

CLUB FIT PROTOCOL

*As of October 19, 2020, Fit Families & Friends can be offered as an in-person program while adhering to the Club Fit safety protocol.

General	Practice proper hygiene - Wash hands before and after practice, do not touch your face, avoid touching frequently touched surfaces when at practice.
General	All members of the group must practice physical distancing their ability – 3 metres at all times.
Local Expectation	<p>Maximum group numbers per program in Level 1:</p> <p>OUTDOOR – Must have a ratio of 1 coach to up to 4 athletes, up to a maximum of 10 people in a training group. One of these 10 individuals needs to take on the Program Safety Volunteer role.</p> <p>INDOOR – Under the provincial restrictions on Indoor High Intensity Group Exercise, Club Fit will remain an outdoor program until further notice.</p> <p>The program must be able to give each participant their own 6x6-metre area to ensure space for physical distancing. If there is a discrepancy between the facility's maximum group size and SOBC's requirements, the smaller of the two group sizes must be the required cap for that program.</p>
Athlete	Athletes must arrive no earlier than 5 minutes before the start of practice and be dressed ready to train.
Facility	Use an outdoor space if possible. If using an indoor space, all athletes, coaches, and Local Committees members must follow municipal and provincial mandates for all facilities. Where there is a discrepancy between the facility and SOBC protocols, follow the directive with a higher level of protection and safety for your context.
Facility	Where permitted or able, doors and windows must be left open to allow adequate air flow. Ventilation systems – if in place – must be on for the duration of the practice
Equipment	Sharing equipment is not allowed. Please refer to the Program Progressions chart (Return to Sport Plan page 11) for guidance on athlete equipment use.
Equipment	Any equipment belonging to the program must be sanitized before and after each training session. Those cleaning equipment should wear gloves and must wash their hands often.
Equipment	Put in place physical barriers to separate athletes from the public. (i.e. cones or markers may be used to cordon off section to be used for training.)