



COMMUNICABLE DISEASE PLAN – JULY 2021

Reducing the Risk for Communicable Disease:

- FLCC Board of Directors and Safety Coordinator to review their Communicable Disease Plan (CDP) on annual basis or as additional prevention measures are required by a medical health officer or provincial health officer.
- FLCC to report any outbreaks of communicable disease to Bedford Channel Society (BCS) in timely manner.
- FLCC will abide by any direction given by BCS, local governments and regional or provincial health authorities or any governing body.

Supporting Members who have symptoms:

- Members who are showing signs of a communicable disease or flu like symptoms (e.g. coughing, sneezing, fever or chills) should stay home... do not go to practice.
- Those members should notify their team leader/captain, whose responsibility it is to notify the club Safety Coordinator safety@fortlangleycanoeclub.ca and keep them apprised of member's progress.

Hygiene:

- All members are encouraged to practice healthy hand hygiene, including regular hand washing and covering coughs and sneezes with your arm.
- Members are encouraged to wash hands or use hand sanitizer at the start of each practice, and after using the washroom.
- Bedford Channel Society (BCS) to provide hand washing supplies in the Athletes Training Centre (ATC) washroom.
- FLCC will provide hand sanitizers at the Paddlesport Boat house, the Canoe Dock, Basement storage and work area and inside the yellow container at the gas gage.
- Mask wearing is recommended in indoor public spaces (ATC & Basement) for all people 12 and older who are not yet fully vaccinated. Fully vaccinated means 14 days after receiving your second dose but no proof of vaccine is required. Some people may choose to continue to wear a mask after they're fully vaccinated and that's ok.

Cleaning:

- Members to sanitize club OC1s, OC6s, Coach/Safety boats and related equipment stored at the Paddlesport boathouse and FLCC's New Dock after every use. Boats to be sprayed with an alcohol-based sanitizer which will be left on the boat for 5 minutes. This compound will evaporate from the boat surface and not pose any threat to fish or fauna in or along Bedford Channel. OC1s and Coach/Safety boats then can be returned to the boat house, OC6s will remain secured on the New Dock.
- Members to sanitize Dragon boats, OC6s, Voyageurs, Tandem Canoes and related equipment (pfd's, paddles, tillers) stored at the Canoe Dock after every use using alcohol-based sanitizer, which will be left on the boat for 5 minutes. This compound will evaporate from the boat surface and not pose any threat to fish or other fauna in or along the Bedford Channel. Boats stored at the Canoe Dock will remain on the water during sanitizing.
- Sanitizing spray for boats and hand sanitizer will be supplied by FLCC and stored both at the Paddlesport boathouse and in the Canoe Dock storage.
- Division Coordinator/Team leader will wipe down high-traffic areas which include railings, locks and sliding door handles at both the Paddlesport Dock and Canoe Dock.
- Members using the ATC facility/exercise equipment must wipe down all high touch surfaces and equipment and remove and dispose of all garbage properly. BCS will supply spray and paper towels and provide regular cleaning of the ATC facility.
- Fuel for the Coach/Safety boats will be retrieved from and returned to the gas cage storage lock up. All contact surfaces are to be sanitized when accessing the gas cage. Hand sanitizer and wipes supplied by FLCC are stored in the yellow storage container.

Communications

- All member's will be notified to review and familiarize themselves with the FLCC CDP (Communicable Disease Plan).
- The CDP as well as any updates or revisions will be emailed to all members, posted on the FLCC website, and a copy will be posted in the Paddlesport boathouse as well as on the Canoe Dock Storage shed.
- Appropriate signage showing steps for proper handwashing and hygiene, as well as proper sneezing /coughing protocol will be posted at both boathouse/dock facilities.
- If any member has questions or concerns about this plan they should contact the FLCC Board of Directors info@fortlangleycanoeclub.ca