

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 to the best of their ability – 2 metres at all times.
General	If 2 metres cannot be maintained during entry or exit in the facility, wearing a mask is strongly advised.
Local Expectation	<p>Maximum number of athletes per program in Level 1: If the program uses a facility similar in size to an elementary-school gym, maximum 10 athletes. If the facility is similar in size to a secondary-school gym, maximum 16 athletes. The program must be able to give each participant their own 4x4-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> <p>Athlete to coach ratio: 4:1 (Note: All programs must have minimum 2 coaches, or minimum one coach and one Program Safety Volunteer, to meet Safe Sport Rule of Two standards)</p>
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	In the early levels of return to Club Fit, 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 any 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.)