



Sionnaine Irish Dance Academy

Return to Sport and Covid-19 Safety Plans

Please note:

This document is subject to change following provincial and federal health and safety requirements.

Sionnaine Irish Dance Academy (SIDA) top priority is the health and safety of its members and community. We have always strived to ensure that our athletes, staff, parents, and community are looked after. As our economy reopens, businesses will be judged by the precautions they take to keep customers safe. It is the responsibility of each of us to implement vital health and safety measures to protect and instil trust in employees, participants, and parents.

We understand and are compliant with the Government of BC and WorkSafeBC protocols and recommendations. We have put together protocols that maintain a safe environment for both employees and participants. This document includes all relevant information from the BC government (Provincial Health Officer), and WorkSafeBC.

The Government of BC has announced that sport/dance may return to play in phases, with stringent safety protocols in place; this allows us to ensure due diligence is taken to mitigate the risk of transmission in our communities.

WorkSafeBC requires that all businesses have their own publicly posted COVID-19 safety plan at work sites as they return to operations. If the academy is audited by WorkSafeBC, we will be required to demonstrate compliance to the safety plan. The forms attached in this document are to help facilitate this requirement.

Please note: SIDA's COVID-19 safety plans are subject to change as government and provincial health requirements for businesses evolve. Plans will be reviewed by academy staff on a regular basis to make sure they continue to fulfill their purpose.

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604-836-8201

LOCATIONS

Abbotsford: Matsqui Community Hall 33676 St Olaf Avenue Abbotsford BC
Maple Ridge: Fraserview Village Hall 22610 116th Avenue Maple Ridge BC
Vancouver: Cambrian Welsh Hall 215 East 17th Avenue Vancouver BC

Overview of updated requirements-These new requirements are in effect from Dec 3rd, 2020.

- Everyone inside the facility needs to maintain three meters apart at all times. Luckily we were doing this already, although it was previously 2m required. So no real change for how we were previously running inside the facility.
- Coaching staff are now required to wear a mask if and when they leave their teacher area. Face shields are not an adequate substitute...it must be a mask that attaches behind the ears and covers your nose and mouth.
- If the occupancy during scheduled activities is such that participants are unable to physically distance, classes may be cancelled, rescheduled, or groups may be split differently.
- No travel is allowed at this time outside of your local communities for sport/extra curricular participation. However, individual members are able to attend training at their home club (dance school) even if their residence is in a neighboring municipality or health region.
- No in-person competitions are allowed.
- All socializing by participants, parents, and guardians before, during and after programming should be eliminated. Social activities have been proven to increase the transmission of Covid-19. Please bring your dancer to the entry door, ensure they are physically distancing from others, and leave immediately. Please exit your class, return to your vehicle and leave immediately. Please keep 3M distancing from anyone not in your household at all times.
- All Individuals who are 12 years of age or older must wear a mask in public spaces within the facility (ex. bathrooms, entrance (kitchen/lobby), exit (lobby) etc.). You are not required to wear a mask during your sport physical activity as long as you remain in your designated area that is 3m away from all other participants.
- Adult programming for dancers 22years of age and older is going to be modified to ensure it is more low intensity and avoid heavy breathing.

It is a good idea for you to read through below and remind yourself and your dancers of our return to sport Covid safety plans and guidelines. All of the dancers have been doing an amazing job thus far. Let's keep working together to ensure our classes can run safely and covid free!

Many thanks,

Michelle and her team

Sionnaine Irish Dance Academy (SIDA)
Covid-19 Restart Strategy (subject to change)

Start up plans:

- Zoom classes only for April May June 2020

Step 1:

- Opening in-class lessons for summer sessions 2020
- Shorter training schedule than normal

Phase 1: Restart of Maple Ridge hall location only

- Date: June 30, 2020
- Tuesday and Thursdays
- Max 8-16 dancers in our Maple Ridge Hall (dependant on siblings)
- Remaining students to stay on Zoom classes if interested

Step 2:

- Opening in-class lessons for September 2020 to June 2021 classes in all locations
- Shorter training schedule than normal

Phase 2: Restart Abbotsford and Vancouver locations along with Maple Ridge already in progress.

- Date: September 8, 2020
- Tuesday and Friday in Maple Ridge, Wednesday in Vancouver, Thursday in Abbotsford
- Max 8-16 dancers in our Maple Ridge Hall (dependent on siblings). Only 8 areas.
- Max 7-14 dancers in our Vancouver Hall (dependent on siblings). Only 7 areas.
- Max 8-16 dancers in our Abbotsford Hall (dependent on siblings). Only 8 areas
- Continuing of Zoom classes if needed

Possible Step 3:

- Return to Zoom if second wave of Covid 19 happens

Phase 3: Be prepared to return to Zoom class only options

- Prepare a new schedule ASAP.

Possible Step 4:

- Return to normal. Prepare a new schedule ASAP.

***Note: All Steps and Phases subject to change. Changes/updates will be made in accordance with the recommendations of the Provincial Health Organization, governing bodies and progress of the pandemic.**

SIDA Covid-19 Safety Plan Requirements

Facility Access	<p>Manage access to the facility:</p> <ul style="list-style-type: none">• All dancers required to respect 3M physical distancing while waiting outside the hall to enter classroom. Please remain in your vehicle until entry door is opened for your class entry. Maple Ridge Entry door is the kitchen door on your right. Abbotsford Entry door will be the side door on the side of the hall into the kitchen. Vancouver entry door will be the main doors at the front.• For dancers entering the facility for classes, he/she will ENTER through the ENTRY DOOR listed above one at a time and follow the flow of traffic direction to the classroom. Please keep 3M distance at all times. All dancers will wash hands before entering the dance area.• Dancers will EXIT the facility from the MAIN FRONT DOORS in Maple Ridge, the side door next to the Main entry door in Abbotsford, and the Backdoor into the alley in Vancouver. This will help to limit traffic and increase safety.• SIDA personnel will manage the flow of dancers entering and exiting the facility.• Parents of younger dancers are required to line up at the exit doors and respect physical distancing of 3M while waiting for pick up. Main exit pathway to the parking lot will remain unobstructed at all times for dancers/parents to exit out to their vehicle area.• Older dancers may exit alone and head straight to vehicle area. Staying out side in the parking lot and or grassy area is prohibited.• Parents will drop off and pick up dancers outside. No parents and or siblings to enter the facility for any reason at any time. <p>• All socializing by participants, parents, and guardians before, during and after programming should be eliminated. Social activities have been proven to increase the transmission of Covid-19. Please bring your dancer to the entry door, ensure they are physically distancing from others, and leave immediately. Please exit your class, return to your vehicle and leave immediately. Please keep 3M distancing from anyone not in your household at all times.</p> <ul style="list-style-type: none">• Staff will ask participants to leave the facility immediately after their class to prevent gatherings in the facility or parking lot.• For individuals who need to speak to a teacher prior to the class, please call 604-836-8201 to relay all messages. Do not enter the facility or block the flow of traffic coming in and out of the facility.• All classes have a 15min gap between them. This 15min will be used to facilitate exit and entry as well as cleaning of commonly touched areas (door handles, faucets and bathrooms)• All participants and staff must bring and have a mask within their belongings for all classes. <p>• All Individuals who are 12 years of age or older must wear a mask in public spaces within the facility (ex. bathrooms, entrance (kitchen/lobby), exit (lobby) etc.). You are not required to wear a mask during your sport physical activity as long as you remain in your designated area that is 3m away from all other participants.</p> <ul style="list-style-type: none">• Prior to entering the facility, all dancers/staff/volunteers must fill in the Daily Screening Checklist (in Appendix 1). Parents/guardians of minors must facilitate the process for the child to enter the facility. Completed
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	<p>checklists will be kept on file. This can be done on line www.sionnaine-academy.com or by printing your own checklist, filing out, and submitting at each class.</p> <ul style="list-style-type: none"> • Depending on the answers on the Daily Screening Checklist, individuals may be required to have their temperature checked with a touchless thermometer. Individuals with a temperature 38 degrees and over will be recorded and not be allowed into the facility. • Prior to participating in any further programming, an Acknowledgement of risk form (in Appendix 2) must be completed for each participant. As well as a Participation Declaration (in Appendix 3) and Release form. • Adult programming for dancers 22years of age and older is going to be modified to ensure it is more low intensity and avoid heavy breathing. • No travel is allowed at this time outside of your local communities for sport/extra curricular participation. However, individual members are able to attend training at their home club (dance school) even if their residence is in a neighboring municipality or health region.
<p>Facility Operations</p>	<p>Protocols will be reviewed with staff regularly and adjust, as needed.</p> <ul style="list-style-type: none"> • No more than 50 people are ever allowed in the facility at one time until the Provincial Health Organization and/or Provincial Sport Organization changes regulations. Our maximum entry to the Abbotsford and Maple Ridge halls will be 8-16 total (dependant on siblings). Our Maximum entry to the Vancouver Hall will be 7-14 total (dependant on siblings). • If the occupancy during scheduled activities is such that participants are unable to physically distance, classes may be cancelled, rescheduled, or groups may be split differently. <ul style="list-style-type: none"> • There will be no spectating available in the hall. Parents will be required to drop off participants and leave the facility. • If your younger dancer requires help tying shoes, please double knot and tie up their softshoes before sending into class. If assistance is required to change into hardshoes, teachers will sanitize hands and wear masks before coming into close contact to assist the dancer. • Dancers will enter, immediately wash hands and then proceed to their designated area for the class. • Dancers are required to bring a towel, blanket, and or yoga mat to use for warming up on, sitting on to change shoes, and to keep all belongings on. • Belongings will be kept beside your designated dancing area at all times. • Distancing will be maintained by assigning dance mats to one dancer only and/or siblings. If/when a mat is shared; chairs will be placed between dancers to ensure physical distancing is enforced. • A designated pathway will be assigned that allows all participants to get to the washroom and back to their designated area while still remaining 3M from all other participants and staff in the classroom. • Participants are required to have their own clear bag and or Ziploc bag with their name on it for items coming into the class. Please only bring your dancing shoes, tape, Band-Aids, shoehorn, dancing runners, and a FULL water bottle or two! No food allowed- no exceptions. • Access to the kitchen and bathroom faucets will be denied for refilling of water bottles. Please make sure you come to class prepared. • A reminder that a 15min gap has been placed between all classes to allow for safe exit, new class entrance, and cleaning/disinfecting of commonly touched areas (door handles, faucets and bathrooms).

	<ul style="list-style-type: none"> • Use of contactless or online methods of payment will be used whenever possible. • All socializing by participants, parents, and guardians before, during and after programming should be eliminated. Social activities have been proven to increase the transmission of Covid-19. Please bring your dancer to the entry door, ensure they are physically distancing from others, and leave immediately. Please exit your class, return to your vehicle and leave immediately. Please keep 3M distancing from anyone not in your household at all times.
Washroom Accessibility	<ul style="list-style-type: none"> • Facility bathroom is for dancers only- that are taking their class. Parents and siblings will need to find access elsewhere. • A designated pathway will be assigned that allows all participants to get to the washroom and back to their designated area while still remaining 3M from all other participants and staff in the classroom. • Only one person at a time will be allowed to the washroom. This will aid in ensuring 3M distancing at all times. • Staff will disinfect and clean the washrooms between the changeovers of classes.
Cleaning	<p>Cleaning and Sanitation Protocols:</p> <ul style="list-style-type: none"> • All three locations have ensured that cleaning/sanitizing will be done after each renter has left the building. Staff will sanitize high touch surfaces upon entry as well to ensure the highest level of sanitization possible. • A 15minute gap between each of our dance classes has been implemented to allow SIDA staff to clean and disinfected high touch points (door handles, faucets, sanitizer dispensers, soap dispensers, railings-- including the washroom and high touch areas therein). This mandatory wipe down will be done after every class. • Cleaning station upon entering the building will be provided, as well as wipes and hand sanitizer upon exiting the building. • Cleaning and sanitizing of all high touch areas will be done by staff before exiting the hall at each location.
Communication	<p>Members will be notified of new protocols before their first visit to the facility, to foster confidence in the staff's commitment to keep everyone safe.</p> <p>This will include information on academy:</p> <ul style="list-style-type: none"> ○ Screening protocols ○ Sickness protocols ○ Personal hygiene requirements ○ Physical distancing requirements inside the facility ○ Cleaning protocols ○ Programming changes (e.g. limitations on number of people permitted inside of the facility at once, limitation on class sizes, etc.) • Any discussion between parents and coaches should be completed over the phone, email or by electronic communication. If there is a need for an in-person meeting this will be arranged prior and physical distancing measures will always be maintained. • Various resources and posters have been posted amongst all three locations by management of the halls we rent. • Our Covid-19 safety plan will be accessible in the facility and at every class that is held, as well as on the homepage of our website for public access to

	<p>the guidelines.</p> <ul style="list-style-type: none"> Michelle Bond 604-836-8201 is our single point of contact to address all Covid-19 related communications, compliance, and coordination.
Protocol Review	<p>Staff will continually review protocols, so they understand the expectations regarding physical distancing, personal hygiene, cleaning, etc.</p> <ul style="list-style-type: none"> When needed, staff will explain the new protocols to participants. Dancers will be made aware of the academy's new safety protocols and their responsibility in maintaining their health, and the health of others.
Screening	<p>Prior to entering the facility, all individuals must have the Daily Screening Checklist (see Appendix 1) filled out. This includes teachers and participants. Electronic forms are preferred and will be kept on file. Paper forms will be kept on file also.</p> <ul style="list-style-type: none"> Parents/guardians of minors must facilitate the process when their child enters the facility. Completed checklists will be kept on file. Depending on the answers on the Daily Screening Checklist, individuals may be required to have their temperature checked with a touchless thermometer. Individuals with a temperature 38 degrees and over will be recorded and not be allowed into the facility. Individuals must stay home if they are unwell even if the symptoms are mild. If an individual is found to have symptoms, he/she will not be able to enter the facility and will be asked to return home. <ul style="list-style-type: none"> Parents/Guardians are asked to wait until their child has entered the facility before leaving the premises. Staff members who exhibit symptoms will remain at home and if found to have symptoms will be sent home. Proper protocols for replacing the coach, cancelling the class, etc. will be taken. If an individual experiences seasonal allergies, they may need to get a doctor's note explaining their symptoms before enter the facility. Immuno-compromised (high-risk) individuals should consult a medical practitioner before returning to classes. Individuals must not enter the facility or participate in any activity if they have, or someone from their household has, travelled outside of Canada in the last 14 days unless proper documentation can show that safety restrictions are being followed. It has been deemed by PHO that essential workers and their family members may enter the facility as long as they are asymptomatic.
Personal Hygiene	<ul style="list-style-type: none"> All participants hands will be required to be sanitized when they enter the hall. The entry kitchen has a sink/soap, as well as wipes and hand sanitizer. Hand sanitizing stations will be available at the exit of the facility with wipes and hand sanitizer. Hand washing or sanitizing will be done upon entry and exit of the facility. Limit the items participants bring into the class: they should arrive dressed for their class and only bring what they need in a clear marked bag (e.g. dance shoes, runners, tape, full water bottle or two, hand sanitizer, yoga mat/blanket/towel, socks etc. if required). No food- no exceptions. Sharing of personal items will not be allowed. Coaching staff will use masks while in the facility when they are unable to keep the necessary physical distancing (e.g. re-tying a shoe, injury).

	<ul style="list-style-type: none"> • Dancers/participants can use a mask while entering the facility and take it off when they enter the classroom and are able to maintain physical distancing. Dancers are welcome to wear a mask for the entire class if that is to your liking. If masks are removed, please place them in a separate small ziplock bag and leave with your personal items. The mask can be worn again while using other areas of the facility (e.g. washrooms). • Participants and staff must wash/sanitize hands before returning from the washroom. • Staff must sanitize hands frequently and after each class rotation.
Physical Distancing	<p>Everyone inside the facility must always maintain physical distancing of a minimum of 3M. This includes coaches and dancers.</p> <ul style="list-style-type: none"> • Dancing mats will be set up to help facilitate physical distancing. • Each dancer will be designated their own area where they keep all their belongings. • Only siblings will share the same mat and will be given priority for larger mats as there are more dancers to a mat. • Pathways will be made visible to get to the washrooms and back to your designated area while still maintaining physical distancing. Coaches will assist younger dancers when needed to get to and from the washroom area.
Scheduling of Activities	<ul style="list-style-type: none"> • Training groups will remain small and consistent until the end of the summer (or until regulations change). • A progressive return to activity has been created. Programming will be done in phases to help everyone adjust to the new protocols and meet physical distancing. • Gradual return to skill levels will be monitored. Dancers will not be allowed to train skills until it is felt by coaches that the dancer is prepared enough physically and mentally and have shown their preparedness. Many dancers have not danced in 3-5 months and their safety is our priority. • Training hours will be shortened to allow for spreading out the number of dancers throughout the evening • Detailed attendance and membership tracking will be taken and kept on file. <p>• No in-person competitions are allowed.</p>
Sickness Protocol	<ul style="list-style-type: none"> • Should a staff member start showing symptoms of illness, they must notify their supervisor immediately. Proper protocols will be followed to replace the coach, cancel classes, etc. • If any individual develops symptoms while at the facility, the following actions will be taken: <ul style="list-style-type: none"> ○ The individual will be isolated in a separate room. If a separate room is not available at that time, the individual will be at least two meters away from other individuals. Others should be mindful of hand washing and avoid contact with the individual's respiratory secretions. ○ Notify the emergency contact to come and pick up the individual immediately. ○ All areas used by the person feeling sick will be immediately removed or barricaded from reach and sanitized.

	<ul style="list-style-type: none"> If a positive test for COVID-19 is linked to the academy, the academy will follow WorkSafe and BC Government requirements and inform public health officials immediately.
Injury Protocol	<p>If an injury occurs and physical distancing measures must be broken, all persons attending to the injured individual must first put on a mask and sanitize hands.</p> <ul style="list-style-type: none"> The first aid kit will be well stocked in case of emergency. Staff will look after the injured participant and follow normal protocols. After the incident is over the staff member will wash their hands and the area will be sanitized. <p>Dancers are responsible for bringing their own Band-Aids and blister Band-Aids.</p>
Illness Policy	<p>Sionnaine Irish Dance Academy Illness Policy is outlined in Appendix 4.</p>
Outbreak Response	<p>SIDA is committed to the following process in the event of a Covid-19 Outbreak: Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.</p> <ul style="list-style-type: none"> If a case or outbreak is reported, Michelle Bond _irishdancing@shaw.ca will be the main point of contact for all parties. Michelle Bond has the authority to modify, restrict, postpone, or cancel any or all academy activities. If staff (including volunteers) or a participant/dancer reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, Michelle Bond will coordinate enhanced cleaning measures to reduce risk of transmission. Michelle Bond will communicate with the facility operator to notify the facility right away. Should a staff member start showing symptoms of illness, they must notify their supervisor immediately. Proper protocols will be followed to replace the coach, cancel classes, etc. The Illness policy (Appendix 4) will be implemented and individuals will be advised to: <ul style="list-style-type: none"> self-isolate monitor their symptoms daily, report respiratory illness and not return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite. use the BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed. <ul style="list-style-type: none"> Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency. Individuals can learn more about how to manage their illness http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick In the event of a suspected case or outbreak of influenza-like-illness, the suspected outbreak will be immediately reported and discussed with the Medical Health Officer (or delegate) at the local health authority. The Illness Policy and enhanced measures will be implemented. If SIDA is contacted by a medical health officer during contact tracing, we will cooperate with the local health authorities.

<p>Staff/volunteer Protocols</p>	<p>All staff/volunteers are required to follow SIDA safety requirements and guidelines outlined herein. As well as...</p> <ul style="list-style-type: none"> • Coaching staff are now required to wear a mask if and when they leave their teacher area. Face shields are not an adequate substitute...it must be a mask that attaches behind the ears and covers your nose and mouth. <ul style="list-style-type: none"> • Confirm that daily screening checklists have been filled out by all staff/dancers/volunteers entering the facility and that it is safe for them to enter. • Assist in entry and exit of participants/dancers to ensure physical distancing, hand sanitizing etc. is followed. • Assist with cleaning outlined here in during the 15min breaks between classes. To include disinfecting all door knobs, faucets/sinks, paper towel dispensers handles, light switches, toilet flushers etc. • Have access to their own sound system and iPod controls for teaching their groups for the day. • Be required to bring their own safety mask in the event that physical distancing must be broken e.g. injury, shoe tying etc.
<p>Outdoor Strength and Conditioning classes</p>	<p>All participants will be required to bring all of their own supplies. Do not share any of your supplies. Only Public washrooms will be accessible. Physical Distancing must be followed at all times. Covid-19 Daily Screening Checklist will need to be filled out on line before participating.</p>

Appendix 1

Sionnaine Irish Dance Academy

Covid-19 Daily Screening Checklist-

Also available on-line www.sionnaine-academy.com

Before entering the facility each participant/dancer will need to complete a quick health screening checklist. A parent or guardian will need to complete the form for a participant/dancer who is not of the age of majority. If the participant/dancer has any of the following signs or symptoms, please keep him/her at home. This is to ensure the safety for all participants/dancers at the academy.

Today's Date/Time: _____ Class time: _____

Participants/Dancer Name: _____ Parent/Guardian Name: _____

Part A				
1.	Do you have any symptoms below? Please circle your answer.			
	*	Fever (greater than 38.0 degrees)	Yes	No
	*	Coughing related to illness	Yes	No
	*	Sneezing related to illness	Yes	No
	*	Sore Throat and/or painful swallowing	Yes	No
	*	Stuffy and/or Runny Nose related to illness	Yes	No
	*	Fatigue related to illness*	Yes	No
	*	Loss of appetite related to illness	Yes	No
	*	Shortness of breath related to illness	Yes	No
	*	Loss of sense of smell	Yes	No
	*	Headache related to illness	Yes	No
	*	Muscle aches related to illness*	Yes	No
2.	Have you, or has anyone in your household travelled outside of Canada in the last 14 days?		Yes	No
3.	Have you, or has anyone in your household been in contact in the last 14 days with someone who is being investigated or who has a confirmed case of COVID-19?		Yes	No
4.	Are you currently being investigated as a suspected case of COVID-19?		Yes	No
5.	Have you tested positive for COVID-19 within the last 10 days?		Yes	No
Part B				
6.	Do you suffer from seasonal allergies? If you do suffer from seasonal allergies and have checked one or more symptoms you may be required to provide a doctors note stating you have seasonal allergies.		Yes	No

*Note: fatigue and muscle aches may be expected as dancers return to sport. All participants/dancers, parents/guardians of minors and academy personnel must determine the difference between this and symptoms of illness.

Our goal is to minimize the risk of illness to you, your children and family and our staff.

We thank you for your understanding and cooperation.

Participant/Dancer or

Parent/Guardian name: _____ Signature: _____

Emergency Contact #: _____

Staff Name: _____ Signature: _____

Office use	

Appendix 2:

Sionnaine Irish Dance Academy Covid-19 Acknowledgement of Risk

I, _____, understand and agree to all the following:

- Any individual who answers YES to any of the questions in Part A within the Daily Screening Checklist may be denied access to their class and will be asked to go home. This is for the safety and well-being of all participants. I understand that facilities are required to keep a record of all responses in case government tracing is required.
- Participants must stay home if they or anyone in their household is displaying the following symptoms: fever, coughing, sneezing, sore throat, runny nose, or fatigue.
- The dancer must access the facility at the designated entrance and exits and arrive dressed for the class.
- Activity start and end times are staggered to provide time for cleaning between classes and to allow participants to enter and exit the facility safely.
- Viewing or seating areas will be closed, to reduce the total occupancy of people within the facility.
- Parents should be punctual to drop off and to pick up their child. If the dancer has not been picked up by the designated activity end time, staff will contact the parent/guardian via phone.
- These procedures will change and evolve over time. I will follow any new standards required by the Government of BC and/or by my academy.
- If any procedure, safety protocols and new standards of the academy are not followed by the dancer, parents, or guardians, the dancer can be removed from the activity and will not be allowed to participate any further.

As a dancer and participant:

- I will adhere to the physical distancing standard of 3M while at the facility.
- I will wash or sanitize my hands regularly and when asked to by my coach, including every time I enter or leave the facility, and before entering the class.
- I will bring a clear bag marked with my name to the class each day with all required items including a full water bottle (other items for example: yoga mat/blanket/towel, tape etc. if required). I understand that any items that I forget at the class may be disposed of at the end of the day.
- If I do not follow my coach's instructions, safety protocols and new standards, I will be removed from the activity and will not be able to participate any further.
- I will keep my belongings contained to my area.

I, _____, acknowledge, understand, appreciate, and agree that participation may result in possible exposure to and illness from infectious diseases, including, but not limited to COVID19. While rules and personal discipline may reduce this risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others and assume full responsibility for participation and exposure and release the facility, its employees, officers and directors from any liability related thereto.

Signature of the athlete:

Name of the athlete: _____ (all ages mandatory) _____

Name of Parent/Guardian: _____ Signature of Parent/Guardian: _____

Date: _____ Cell Phone (emergency): _____

Appendix 3:

Sionnaine Irish Dance Academy COVID-19 Participant Declaration of Compliance

Name of participant:	
Parent or Guardian if the participant is under age 19:	
Email:	
Telephone:	

Attention: All participants entering the facility must comply with this declaration.

By signing this document, I agree to follow academy staff directives, and engage with all academy requirements in Sionnaine Irish Dance Academy Covid-19 Safety Plan. Additionally, I hereby acknowledge and agree to respect the following information outlined in this document:

1) Sickness

- a) I will stay home if I am unwell, or if someone in my household is unwell, or is displaying the following symptoms:
 - i. Fever and chills
 - ii. Cough
 - iii. Shortness of breath
 - iv. Sore throat and painful swallowing
 - v. Stuffy or runny nose
 - vi. Loss of sense of smell
 - vii. Headache
 - viii. Fatigue, etc.
- b) I confirm that I have not knowingly been in contact with a person that has a confirmed or suspected case of Covid-19.
- c) I agree to complete a routine daily screening process prior to entering my class.
- d) I confirm that I have not travelled outside of Canada in the last 14 days. Additionally, I confirm that I have not been knowingly exposed to someone who has travelled outside of Canada in the last 14 days.
- e) I acknowledge there are inherent risks associated with participating in activities. By attending academy activities, I understand and assume all risks associated with potential exposure of Covid-19.

2) Personal Hygiene

- a. I agree to follow all personal hygiene requirements set out by my academy, including but not limited to: frequent hand-washing and sanitizing, coughing, and sneezing into my sleeve, etc.

3) Physical Distancing

- a) I agree to practice safe physical interactions, by maintaining a minimum distance of two meters between myself and others.

4) Environmental hygiene

- a. I agree to adhere to all academy cleaning requirements.

5) Physical Modifications

- a. I understand that equipment may be moved in order to facilitate safe social interactions and physical distancing.

Additionally, I understand and agree that if I do not adhere to the requirements set out by my academy, I may be asked to leave the academy activity in order to protect the health and safety of all involved.

This Participant Declaration of Compliance will remain in effect until GBC determines it is no longer required based on viaSport, PHO, and WorkSafeBC requirements.

I also confirm that I have signed (Parent or Guardian if participant is under age 19) the Release of liability, waiver of claims, assumption of risks and indemnity agreement.

Signature of the participant: _____ Date: _____

Signature of Parent/Guardian: _____ Date: _____

Appendix 4 Sionnaine Irish Dance Academy - Covid-19 Illness Policy

In this policy, "Team Member" includes staff, volunteers, participants/dancers, or parent/spectator.

1. Inform an individual in a position of authority (coach, assistant coach) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

2. Assessment

- a. Team members must review and complete the daily screening checklist (Appendix 1) to attest that they are not feeling any of the COVID-19 symptoms.
- b. Coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
- c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the [COVID-19 BC Support App self assessment tool](#).

3. If a Team Member is feeling sick with COVID-19 symptoms

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and /or are showing symptoms while at work/dance, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- c. No Team Member may participate in a practice/activity if they are symptomatic.

4. If a Team Member tests positive for COVID-19

- a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
- b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
- c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test

- a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
- c. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:

- a. Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
- c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

<https://bc.thrive.health/covid19/en><https://bc.thrive.health/covid19/en>

7. Quarantine or Self-Isolate if:

- a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.