

# RETURN TO LACROSSE PHASE GUIDELINES

## Oceanside Minor Lacrosse Association, September 2020

### 1. INTRODUCTION

The purpose of this document is to provide information, directives and guidance regarding the concerns associated with COVID-19 as we introduce participants back to OMLA activities. As the COVID-19 situation continues to evolve, it is imperative that OMLA and its members implement the COVID-19 physical distancing, disinfection and gathering procedures outlined in this document. The health and safety for all participants in the OMLA is of utmost importance. This is central to our decision making around COVID-19. All involved in our sport must take direction from the appropriate health authorities, including the Public Health Agency of Canada and the BC Ministry of Health. viaSport BC has submitted provincial sport sector guidelines to the Sport Branch, Ministry of Health and WorkSafe BC. Our governing Provincial Sport Organization (PSO), the [BCLA](#), have submitted this document to [viaSport BC](#) to ensure alignment for our sport specific activities. **All OMLA participants must adhere to and enforce the guidelines within this document at all times or risk removal from the activity.** We strongly recommend that a common sense approach be taken, and if you have individual concerns, please direct these to the OMLA President and remove yourself and/or your child from lacrosse activity until you are comfortable to return. All members of the OMLA must follow all protocols in [the BCLA Return to Lacrosse Phase 3 guidelines](#) until such time that; updated /revised guidelines are produced by BCLA.

### 2. RISK ASSESSMENT

*Active local transmission of COVID-19 in the last 14 days:* (The Risk Manager or designate has ensured processes exist for regular assessment of risks to OMLA and its participants/members)

*Facility access by multiple groups:* Compliance with all facilities Operators' guidelines, RDN, City of Parksville, Town of Qualicum Beach

*Informed about the latest available guidance on the COVID-19 outbreak:* (official web resources – [BCCDC](#) (BC Center for Disease Control), [PHO](#) (B.C. Provincial health office), [FHO](#) (Federal Health Office), [WHO](#) (World Health organization), [CDC](#) (US Centers for disease control )

Processes are in place to ensure all OMLA participants understand the risks and transmission routes of COVID-19 and steps participants can take to limit spread – respiratory etiquette, hand hygiene, physical distancing, etc.), Contact management, and travel restrictions.

*Health checks of athletes/team personnel* – parent/guardian to test temperature prior to bringing athlete to venue. Do not attend if individual has a temperature or presents with any type of transmittable illness. If individual has travelled to another country, they must quarantine for 14 days. Team coaches/manager(s) to ensure compliance.

The COVID-19 Self-Assessment Tool will help determine whether you may need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else.

You can download the BC COVID-19 Support App and Self-Assessment Tool - <https://bc.thrive.health/>. The app will also let you receive the latest updates, trusted resources, and alerts for B.C.

### 3. HEALTH AND SAFETY PROTOCOLS – GENERAL

Adhering to all health agencies and safety regulations: Please refer to **APPENDIX B: Illness Policy**

- 1) 14-day quarantine from International travel.
- 2) Staying home and quarantining if presenting any symptoms of illness (even mild).
- 3) Maintaining physical distancing measures (2-meter) **at all times**.
- 4) Pre-activity and frequent handwashing with soap and water, if not available, use hand sanitizer. Frequent and proper handwashing is encouraged as the best way of preventing all viral respiratory infections and other illnesses. - Washing hands with soap and water, ideally with water warmer than 25 degrees Celsius, for 20 seconds washing your hands, use of disinfectant spray on sink taps and surfaces. - If soap and water are not available, alcohol-based hand rubs (ABHR) / hand sanitizer can be used to clean your hands as long as they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean them.
- 5) Coughing and sneezing into crease of elbow or sleeve
- 6) Reduction of touch points (equipment, facility, etc.) -Please refer to [OMLA Safety Plan](#)
- 7) Do not share food, water, drinks, utensils, etc.
- 8) Do not touch face, eyes, nose, or mouth with unwashed hands.
- 9) No spitting
- 10) Handling Cash and Documents - The risk of COVID-19 transmission by cash and documents is low and is expected to be similar to other common surfaces such as doorknobs and handrails. - It is safe to handle cash and documents. However, it is advisable to wash your hands frequently, and always before eating, after using the washroom, and before touching your face.

### 4. CLEANING, SANITIZING AND DISINFECTING PROTOCOLS

COVID-19 is susceptible to disinfectants and sanitizers. Increase cleaning and disinfection frequency of high-touch surfaces and high traffic areas to reduce the risk of spreading COVID-19.

Increased cleaning and sanitizing of high contact surfaces.

Disposable gloves to be worn when cleaning and disinfecting surfaces. Gloves to be discarded after each cleaning.

For disinfection, most common EPA-registered disinfectants should be effective. Use products that are EPA-approved for use against the virus that causes COVID-19 is available. Follow manufacturer's instructions for all cleaning and disinfection products for (concentration, application method and contact time). Disinfecting: use of store-bought disinfectants where possible such as Clorox, Lysol, Fantastik, Microban and Zep specific products that will work against the COVID-19 virus.

## 5. TOUCH POINTS

Lacrosse specific touch points will be cleaned prior to participants arrival per [BCLA Return to Play Phase 3 guidelines](#) and in accordance with facilities' guidelines: Door knobs, door push bars, door handles, hand rails, light switches, phones/tablets, score/time boxes, toilets, paper towel dispensers, sinks, entrances and exits to fields, floor surfaces-indoor & outdoor boxes. **\*\*Field and Box specific considerations for entry to, movement within, and exit from facilities for practices, scrimmages and competitive play within designated cohorts per [BCLA Return to Play Phase 3 guidelines](#)\*\***

*LACROSSE-SPECIFIC TOUCH POINTS ITEM: ATHLETES COACHES PARENTS/GUARDIANS/SPECTATORS*

***Balls: Should not touch with hands. All participants use stick to pick up/cradle. Wipe stick down with disinfectant before and after use. Always wear gloves.***

***DO NOT Share ANY Equipment.*** All equipment should be put on near the participants' own vehicle, prior to proceeding to area of participation. Do not remove any equipment in the activity area. On conclusion of event, proceed directly to your vehicle (No change rooms). ***\*\*Make sure to keep your lacrosse gloves on at all times!\*\**** [BCLA Return to Play Phase 3 guidelines](#) suggest placing gloves into a separate bag to be stored inside your equipment bag. If gear bags are required to be brought from vehicle, they must be placed in the area provided for each player, physically distanced. All items must be placed into bag and the bag must be closed.

*Helmets:* As above. Wear gloves when touching any equipment.

*Water Bottles:* NEVER SHARE. Each player must have their OWN clearly marked water bottle.

*Equipment Bags:* To be left in vehicle or in designated space within facility.

*Spectator Seating (if not removed) or Standing:* Always maintain a 2-meter distance between other spectators. Number will be limited to the maximum allowed to gather (i.e., total including participants and spectators is currently 50 people).

*Enter/Exit:* Follow instructions/arrows if using a door/gate handle, or field entrance. Wipe with disinfectant prior to opening and if possible, leave it open so no other person needs to touch.

Coaches will create arrows and use cones to enter and exit or will post clear signage for entrances and exits. Have players enter and exit one at a time to maintain 2-meter distance. If using handle(s), wipe with disinfectant prior to opening and if possible, leave it open so no other person needs to touch.

*Bench/Other Surfaces:* Do not touch surfaces; keep lacrosse gloves on. Players should not be on players' benches or in penalty boxes.

**SUPPLIES REQUIRED:** Each team must determine the individual(s) responsible to bring these additional supplies to the site (i.e., coach, team manager or designated association volunteer). One designate per team responsible for ensuring all supplies are at the practice location.

- Hand Sanitizer - if a hand washing facility is not close/open
- Gloves: Nitrile or Vinyl. Individuals should wash their hands thoroughly before putting on the gloves
- Tape (for arrows), used with or without signs
- Sanitizer wipes or disinfectant spray & cloth

## 6. HEALTH AND SAFETY PROTOCOLS – ATHLETES/TEAM PERSONNEL

a) **Athlete (Parents/Guardians) responsibilities:** Adhering to all health agency and safety regulations and guidelines and [BCLA Return to Play Phase 3 guidelines](#). All participants must adhere to all health and safety guidelines as outlined by the provincial public safety guidelines and health restrictions in the local municipalities. All participants must be currently registered with the BCLA through the OMLA. All participants must acknowledge having read, understood, and indicate compliance with [BCLA Return to Play Phase 3 guidelines](#) prior to participation. Group sizes must not exceed the regional public health restrictions (maximum 50 individuals). Participants must always adhere to 2-meter physical distancing. Participants must be healthy with no signs or symptoms of illness. Be aware of the common symptoms of COVID-19 and stay away if displaying symptoms. Each participant should arrive and depart from facility dressed, wearing all required protective equipment (dress at home/parking lot/park). Leave additional gear and sticks in your equipment bag in the car or designated area. All participants must always wear required protective equipment as outlined by [CLA](#) rules and regulations (i.e., helmet, gloves, shoulder pads, elbow pads, etc.) Participants should use their own lacrosse equipment -- NO SHARING of equipment, apparel, towels. If a participant forgets a piece of required protective equipment, they will not be permitted to participate that session. Participants must not touch balls with their hands and only use their stick to pick balls up. Each participant must have their own clearly marked water bottle. Wearing protective masks should be considered - see **APPENDIX B: Masks**. Participants must focus on the coaches and their directions when waiting to perform drills, no fooling around in lines. Participants must clean their equipment and clothing after every activity session.

b) **Club & Team Volunteers Responsibilities:** Adhering to all health agency and safety regulations and guidelines and [BCLA Return to Play Phase 3 guidelines](#). All participants must adhere to all health and safety guidelines as outlined by the provincial public safety guidelines and health restrictions in the local municipalities. All participants must be currently registered with the BCLA through the OMLA. All participants must acknowledge having read, understood, and indicate compliance with [BCLA Return to Play Phase 3 guidelines](#) prior to participation. **Rule of Two:** No minor will be left alone with a single adult. Must be healthy with no signs or symptoms of illness. Be aware of the common symptoms of COVID-19 and stay away if displaying symptoms. Before stepping into the facility, all participants (parents/guardians) must sign a waiver to acknowledge their understanding that COVID-19 and other such viruses are not covered by BCLA insurance. Organizers will screen coaches and staff for symptoms at the start of each session. Verbal acknowledgement must be given that a coach or staff member is symptom-free and healthy to participate. If an individual is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity and self-isolated immediately. The Detailed records of all participants in sessions will be maintained; including full contact information, date, time, and location of activities. All participants must be currently registered with the OMLA, and acknowledgements regarding the [OMLA](#) and [BCLA Return to Play Phase 3 guidelines](#) prior to

participation, ensuring participants are fully informed and consent to risks associated with participating in lacrosse activities. All members, staff and coaches are fully educated on symptoms of COVID-19, the [OMLA & BCLA Return to Play Phase 3 guidelines](#) and all associated procedures to minimize risk. Schedule enough time between group activities for participants to enter and exit facilities safely. Personnel will be designated to overlook Field and Box facility preparations to co-ordinate and clearly mark facility section spacing requirements, with lines, markers, or pylons to separate sections for activities. Supply all participating groups with appropriate sanitizing products (i.e., wipes, hand sanitizer, gloves, masks, plastic waste bags, etc.).

Team personnel should use only one lacrosse stick during activities and do not touch other participants' equipment or lacrosse sticks.

## **7. TEAM PERSONNEL CHECKLIST**

*On-Site Preparation Meeting:* Conduct an on-site planning meeting prior to arrival of participants involving all team personnel who will be participating. Organizers and facility managers must have hand sanitizer and alcohol rubs/gels, tissues, frequently replaced soap canisters and closed bins for safe deposit of hygienic materials (i.e., tissues, towels, sanitary products). Determine who will bring the additional supplies required (i.e., garbage bags, surgical (throw-away) rubber gloves, hand-sanitizer, paper towels, cleaning supplies). Cleaning schedule developed to ensure the venue and equipment is clean, wiping surfaces and equipment regularly with disinfectant before and after training. Designated Person: One coach or team manager per cohort/division will be designated as a first point of contact at the facility. This person is responsible for overall site management.

## **8. REDUCED TOUCH POINTS**

*Confined Spaces* - Ensure all player benches, officials' benches and other confined spaces are communicated as no entry areas, if municipalities have not already managed. Before entering any facility prior to activities, the group of participants must maintain a 2meter physical distance and be clear of the entrance/exit points which should be separate. Wait until the facility/area is clear of other participants prior to their session.

*Athlete Equipment:* Participants arrive and depart dressed and leave equipment bags in their car, if possible. If athletes need to arrive with a gear bag, you must ensure athlete equipment areas are set up and each athlete is assigned a spot, 2-meters or more from each other. Drill Layout: Lay out markers/pylons ahead of the activities indicating locations for athletes for drill/skill stations using your own pylons/markers.

*Distribution of Balls:* Distribute balls to appropriate stations using a stick only; never touch balls with hands.

*Collection of Cleaning Equipment:* All balls, pylons/markers, and targets to be collected and sanitized before packing up equipment. Use gloves and wash hands or hand sanitizer immediately afterwards.

*Equipment Transportation:* Recommend having a plastic container with a lid when transporting equipment to and from training activities.

*First Aid:* If first aid is to be administered, it is recommended that all persons attending to an athlete first put on a mask and gloves. Coaches and staff to confirm facility preparations and facility section requirements, lines, and place markers/pylons to separate zones for activities

*Parents/Guardians/Spectators:* MUST adhere to all health agencies and safety regulations: One (1) parent/guardian per participant. Maintain 2-meter physical distancing (spacing) around arenas/boxes/fields. Player/participant drop-off at field/facilities. Adhere to Health Authority restrictions on gatherings (maximum 50). Only enough to manage activities. Crowd self-monitoring ensuring the total maximum (including participants and spectators) of 50 people and 2-meter distancing rules are enforced.

## **9. FACILITY ACCESS**

**Fields/Outdoor Boxes/Indoor Boxes;** Follow municipal (facility) regulations, as well as [BCLA Return to Play Phase 3 guidelines](#). Understand what cleaning, disinfecting, and sanitizing protocols are in place by the facility, which protocols are the responsibility of the OMLA; and ensure implemented. Cleaning schedule developed and confirmed by the participants to ensure the venue and equipment is clean; wiping/sanitizing surfaces and equipment regularly with disinfectant before and after training. Separate entrance and exit to facility for arrivals and departures – require signage. Maintain 2-meter physical distancing measures. Number of people allowed to gather (based on BC Health Authority guidelines). Organizers and facility managers must have hand sanitizer and alcohol rubs/gels, tissues, frequently replaced soap canisters and closed bins for safe deposit of hygienic materials (i.e., tissues, towels, sanitary products) Arrive and depart to and from facility dressed (dress at home/parking lot/park). No dressing rooms/no showering. Common areas and facility equipment should allow for 2-meter physical distancing between participants. Outdoor - Benches and stands are closed. Spectators must remain outside the perimeter fence of the facility, indoor, outdoor and fields. Washrooms – based on facility regulations

10. **SIGNAGE:** Entrance and exit points (with arrows) /Spectator Directions /Physical Distancing

## **11. RULES/PROTOCOL ENFORCEMENT/DISCIPLINARY ACTION**

Failing to comply with the [BC Health Authority](#), viaSport BC, local municipalities and BCLA's Phase 3 Return to Lacrosse Guidelines could result in immediate suspension of lacrosse activities within the offending group.

## **12. EMERGENCY PREPAREDNESS AND RESPONSE**

Athletes/staff must contact the Association president/team coach if they or other participants feel unwell or show signs of an acute respiratory infection.

**All [BC Lacrosse Return to Lacrosse Activities Phase 3 Guidelines](#) must be followed.**

# APPENDIX A – OMLA COVID-19 SAFETY PLAN

## Step 1: Risk Assessment - Lacrosse Practices/Play held at local facilities (Springwood Park Fields, Parksville Community Park fields or Box, or Qualicum Beach Field(s) or Oceanside Place)

Association representatives will identify areas where there may be risks, either through contacts or touch points; and ensure compliance with all facilities' operators' guidelines.

- OMLA has identified areas where people gather
- OMLA has identified situations and protocols where individuals are close to one another or members of the public
- OMLA has identified the equipment and safety protocols that may be shared by individuals
- We have identified surfaces that people touch often

OMLA will be following guidelines in [BC Lacrosse Return to Play Guide Phase Three](#)

## Step 2: Protocols implemented to reduce risks

- OMLA will follow [BC Lacrosse Return to Play Guide Phase Three](#), aligned to [ViaSport Phase Three guidelines](#)
- OMLA will adhere to orders, guidance, and notices issued by the provincial health officer and relevant to our activities (also posted through [www.viasport.ca](http://www.viasport.ca))
- OMLA will coordinate and cooperate with Municipal / facility guidelines

### First level protection (elimination): Limit the number of people and ensure physical distance whenever possible

- Consistent with BCLA and Viasport guidelines above, OMLA has established maximum program numbers (25), coach/player ratios (1:10) for every field/box quadrant (4), maximum gathering numbers (50), for our program that meets facilities' operators' requirements. This will apply to each division/age group (U9, U11, U13, U15 & U18)
- OMLA has established and will post occupancy limits for common areas such as player areas, change rooms, washrooms, and elevators (if applicable), if facility operators have not already
- OMLA implemented measures to keep participants and others at least 2 metres apart, wherever possible.

### Measures in place

OMLA will be following protocols to maintain physical distancing per:

[BCLA Return to Play Guidelines Phase 3](#); [ViaSport BC Phase 3 Guidelines](#)

By limiting # of contacts low to medium, and keeping contact intensity low to medium

**Second level protection (engineering): Barriers and partitions (may only apply to facility owners and operators)**

**Measures in place**

Describe how barriers or partitions will be used in your environment (if appropriate). If this information is in another document, identify that document here.

Please refer to [BC Lacrosse Return to Play Guide Phase Three](#).

**Third level protection (administrative): Rules and guidelines**

OMLA has identified rules and guidelines for how participants, coaches, volunteers, spectators should conduct themselves. All participants must indicate review, understanding and compliance with these policies and procedures prior to returning to play.

OMLA has clearly communicated these rules and guidelines through member contact, posting to our website [www.oceansidelacrosse.com](http://www.oceansidelacrosse.com), training, required acknowledgement and signage as required.

This detail is communicated to registrants and require their acknowledgment prior to being able register.

**Measures in place**

OMLA will be following protocols to maintain physical distancing as per [BCLA Return to Play Guidelines Phase 3](#)

**Fourth level protection: Using masks** (optional measure in addition to other control measures)

OMLA has reviewed the information on selecting and using masks and instructions on how to use a mask, and integrated as an Appendix to our [Return to Play Guidelines](#).

OMLA understands the limitations of masks to protect the wearer from respiratory droplets. We understand that masks should only be considered when other control measures cannot be implemented.

OMLA has trained individuals on the proper use of masks (if applicable).

**Measures in place**



OMLA will be following protocols to maintain physical distancing as per [BCLA Return to Play Guidelines Phase 3](#)

### **Reduce the risk of surface transmission through effective cleaning and hygiene practices**

- OMLA has reviewed the information on cleaning and disinfecting surfaces.
- OMLA is working with facilities operators to ensure facilities have adequate handwashing stations on site for our participants. Handwashing locations are visible and easily accessed; and where not possible, hand sanitizer will be provided .
- OMLA has communicated good hygiene practices to participants, coaches, volunteers, etc.
- OMLA has implemented cleaning protocols for all common areas and surfaces
- OMLA participants who are cleaning have adequate training and materials
- OMLA has removed unnecessary tools and equipment to simplify the cleaning process

### **Cleaning protocols**

OMLA will be following cleaning protocols per: [BCLA Return to Play Guidelines Phase 3](#) & as outlined in the OMLA Return to Play guidelines (this document)

### **Step 3: Policy**

- OMLA policy ensures that participants or exposed to others in their immediate cohorts showing symptoms of COVID-19 are prohibited from participating in sport activities
- OMLA policy addresses individuals who may start to experience symptoms while participating. It includes the following:
  - Sick participants will present to first aid (or designated individual), even with mild symptoms.
  - Sick participants will be asked to wash or sanitize hands, provided with a mask, isolated, and asked to go straight home. [Further, participants showing symptoms are encouraged to consult the BC COVID-19 Self-Assessment Tool or call 811 for further guidance related to testing and self-isolation.]
  - If the participant is severely ill (e.g., difficulty breathing, chest pain), organizers will call 911. Any surfaces that the ill participant has encountered will be clean and disinfected the organizers.

### **Step 4: Communication plans and training**

Everyone participating in field and/or box lacrosse activities within OMLA knows how to keep

themselves safe while participating:

OMLA has a communication and training plan to ensure everyone is trained in policies and procedures.

All participants have received the policies for staying home when sick.

OMLA has/will post signage at the sport location(s), including occupancy limits and effective hygiene practices, in cooperation with facilities operators (including indications on who is restricted from participating, including visitors and workers with symptoms).

Coaches or safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

#### **Step 5: Updates and Revisions**

OMLA will review the safety plan regularly, and has a process for adopting revisions to address risks or areas of concern. Further we have a plan to proactively contact participants and take steps to update policies and procedures as required.

Executive/coaches and participants are required to familiarize themselves with and indicate acknowledgement of the contents of this safety plan. OMLA will make changes to our policies and procedures as required.

Participants know who to go to with health and safety concerns.

When resolving safety issues, OMLA will involve designated health and safety representatives

#### **Step 6: Assess and address risks from resuming operations**

OMLA has a training/communications plan for all participants, (coaches, parents, officials, volunteers, participants)

OMLA has a communications plan around /updates to our /programming/procedures

OMLA has identified safe processes for cleaning equipment/facilities

## APPENDIX B: Illness Policy

In this policy, “participant” includes any OMLA member, volunteer, participant and/or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program co-ordinator) 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. Participants must review the self-assessment signage located throughout the facility before activity to attest that they are not feeling any of the COVID-19 symptoms.
  - b. Managers/coaches will visually monitor participants to assess any early warning signs as to the status of their health and to touch base on how they are feeling regarding their personal safety throughout the activity.
  - c. If participants 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 participant 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 the activity, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
  - c. No participant may participate in an activity if they are symptomatic.
4. If a participant tests positive for COVID-19:
  - a. The participant will not be permitted to return until they are free of the COVID-19 virus
  - b. Any participants who have interacted closely with the infected participant must be notified and be removed from the activity, for at least 14 days to mitigate further transmission.
  - c. The association will ensure the area is closed off, the facility area and any potentially exposed surfaces will be clean and disinfected immediately.
5. If a participant has been tested and is awaiting results of a COVID-19 test:
  - a. As with the confirmed case, the participant must be removed from the activity immediately until such time as risk can be appropriately reassessed.
  - b. The Public Health Agency of Canada advises that any person who has even mild symptoms should stay home and call the public health agency.
  - c. Other participants who may have been exposed will be informed and removed from the activity for at minimum 14 days, or until a positive COVID-19 diagnosis of is ruled out by health authorities.
  - d. The activity space facility area and any potentially exposed surfaces will be clean and disinfected immediately.
6. If a participant has come into contact with someone who is confirmed to have COVID-19:
  - a. Participants must advise their coach and team manager if they reasonable believe they have been exposed to COVID-19.
  - b. Once the contact is confirmed, the participant will be removed from the activity for at least 14 days or as otherwise directed by public health authorities. Participants who

may have come into close contact with the individual will also be removed from the activity for at least 14 days.

- c. The activity space facility area and any potentially exposed surfaces will be clean and disinfected immediately.
7. Quarantine or Self-Isolation:
- a. Any participant who has travelled outside of Canada or the province within the last 14 days will not be permitted to enter any part of the facility and must self-isolate for the requisite 14-day period following their re-entry to the province.
  - b. Any participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate per health authority guidelines.
  - c. Any participant 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 per health authority guidelines.
  - d. Any participant who is in self-isolation because of contact with an infected person or part of families who are self-isolating is not permitted to enter any part of the facility.

## APPENDIX C: Masks

Personal Protective Equipment should be broken down into the following 3 categories based on risk of exposure levels:

1. Low Risk: tasks where an individual is isolated.
2. Medium Risk: wear disposable gloves, paper/filter mask.
3. High Risk: tasks where individuals cannot maintain social distancing of 6 feet.

***Wearing masks if you are healthy:*** Medical masks and N95 respirators should be reserved for healthcare workers. Wearing a cloth mask is a matter of personal choice. Some people can spread the virus when they have very mild symptoms or may be unaware that they are infected. In this case, wearing a mask can help in containing your own droplets and protect others, but it will not protect you from COVID-19. Masks may give a person a false sense of security and are likely to increase the number of times a person will touch their own face (e.g., to adjust the mask). Any mask, no matter how efficient at filtration or how good the seal, will have minimal effect if it is not used together with other preventive measures, such as frequent hand washing and physical distancing. It is important to treat people wearing masks with respect.

***Considering the use of homemade masks:*** The use of a homemade mask should only be considered by members of the public who are symptomatic, or caring for someone who is symptomatic, as an interim measure if commercial masks are not available. If you are making a mask, here is some information to improve the effectiveness of homemade masks: Some materials are better than others. Use clean and stretchy 100% cotton t-shirts or pillowcases. Ensure the mask fits tightly around the nose and mouth; material that allows droplets to pass through will not work. \*Hint - a twist tie at the top, will insure a snug fit over the bridge of the nose. The mask should be comfortable, or you will not want to wear it consistently. ☒ If the mask makes it a lot harder to breathe, then the seal will not be as good, and the mask will be less effective. Clean or change the mask often.

***Disposing of used (disposable) masks*** ☒ Masks need to be changed frequently. To dispose of masks after use: - Wash your hands with soap and water before taking off your mask. - Dispose of used masks in a wastebasket lined with the plastic bag. - After taking off your mask, wash your hands again with soap and water before touching your face or doing anything else.

When emptying wastebaskets, take care to not touch used masks or tissues with your hands. All waste can go into regular garbage bins. - Clean your hands with soap and water after emptying the wastebasket.