



COVID-19 Code of Conduct – Banook Canoe Club

SCOPE

Each Banook member, athlete, coach, employee and volunteer plays a vital role in preventing the spread of the COVID-19 virus at our club. For that reason, everyone is required to follow the rules set out below. Each person must take reasonable and necessary precautions at all times to ensure their own health and safety and the health and safety of everyone else at Banook who are likely to be affected by their acts or omissions.

YOUR OBLIGATIONS

While at Banook Canoe Club, you must follow the Health Protection Act Order and Public Health directives of the Government of Nova Scotia, which are reflected in this COVID-19 Code of Conduct.

Non-compliance with this COVID-19 Code of Conduct will be dealt with pursuant to the Canoe Kayak Canada (CKC) Safe Sport Policy.

Members, athletes, coaches, employees and volunteers are required to:

- a) **Self-monitor DAILY for symptoms of COVID-19**
 - Do not come to Banook if you feel ill or have commonly reported symptoms, including elevated temperature/ fever, chills, cough, sore throat, runny nose/ nasal congestion, headache, shortness of breath/difficulty breathing, muscle aches and pains, fatigue/tiredness, lost sense of taste or smell
- b) **Call 811 if you are exhibiting symptoms of COVID-19**
 - If you are experiencing symptoms, call Public Health at 811 and follow instructions.
- c) **If 811 requires you to be tested for COVID-19**
 - Stay home and self-isolate until the test, as required by Public Health
- d) **If you test positive for COVID-19**
 - Provide the Board President or Paddling Director results of your COVID-19 test
 - Follow instructions of Public Health for isolation/ medical treatment
 - Do not return to Banook Canoe Club until given clearance from Public Health (advise President/ Paddling Chair)

Other Requirements include:

- e) **Stay home if you have any illness that may not be COVID-19**
 - Numerous illnesses present different symptoms in different individuals and many illnesses may present symptoms similar to COVID-19. If you are sick with any illness, please do not come to Banook and risk transmitting.
- f) **In the last 14 days, have you had close contact (within 2 metres / 6 feet) with someone confirmed to have COVID-19?**
 - If yes, you must stay home. You are required by law to self-isolate if you have been identified as a close contact of someone with COVID-19. If you haven't spoken with Public Health or been tested, you should contact 811 to be screened for testing for COVID-19. Stay home if you have been exposed to someone.
- g) **Stay home if you have traveled and are now legally required to self-isolate**
 - These restrictions apply to both international travel as well as travel outside the Atlantic bubble. Complete 14-day mandatory isolation before visiting Banook
- h) **If you or your child has an illness requiring you to miss time at Banook, please send an email to your coach and copy the Paddling Director**



- i) **Maintain physical distance from others**
 - Maintain your training pods and keep 2 metres away from others
 - Ensure to maintain this distancing including on the stairs, on the docks, in the building, on the grassy area, in the breezeway, in the parking lot, and all other areas in and around Banook Canoe Club
- j) **Wear a mask or face covering**
 - Whenever you are inside the canoe club – this includes going to the washroom/ changeroom and when entering for the purpose of going or to leaving the gym, weight room or for any other reason. (Keep a mask by your boat storage/ in your boat).
- k) **Wash hands often**
 - Using soap and water for at least 20 seconds. If unavailable, use provided hand sanitizer stations.
- l) **Ensure you have checked in/ are on the attendance list each day you visit Banook**
 - Ensure coach/ volunteer/ Banook employee has checked you in daily
- m) **Follow all rules in place including but not limited to:**
 - Follow arrows/ flow/ directions on stairs and doors
 - Ensure distancing from other pods (including using a different dock from members not in your pod)
 - Use hand sanitizer stations upon entry to club property, upon entry into weight room, upon entry into new gym and just prior to leaving Banook property
 - Ensure you or coach/ employee sanitizes club equipment/ dock/ weight room equipment/ gym equipment after each use
 - Ensure gathering limits are not exceeded when in indoor locations
 - i. Max of 10 in changeroom (must be in same pod)
 - ii. Max of 9 plus coach in weight room (must be in same pod)
 - iii. Max of 2 pods of 9 plus coach in new gym (pods must be distanced)
 - iv. Only pods can be in boat bays at the same time (or wait until athlete from other pod has exited).
- n) **Only Banook members who have paid for membership/ programming and Banook employees are permitted onsite**
 - Delivery persons or contractors must have prior approval from the President or the Banook office to ensure masking protocols are explained and contact tracing information is recorded

AGREEMENT

By visiting Banook Canoe Club, I confirm that I will consider daily whether I have any reason not to be present (i.e. sickness, requirement to isolate) and will follow the steps above regularly and whenever my health or circumstances change.

I agree that I will respect the Banook Canoe Club policies and guidelines, adopted in response to the COVID-19 pandemic.

Athlete/ Member/ Employee/ Volunteer Name

Signature

Parent/ Guardian Name (if under 19 years old)

Parent Guardian Signature

Date