

KIA NURSE ELITE COVID-19 PROTOCOLS

These cautionary measures **MAY** change at any time, due to the fluidity of COVID-19, however parents and athletes will be advised, if and when any changes occur.

Though recreational spaces are open for use, athletes, staff and public are reminded that the facilities are to be used at the discretion of the individual.

As per Public Health regulations, participants should not train or access the facility, if they meet any of the below criteria:

- You have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19; have symptoms of COVID-19, even if mild;
- You have been in contact with a suspected, probable or confirmed case of COVID-19;
- You have been told by public health that you may have been exposed to COVID-19;
- You have returned from travel outside Canada within the last 14 days; and/or you have returned from another province within Canada (i.e. interprovincial travel) with symptoms of COVID-19

PRIOR TO ARRIVAL:

- Athletes must wear a mask at all times.
- Athletes may not enter the building until 10 minutes prior to their official practice time.
- 15 minute breaks will take place between each practice session in order to allow time to clean the facility.
- The use of hand sanitizer will be required upon entering the gym and will be located at the entrance.
- No parents/spectators allowed in the gym

UPON ARRIVAL:

- Athletes must wear a mask prior to and after all training sessions.
- It is recommended that the athletes have their shoes on prior to entering the building.
- If there is a line up, it is **MANDATORY** for individuals to distance themselves 2 meters apart and enter the gym one at a time.
- At the entrance-sanitizer will be provided, individuals **MUST** sanitize hands prior to entry.
- Individuals will have their temperature taken and be asked a series of symptomatic questions prior to entering.
- If any symptom question is answered YES, then the individual **WILL NOT** be allowed entrance.

WHAT TO BRING:

- Athletes may bring one bag/backpack into the gym. All items must remain in their bag during sessions.
- Players are responsible to bring two basketball, water bottles, hand sanitizer, and disinfectant hand wipes.
- Running Shoes for outside training.

GYM PROTOCOL:

- Athletes will have a 4:1 athlete to coach ratio.
- During COVID-19 restrictions, we will have 8 athletes and 2 coaches in the gym at all times. Each athlete will be at their own net and must bring their own basketball.
- Instructors will use their own basketball and maintain social distancing at all times.
- Athletes are not allowed to use the water fountain and are asked to bring multiple water bottles. No physical contact such as high fives, fist pumps, hugs etc.