



Shawnigan Lake Community Centre Bouldering

Participant Guidelines during COVID-19

We recognize that the opportunity to recreate, socialize, and stay active are an important aspect of your overall health and wellness. During this time, our primary focus is to ensure the safety of staff, instructors, and participants. In order to provide the highest level of care and safety, CVRD will follow guidelines set out by WorkSafe BC, Public Health, and BCRPA. We ask that you strictly adhere to the guidelines and directions provided to you.

Prior to Attending

Prior to attending your session you must follow through with the following steps.

- ☐ You should assess your personal risk and motivation to ensure that attending a public recreation program is in your best interest. You may seek to ask your health care provider what is right for you.
- ☐ Review the provided guidelines for your program or activity (next page).
- ☐ Complete and submit the assumption of risk and permission form.
- ☐ Prior to the start of each session screen yourself to ensure that your attendance to the facility is appropriate.

Is/has your child or anyone in your family:

1. Showing signs or symptoms of respiratory infection, such as cough, shortness of breath, or sore throat?
 2. Experiencing a fever with a temperature of 38C or higher, or taken any fever reducing medications in the last 12 hours?
 3. Experiencing any flu-like symptoms including diarrhea in the last 24 hours?
 4. Travelled outside of Canada in the last 14 days?
 5. Been in contact with anyone that has displayed symptoms of COVID-19 in the last 14 days?
- ☐ Discuss any concerns or questions with Shawnigan Lake Community Centre programs staff or your instructor.

Please note that changes to Bouldering have been put in place to minimize the risk to staff, participants and instructors. Additionally, greater health and safety precautions have been put in place to minimize the risk at our facility.

We look forward to greeting you soon,

Shawnigan Lake Community Centre Staff

Program Guidelines for Bouldering

Shawnigan Lake Community Centre Arrival/Departure

- Entry will be through the main front doors and proceed directly to the Gym to be greeted by instructor prior to entering gym.
- Exiting will be through the Gym main door and then proceed to exit the building via the loading Zone doors beside the Multipurpose room.
- While signing in participants, instructor will ask verbal screening questions. Entry will be denied to any person who is suffering from symptoms or has travelled outside of Canada.
- Once you have entered the building, proceed to the washroom and wash your hands following the posted handwashing procedures, or use hand sanitizer. Following your class, proceed to the washroom and wash your hands following the posted handwashing procedures, or use hand sanitizer prior to leaving the building.

Program Guidelines

- No one is permitted to participate unless the COVID-19 Assumption of Risk & Permission form and the Gymnastics Waiver has been completed and returned.
- The Lobby is not open for parents to wait in while children are in class. When returning at the end of your child's class please pick them up, and sign them out following the exit and entry guidelines outlines for the gym.
- There will be no sharing of personal belongings, or water bottles.
- No physical spotting will be done, verbal ques only.
- Handwashing is to be done immediately prior to your scheduled bouldering turn, and immediately after finishing and leaving the bouldering area, always following the posted handwashing procedures.
- Handwashing will always occur before returning to the Bouldering wall to climb for another session, and will always follow exiting the bouldering wall and area.
- Only those currently Bouldering are allowed on the mats or in the zone. If it is not your scheduled time you are not on the mats or in the zone.
- Please bring minimal personal belongings with you, all personal belongings will be placed along the wall on a chair, spaced 6ft apart.
- Personal items that you bring with you are not allowed in the Bouldering area.
- No shared equipment or items.
- No food is to be brought into the gym.
- Bring your own water bottle as water fountains are not allowed to be used.

While in the Facility

- Arrive only a few minutes prior to your session.
- Only program participants may enter the gym.
- Follow all posted directional and instructional signage.
- It is expected that instructors and participants will only access parts of the building required for their permitted activities and will do so via the access points described (unless obstructed).
- Respect posted program and facility capacities.

- Maintain physical distance between yourself and others.
- Minimize the items and surfaces that you must touch.
- Practice appropriate respiratory and hand washing hygiene.

Physical Distancing in a class setting

Understandably, physical distancing is challenging in an active program setting. The focus in a program setting is to **minimize physical contact**. At the same time, it will be important that staff do what they can to assist children in learning about physical distancing. Staff will use creative ideas and visual cues, and split children into smaller groups sizes for activities throughout the class.