated whenever possible)
• Whenever hands appear visibly dirty
• After contact with bodily fluids (i.e., runny noses, spit, vomit, blood)
• When putting on or removing masks (if the participant chooses to wear a mask)

PRACTICING RESPIRATORY AND PERSONAL HYGIENE
Respiratory hygiene is also essential for program safety. Participants, staff, and volunteers who need to cough/sneeze must do so into their elbow sleeve or a tissue, refrain from touching their face, and wash hands immediately.
PHYSICAL DISTANCING

Physical distancing is required at all times during CAN programs, for participants, staff and family members. *This requirement will only be broken in emergency situations to maintain participant safety. When this occurs, CAN staff will follow up with parents/guardians immediately to address the situation and set up a plan for ongoing participant safety.*

To support physical distancing, CAN will:

- Encourage a distance of 2 meters or more between all people at all times
- Discourage contact greetings (e.g., hugs, handshakes) between CAN participants and staff
- Regularly remind participants about physical distancing verbally and visually
- In all programs, activities have been modified to ensure that physical distancing can be maintained (e.g. station-based activities in children’s programs with a reduced number of participants).
PERSONAL PROTECTIVE GEAR (MANDATORY MASKS)
Provincial health orders now require the use of masks in all indoor public spaces – if you are able. In CAN programs, this includes facility lobbies and hallways, washrooms, etc. Please note that masks are not currently required for children when participating in a physical activity program (e.g., when playing in the gym or skating on the ice.)

Canucks Autism Network recognizes that not all participants on the spectrum are able to wear a mask, but those who are able to are strongly encouraged to do so in all indoor public spaces. Handwashing and physical distancing are required at all times during CAN programs as essential protective measures.

ILLNESS ON SITE
Participants, staff, and volunteers who become ill must leave the program immediately and self-isolate for 14 days. Participants will not be permitted back into CAN programs before 14 days unless a doctor’s note is provided stating that they are safe to return.

Participants who exhibit signs of illness when their parent/guardian is not present will be immediately guided into the facility-designated quarantine area, as determined in the facility’s own COVID-19 safety plans. Parents/guardians will be notified and asked to pick-up the participant immediately.
CAN staff who supervise the participant while they wait to be picked up will be required to wear gloves and a mask. The participant will also be asked to wear a mask and maintain physical distancing.

If someone in the program becomes ill, all other participants, staff and volunteers will be notified and required to self-monitor for symptoms.

TOILETING
Participants should use the washroom immediately prior to arriving at a CAN program. This will reduce the likelihood that CAN staff need to accompany participants to the washroom during the program.

If a CAN participant needs to use the washroom during the program:
- The participant will be accompanied by two CAN staff, in accordance with CAN’s policy
- Physical distance of 2 metres will be maintained in the washroom at all times. This will likely mean that one staff will stand outside of the stall, while the other stands at the doorway.

FIRST AID
A member of the CAN staff at the program will be designated as the First Aid Attendant. When a situation requiring First Aid arises, the First Aid Attendant will first aim to assess the patient (s) from a 2 metre distance.

- **If it is a minor injury that can be treated by the patient (participant):**
• The First Aid Attendant will instruct the patient to self-treat using certification protocols
• If the patient is unable to self-treat, and the parent/guardian is close by, the First Aid Attendant will invite the parent/guardian into the facility and will provide instructions to the parent/guardian for how to treat the patient.
• If the patient is unable to self-treat, and the parent/guardian is not close by, the participant will be asked to rest while the parent/guardian is contacted and a plan is determined (e.g., pick up from program or continue to participate, if reasonable)

• **If it is an injury that requires critical intervention:**
  o The First Aid Attendant will don the appropriate level of Personal Protective Equipment (face mask or shield/gloves/gown/goggles or glasses) before entering within 2 metres of the participant(s)

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**Staffing Protocols and Procedures**

**PLANNING PROGRAMS**

As a rental group, CAN will work with facilities to understand and incorporate facility-specific COVID-19 protocols. All recreation facilities in BC are required to have COVID safety plans, in accordance with guidelines set by BCRPA and WorkSafe BC.

To ensure that CAN staff are familiar with these facility-specific plans, Onsite Supervisors will be required to complete a review of facility-specific protocols as part of each facility orientation.

In addition to understanding facility-specific plans, CAN will be making significant changes to our programming to ensure that we can operate safely. Participants will notice significant changes to program curriculum, with all activities being station-based and physically distanced/
DISINFECTING
CAN staff will be responsible for cleaning all equipment on a regular basis to ensure participant safety. We will also be reducing the total amount of equipment used in all CAN programs and transitioning to ‘hands free’ activities (e.g., kicking, running, jumping, etc.)
- All equipment will be cleaned after each program and between participant uses.
- Games will require a minimal number of toys and equipment. Any necessary equipment will be limited to items that can be easily cleaned (e.g. no stuffed toys or porous items).

TRAINING AND EDUCATION
CAN will be delivering mandatory COVID-19 safety protocols training for all CAN staff and volunteers. This will ensure that all staff and volunteers are familiar with the requirements around hand hygiene, sanitization and physical distancing in CAN programs. It will also provide Onsite Supervisors with additional training on how to manage emergency situations where participant safety is at risk and physical distancing may not be possible.
Final Recommendations

- Please ensure that participants have used the washroom PRIOR to arriving at the program.
- Please do not arrive more than 5 minutes early.
- While waiting for CAN staff to meet participants outside the facility, please ensure that physical distancing is maintained (i.e., do not gather with other parents/families).
- All participants will wash their hands before participating in the CAN program.
- Only one parent/guardian should drop off the participant at the program.

Questions or concerns?
If you have any questions or concerns about this document, please email: info@canucksautism.ca