

# Practical Procedures for Practice v2

Updated Oct 12, 2020: Modified for Phase 3 Return to Play and Return to Swim Procedures

viaSport, Triathlon Canada, Triathlon BC, Work Safe BC, plus others have released many recommendations on returning to sport. This document is not designed to change or enhance those guidelines. This document represents practical procedures to be used at Exceleration practices. Many of these procedures are already being used, this document serves as a reminder, outline, and list of those procedures.

The 2 largest areas to help slow down the spread of Covid and other air born virus are group size and hygiene.

## Group Size and Group Mixing

Group size and group contact helps prevent transmission better than anything else that can be done. Athletes should be grouped in the smallest group as possible – with understanding that group management safety is still important.

## Practical Considerations and Group Set-Up

**Adventure Tri** (Grades Pre-K; K, 1): Max. Group Size of 14 – 10 athletes with a lead coach and 1-2 helper coaches.

**Kids of Steel** (Grades 2,3,4,5): Max Group Size 13 – 10 athletes with two lead coaches and 1-2 helper coaches

**Youth of Steel** (Grades 6,7)\*: Group Size of 15 - 12 athletes with a lead coach and 0-2 helper coach or Max Group Size of 13 - 10 athletes with a lead coach and 1-2 helper coaches – this will depend on the group make up – ages and maturity.

**Youth and Senior** (Grades 8,9,10,11,12+): Max Group Size 20 – 18 Athletes with a lead coach and 0-1 helper coach.

A head coach will be designated at each practice. Note: as groups will be at different locations, the head coach may not be at the location, but will be available by cell phone.

## Area Considerations:

No more than 2 groups can be at an area at a park at the same time. This means groups are separated by at least 50 meters and do not interact. For safety purposes, coaches may support another group from a distance, but unless it is critical, they should not intermix.

Groups will meet at a designated East Van park for drop-off; they will cycle to other parks with their groups during practice. Pick-up will take place at the original (drop-off) location.

## Washrooms

Athletes should always go to the washroom in pairs with 1 coach supporting. Hand washing after each washroom break.

### Distances

Athletes and coaches need to stay 2 meters apart (roughly 2 arm lengths).

**Youth:** Cycling should be 20 meters apart when possible; Running should be 6 meters apart when possible.

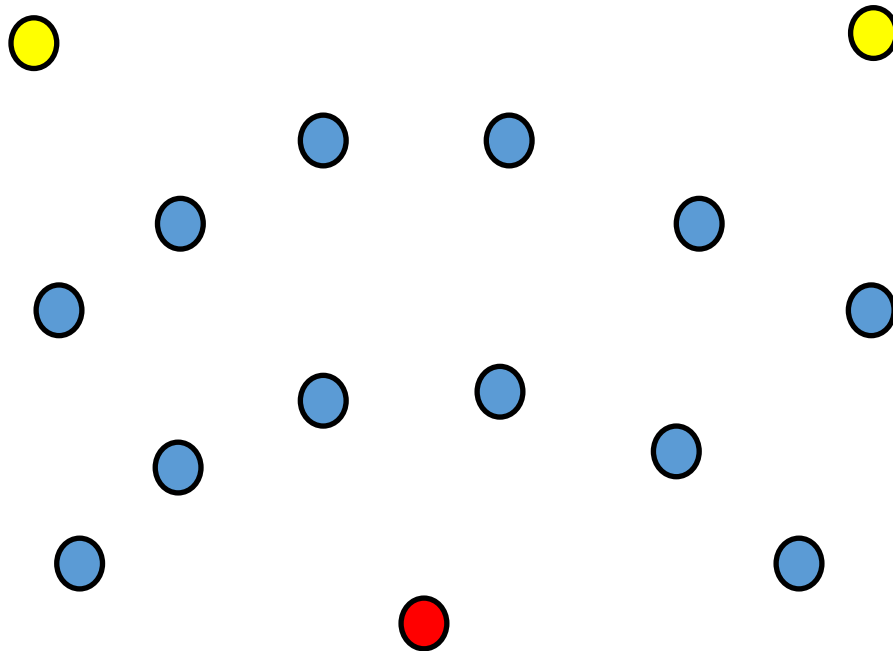
**AdTri, KOS, YOS:** At the younger age, these distances need to decrease for safety purposes. Generally, the farther apart the better, with understanding that managing the group and keeping the group safe is important.

### Keeping the Kids Apart

Cones should be placed on the ground 2+ meters apart for the athletes to stand on. Ideally placed in a semi-circle with the coach able to see the athletes. Groups with more than 1 coach should be set-up as mini-pods of athletes and coaches.

Please view diagram 1:

The blue dots are athletes 2+ meters apart. The red dot is the coach giving instruction. The helping coach can stand at either yellow dot.



### Riding:

Athletes will be lined up as normal. With one coach in the front and 1 coach in the rear. Parents that wish to accompany the group must ride behind their athlete – ideally in the turtle position.

### Running:

When possible, set-up stations for kids to rotate through. No more than 2 kids per station with them at least 2 meters apart.

### No Contact Games:

No contact games may be played. This includes tag, stones, or anyone other game where athletes come within touch range.

### Drafting and Group Riding:

Drafting is not allowed. Group Rides must be done with the most distance between the athletes as is safe under the circumstances.

## Sign In, Sign out, Acknowledgements of Risk, Athlete Monitoring, Staying Home

Any documents that parents need to sign may only be handled by the direct coach. Pens may not be shared. Parents will be asked to sign document ahead of time or bring their own pens. We will provide pens to coaches that they can give to Parents to keep if they need to sign documents.

Athletes under the age of 11 must be released to a parent or guardian known to the coach.

Parents will be asked to keep an athlete home if they exhibit any sickness including allergies, colds, fevers, or other respiratory ailments. Coaches may also send an athlete home who exhibits any symptoms.

**Special Note to Coaches:** If you are concerned in any way with the health of an athlete, error on the side of caution for the group. Head coaches and if necessary the board will deal with any situations that arise. We are concerned with your safety and the safety of the other athletes first.

## Cleaning, Bike Check, Helmet Check and Adjustment

Coaches will be provided with hand sanitizer and wipes to wipe down surfaces. Coaches will also be provided with gloves to handle athlete bikes and equipment, however, whenever possible, athletes or parents should be the only ones handling equipment.

### Bike Check

Bike checks are done before each practice. These are done by the athletes and/or parents. On the first day, athletes and/or parents will be walked through the complete bike check. Next practices, coaches will ask athletes and/or parents if they have done a bike check.

### Bike Maintenance

When possible, athletes and/or parents should do all bike maintenance. If they do not know how and it's not possible to walk them through the repair, coaches may temporarily repair the bike. To do so, ask the athlete to place the bike on the ground, and step away from the bike. Coaches should have at least 2 meters space between working on the bike and the athlete/parent. It will be stressed that athletes/parents are responsible for this maintenance before the program starts. We will have limited tools and air pumps available (equipment should not be shared).

### Helmet Check and Adjustment

As with bike checks, helmet checks will be done by the athlete and/or parent before practice. On the first day, athletes and/or parents will be instructed on how to check and adjust a helmet. If a coach

needs to adjust a helmet, they need to wipe the straps down and if possible, wear gloves. Note: due to the nature of fasteners, this may not be possible.

### Cleaning

All practices will take place outdoors. Cones, mats, and other equipment must be wiped down before practice and after practices.

### Hygiene

Hand washing and not touching your face are the best ways to limit virus spread. Athletes and coaches will be asked to wash their hands before and after every practice. If athletes play on public equipment, please wash hands after. Soap and water are the best, but hand sanitizer can also be used in places where bathrooms are not easily accessible or not desirable.

### Masks

Coaches will be asked to wear masks when greeting athletes and/or parents before and after practice. You have a choice to use a mask during practices, as masks can limit coaches ability to give proper instructions and stay with the group in times of movement.

Masks are not recommended for younger children as they tend to play with the mask which increases face touching.

### Registration

**All participants must be registered before practices, drop ins cannot be allowed.**

**All participants and coaches must be Triathlon BC members.**

**All parents must sign an acknowledgement of risk and a participant agreement.**

Registration will be done through [www.excelerationtriclub.ca](http://www.excelerationtriclub.ca) with credit card only. No cheques or cash will be allowed.

All participants must be Triathlon BC Members. Must click "Yes" and enter TriBC registration number.

All participants must review bike and helmet check. Must click "Yes" to check and input bike helmet manufacture date.

Younger athletes will need to be off training wheels and be able to ride a bike (or have a run bike) on their own for at least 100m (1 block).

Preparation before attending: Signed Documents (ideally emailed), Verified TriBC Membership, Copy and review of what to bring documents, Bike Check, and Helmet Check.

### Inclusion

Exceleration has always had a policy of inclusion. We will try to accommodate whenever possible.

### Special Needs

If you athlete has unique needs, please contact the club before signing up. Our club has always included athletes that have unique challenges. We are only able to do so through training and many years of

parent consultation. We have had great success in accommodating athletes when the parents and coaches work together to educate and brainstorm how best to adapt the program or instruction.

### Covid Special Needs

Risk can never be eliminated, only reduced. Any family that has special safety requirements needs to contact Exceleration before registering. It may be possible to create special groups and/or extra ordinary protocols. We cannot promise this. We want to include as many different and diverse groups as possible so we would like to opportunity to work with parents and athletes to accommodate your needs.

### Financial Need

An athlete will not be turned away due to financial considerations. Please contact the board of directors if you need support. Coaches cannot make this decision nor do they need to know who has paid or how much. They will coach athletes regardless.

## Cancellation of Practice

Due to weather, coach sickness, or safety concerns, coaches may need to cancel practice. If possible, parents will be given a refund or credit for those practices. Any concerns about practice being cancelled should be addressed to the head coach or the Exceleration board of directors. The head coaches and the board will always support the coaches if a practice needs to be cancelled.

## Coaches

### Coach Training

All coaches will receive at the minimum 1 hour of special training before their first practice to learn, discuss, and understand the new protocols at practice. We are currently investigating special Standard First Aid training as Work Safe BC has new recommendations for first responders and first aid personnel.

We would also recommend a half day training to review new games and modifications to existing games and activities (ideally the July 4 & 5<sup>th</sup> weekend).

### Coach Equipment

Exceleration will make sure all coaches have access to:

- Mask
- Gloves
- Wipes
- Hand Sanitizer
- Give away pens
- Personal medical kit

- Personal Set of Small Cones
- Copies of the Acknowledgement of Risk and Participant Agreement

This equipment cannot be shared between coaches. Exceleration will either provide or reimburse the purchase of this equipment.

### Coach Health

Coaches are asked to not attend practice if they exhibit any sickness including allergies, colds, fevers, or other respiratory ailments. The head coach may also send a coach home who exhibits any symptoms.

### Coach Back-up

Realizing that if a coach needs to self isolate for a period, Exceleration and the head coaches may have back-up coaches or extra coaches at a practice.

## The First Practice

As there is a lot of things to cover at the first practices, parents are asked to stay with their athletes for at least the first 30 minutes.

### Things to Cover

**Proof of signing of the Acknowledgement of Risk and Athlete Participant Agreement** – best practice is to email the club before the practice with a scanned pdf of the document that the coach may look at. Next best practice is to bring a signed paper copy to practice and give it to the lead coach. At minimum, parents must sign a copy with their or a give away pen and give it to the lead coach.

**Bike Check** – Check both the front and back breaks, front and back tire pressure (should feel hard), front and back tire spin (spin freely), and if the seat or handle bars are loose.

**Helmet Check** – Check the helmet date is within 6 years of today, the helmet fits on the head, and the chin strap is no more than 2 fingers away from the chin (and cannot slip over the chin).

**Equipment and Gear Sharing** – go over that equipment cannot be shared and gear should always be placed apart. Athletes will need to be able to carry all gear with them.

**Review Drop Off and Pick Up** – athletes and parents will always be asked if they have had any illness symptoms, that they have checked their bike and helmet, and they are safe to participate. Young athletes will only be released to a person that the coaches know. Parents must tell coaches if someone they do not know is picking athletes up.

**Hygiene Review** – remind athletes and/or parents that they need to wash hands before and after every practices and to avoid touching their face.

**Physical Distance review** – review what 2 meters looks like, how the group will move on bikes between locations, and how stations will be set-up. Review where the athletes need to gather before and after each practice. Review and stress that groups need to stay apart and cannot mix.

## Outline of Practices

Practices follow a DIFFERENT format than in the past. They will be nomadic, outdoor adventures.

- Practices are 3 hours long to accommodate safe check-in / check-out procedures, adequate time to travel to different parks and rest / play time at these destinations.
- Practices will be outside 100 percent of the time. There is not access to indoor space.
- Athletes must come with a portable backpack containing 2 snacks, a water bottle, a change of clothes and sunscreen / hat / mittens (if needed), spare tire, Care Card #, Emergency Contact Numbers, any medical information.
- Athletes must wear weather-appropriate clothing. E.g. Rain pants and jacket with layers underneath if the weather is wet / cold.
- Parents must have checked athletes' bikes and helmets to insure they are in good working order.
- Athletes meet their group at a pre-determined park in East Vancouver.
- Practices will involve cycling to different parks and destinations in East Vancouver for outdoor play and movement adventures.
- Groups will cycle back to their original park for pick-up.

### Drop Off:

The specific park will be specified before the practices. However, these may change through-out the summer due to construction, crowding, or other unsafe conditions.

### Pick-Up:

Athletes will be pick-up at the drop off park unless a special out trip has been planned. Parents will be notified well in advance.

### Weather:

Practices will be held in all forms of weather unless unsafe (lightening, hail, etc.). Athletes must wear appropriate clothing for the weather. Layers and a change of clothing is recommended.

## Step by Step for Registration

### **1. Family registers online.**

### **2. Family receives "welcome" email that outlines the following:**

- equipment to bring; food / water / backpacks, etc.
- bike information (what to check; what to have ready)
- safety items (PLEASE, see documents we already sent - this is ALL outlined there)
- reminder of outdoor clothing
- copy of "Acknowledgement of Risk" form to fill out
- note that they will receive SPECIFIC directions about their group, where to meet, and check-in requirements the weekend before they start.

### **3. Two to 3 days before they start, we will send out a notice to all families. It will contain the following information:**

- Group COLOUR and MEETING location at Temp
- LEAD coach (WHO IS ALSO THE GROUP'S CHECK-IN PERSON) for their specific group
- Assistant coaches and volunteer youth leaders' names
- A week plan with emergency numbers of their coaches AND Kris / Kristine (as head coaches)
- Safety protocol for signing in

### **4. When they arrive on the first day, we will have designated areas for EACH GROUP.**

- Signs with the GROUP COLOUR will be posted at their check-in making it easy to identify
- Lead coach is first to greet (wearing mask) and cones marking 2m spaces for people to stand on.
- Athletes proceed to "bike check" area with parent. Coaches (only of their group) will be PHYSICALLY DISTANCED (across an area of cones) and assistant coaches / youth leaders will take parents and athletes through a BIKE AND HELMET CHECK. (First 30 min.)
- BEFORE PARENTS LEAVE, they are reminded to observe physical distancing measures when picking up. The locations will be the same but cones may not be placed because groups will just be returning to Temp at that time from other destinations.

### **OTHER IMPORTANT NOTES**

As outlined previously the reason we have a lead coach, an assistant coach AND 1-2 youth volunteer coaches is so we do NOT mix bubbles. This gives us enough coverage between groups.

In the event of a MAJOR EMERGENCY, a coach may be forced to enter another group's bubble IF the situation is serious and requires support that supersedes the COVID measures. \*\*This is the ONLY reason I wrote (if possible) in my last e-mail because there may be emergency situations where a coach will need to enter another group's bubble. We hope this does not happen, but we are prepared in case it does.



# Return to Swim Special Procedure

This is an addendum to the Practical Procedures for Practice document. This document will appear on its own and as part of the larger document. All policies and procedures of the larger document will still apply.

These procedures apply specifically to Templeton Pool.

## Athletes Before the Swim

Athletes will meet 10-15 minutes before pool entry time for activation, COVID signs and symptoms check, and an attendance check.

Athletes must be changed and ready to swim before entry to the building – Excelsior will not be using the changerooms before the swim.

Athletes will meet near the Excelsior Tent on the north side of the building (near the playground).

Athletes are reminded to stay 2+ meters apart before, during, and after the swim. Face masks are recommended but not mandatory.

A lifeguard will allow the group into the pool. Athletes will proceed to the on-deck shower and have a quick shower before getting into the pool.

Note: if another group is in the water still, athletes will wait along the shower side of the pool until the pool has been cleared of the previous group.

Athletes will put bags in the shallow end area designated by the coach.

## Pool Entry and During the Swim

Athletes will enter the pool in the deep end with no more than 3 athletes per lane (6 per double lane).

During practice athletes are reminded to stay 2+ meters apart when possible, otherwise stay as far apart as possible.

No spitting of water is allowed.

Coaches are not allowed to touch or support athletes in the water unless it is an emergency. Coaches will be coaching from on deck and when possible will be wearing a barrier style face covering.

## After Swimming

Athletes will exit the water in the shallow end and proceed directly to the changerooms.

Note: Changerooms will be cleaned between groups (while the group is in the water).

Athletes must be able to change themselves and have 15 minutes to change and exit the pool. Athletes will meet in the lobby and exit through the main doors. Coaches may arrange with athletes to meet them outside at a specific spot.

### Swim Equipment

Athletes must have their own swim equipment. The pool and coaches will not be allowed to give out equipment.

*All athletes need to have:*

Proper swim attire (Swimsuit)

- Goggles
- Swim Cap (Recommended) – Note: we have Exceleration Swim caps for sale \$5
- Other equipment as requested by the coach.
- If your athlete needs pull-buoys, paddles, kick boards – they will have to bring their own. Neither Exceleration nor Templeton pool can lend these items.

### Coaching Notes:

The maximum number of athletes per lane is 3 or 6 in a double lane. When possible, spread the athletes out (ie: if only 12 athletes are present – 2 per lane or 4 per double lane).

The pool may be configured how you like to allow the best teaching environment and athletes to safely distance. This includes swimming width wise instead of normal.

Exceleration will provide face shields that you may use. Please wear a mask when entering and exiting the pool.

### Pool Flow:

Athletes will enter through the double doors in the deep end of the pool and proceed to the on deck showers. Practice will start in the deep end (unless otherwise noted – ie: pool configurations). Bags will be put in an area of the shallow end designated by the coach. Athletes are not to enter the water until the pool has been completely cleared of the previous group.

You may conduct practice from the shallow or deep or side of the pool – depending on what is needed and is best for athletes and coach for teaching and safety.

You will exit the pool in the shallow end and proceed to the male or female changerooms.

Athletes will exit the changerooms in the lobby and leave through the main doors. Coaches will wait for athletes in the lobby unless a coach tells the group otherwise.

## Appendix A: Participant Agreement



## Exceleration PARTICIPANT AGREEMENT

Application - all athletes, coaches, members, volunteers, participants, and family members of participants while in attendance at club activities ("Participants")

All Participants of Exceleration Triathlon and Multisport Club agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow physical distancing protocols of staying at least 2m away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all my club's COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Appendix B: Acknowledgement of Risk (Triathlon BC's)

## RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

*(To be executed by Participants over the Age of Majority)*

### **WARNING! By signing this document, you will waive certain legal rights. Please read carefully**

1.This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant in the instruction, activities, competitions, programs, and services of Triathlon Canada or Triathlon BC (collectively the “Activities”), the undersigned acknowledges and agrees to the terms outlined in this document.

### **Disclaimer**

2.Triathlon Canada and Triathlon BC, and its directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, and representatives (collectively the “Organization”) are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

☐ I have read and agree to be bound by paragraphs 1 and 2

### **Description and Acknowledgement of Risks**

3.I understand and acknowledge that

- a.) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life; and
- b.) The Organization has a difficult task to ensure safety and it is not infallible.

4.I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities. The risks, dangers and hazards include, but are not limited to:

- a.) Swimming, biking and running;
- b.) Dehydration, vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- c.) Executing strenuous and demanding physical techniques;
- d.) Exerting and stretching various muscle groups;
- e.) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body or to my general health and well-being;
- f.) Abrasions, sprains, strains, fractures, or dislocations;
- g.) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- h.) Mounting, dismounting or falling off a bicycle;
- i.) Falls to the ground due to uneven or irregular terrain or surfaces;
- j.) Failure to act safely or within my own ability or within designated areas;
- k.) Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- l.) Contact, colliding, falling or being struck by equipment, other participants, or equipment;
- m) Spinal cord injuries which may render me permanently paralyzed; and
- n.) Other risks and social and economic losses, not known or reasonably foreseeable;
- o.) Negligence on the part of the Organization, including failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with my participation in the Activities.

☐ I have read and agree to be bound by paragraphs 3-4

## Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:

- a.) That I am the age of majority in my province or territory;
- b.) I am an Annual Registrant of Triathlon Canada and/or registered with a Provincial/Territorial Triathlon Canada Member ("PSO Member"), or the Triathlon Canada National Performance Centre.
- c.) Information, instructions and content delivered as part of online training is provided on the condition that it will not be the basis of any claim, demand, or cause for action. I waive any and all claims that I may have against Triathlon Canada and/or Triathlon BC that are related to the online training platform;
- d.) If I act on the information, instructions, or content of online programming (such as by performing actions, stretches, routines, or maneuvers) I do so **voluntarily** and at my own risk;
- e.) I am responsible for ensuring my physical environment and location is free from hazards, equipment, or other item or factor that may cause me harm;
- f.) The Organization is responsible for any privacy breaches, hacking, technology malfunction or damage to any individual who participates in the online training;
- g.) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental or physical condition; and
- h.) That the Organization does not undertake to provide health, accident, disability, hospitalization, personal property or other insurance for me in the Activities and I affirm that I have ascertained appropriate insurance to protect myself.

## Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate, I agree:

- a.) That the sole responsibility for my safety remains with me;
- b.) To ASSUME all risks arising out of, associated with or related to my participation;
- c.) To WAIVE any and all claims that I may have now or in the future against the Organization;
- d.) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization; and
- e.) To FOREVER RELEASE and INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization;
- f.) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and
- g.) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

☐ I have read and agree to be bound by paragraphs 5-6

### Acknowledgement

7. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

8. By typing in your name below and clicking the "I Agree" icon, you agree to be bound this Legal Agreement.

\_\_\_\_\_  
Name of Participant (Please Print)

I AGREE

\_\_\_\_\_  
Date

### COVID-19 Declaration

I hereby declare that I, or anyone in my household, has not experienced any cold or flu-like symptoms in the last 14 days (including fever, cough, sore throat, respiratory illness, difficulty breathing). If I, or anyone in my household, experiences any cold or flu-like symptoms after submitting this declaration, I will then not attend any activity, program or service for a minimum period of 14 days after the cold or flu-like symptoms have completely gone away.

This agreement will remain in effect until the Province of British Columbia and/or provincial health officials declare the requirements in this declaration are no longer in effect.

#### Health Status Declaration

☒ Agree \_\_\_\_\_  
(Initial)

I hereby declare that I or any member of my household have not travelled to or had a lay-over in any country outside Canada or Province outside of British Columbia in the past 14 days. If I or anyone in my household travels outside of British Columbia after submitting this declaration, I will then not attend any activity, program or service for a minimum period of 14 days after the date of return.

This agreement will remain in effect until the Province of British Columbia and/or provincial health officials declare the requirements in this declaration are no longer in effect

#### Travel Status Declaration

☒ Agree \_\_\_\_\_  
(Initial)

I have read and understand the COVID-19 Declaration and accept and waive any right to participating should I not comply with these policies.

☒ Agree \_\_\_\_\_  
(Initial)