

Capilano Rugby Club

COVID-19 Safety Coordinators Contact Information

The Capilano RFC Executive has appointed the following individual as the Capilano RFC COVID-19 Safety Coordinators to execute delivery of the safety plan and to act as the point of contact for information relating to this Plan:

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| Name | Nick Belmar – Club President | | |
| Contact Email | Nbelmar@onni.com | Contact Phone Number | 604-319-7503 |

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|---------------|--|----------------------|---------------|
| Name | Friedrich Klaus – Snowcaps Primary Contact | | |
| Contact Email | fklaus@jfkbradshaw.com | Contact Phone Number | 604- 358-7874 |

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|---------------|--|----------------------|--------------|
| Name | David Adshade – Snowcaps Secondary Contact | | |
| Contact Email | dadshade@method-consulting.com | Contact Phone Number | 604-868-4296 |

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| Name | Chris Robinson – Sr. Men’s Primary Contact | | |
| Contact Email | Crobinson25@hotmail.com | Contact Phone Number | 604-836-1408 |

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|---------------|---|----------------------|--------------|
| Name | Neil Courtney – Sr. Men’s Secondary Contact | | |
| Contact Email | Neilcourtney3@gmail.com | Contact Phone Number | 778-990-6306 |

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|---------------|---|----------------------|--------------|
| Name | Christina Burnham - Sr. Women’s Primary Contact | | |
| Contact Email | christina_burnham@hotmail.com | Contact Phone Number | 604-340-3289 |

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| Name | Chae Rasmus - Sr. Women’s Secondary Contact | | |
| Contact Email | michaelarasmus@gmail.com | Contact Phone Number | 778-991-1995 |

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|---------------|--|----------------------|--------------|
| Name | Olivia Burns - Sr. Women’s Secondary Contact | | |
| Contact Email | oliviamburns@hotmail.com | Contact Phone Number | 778-317-1738 |

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| Name | Brigid Cassidy - Mini/Youth Primary Contact | | |
| Contact Email | drbrigidcassidy@gmail.com | Contact Phone Number | |

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|---------------|-------------------------------------|----------------------|--|
| Name | Paul - Mini/Youth Secondary Contact | | |
| Contact Email | Jp.b@live.ca | Contact Phone Number | |

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|---------------|--|----------------------|--------------|
| Name | Tim Bannister – Facilities Primary Contact | | |
| Contact Email | bannistertimothy@gmail.com | Contact Phone Number | 604-377-0346 |

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| Name | Michael Ryan – Facilities Secondary Contact | | |
| Contact Email | m_ryan87@outlook.com | Contact Phone Number | 778-814-7025 |

****All listed contacts have complete World Rugby’s COVID-19 Return to Play Awareness for Administrators online course****

Capilano RFC 19 Safety Coordinators – Check In Duties & Procedures

In addition to duties provided on BC Rugby Safety Coordinator Job Description

SETUP ROUTINE:

1. Ensure you are on-time (30 mins before the start of the in-person rugby activity)
2. Ensure designated washrooms are unlocked and open and directional signage in place
3. Set up check-in table at designated area (see provided Site Map and Check In Procedures below for key locations and traffic flow). Check in station should have the following items available at all times:
 - Folding Table and Chairs
 - Health Canada approved COVID Question Signs (1 large and 1 small)
 - Digital Temperature Gun
 - Gloves

- Masks
- Registration Sign In Sheets (provided by Samantha W which information is pulled from Sportlomo)
- Pens
- Health Canada approved hand sanitizer
- Pop Up Tent if necessary

4. Set up First Aid station (all required supplies to be stored in Visitor Changeroom #1 - please return and lock after every session). Each First Aid Kit should have the following items in them at all times:

- Non – Medical, disposable masks
- Medical Examination Gloves
- Pocket Mask with one way valve and filter
- Health Canada approved hand sanitizer
- Capilano Rugby Club Emergency Action Plan Document
- Capilano Rugby Club COVID Response Plan
- Capilano Rugby Club Safety Plans for Preparation, Facility, and Rugby Operations

CHECK IN PROCEDURE

1. As players arrive put on non-medical mask and gloves (keep these on until everyone is checked in)

2. Ask each player the following questions:

- Have you traveled outside of Canada in the last 14 days?
- Have you tested positive for COVID-19 OR have you had close contact with tested positive for COVID-19 without wearing appropriate PPE?
- Are you experiencing any of the following symptoms?

i. Fever

ii. New onset cough

iii. Worsening chronic cough

iv. Shortness of breath

v. Difficulty breathing

vi. Sore throat

vii. Difficulty swallowing

- viii. Decrease or loss of sense of taste or smell
- ix. Chills
- x. Headaches
- xi. Unexplained fatigue/malaise/muscle aches
- xii. Nausea/vomiting/diarrhea/abdominal pain
- xiii. Pink eye
- xiv. Runny nose or nasal congestion without an explanation

· If you are 70 or older, are you experiencing any of the following symptoms:

- i. Delirium
- ii. Unexplained or increased number of falls
- iii. Acute functional decline
- iv. Worsening of chronic conditions

IF THE PLAYER HAS ANSWERED 'YES' TO ANY OF THESE QUESTIONS YOU MUST TELL THEM TO LEAVE THE FACILITY AND RETURN HOME IMMEDIATELY

IF THE PLAYER HAS ANSWERED 'NO' TO ALL OF THESE QUESTIONS PLEASE CONTINUE THE CHECK IN PROCEDURE BELOW:

5. Mandatory Temperature Check - Take temperature of player. The target temperature is between 36-37 degrees Celsius.

· If equal to or over 37.5 degrees Celsius, please instruct the player to return to car and please leave the facility and return home

6. When player completes question and temperature checks, ask them to sanitize their hands with the sanitizer provided and sign in beside their name;

· If the player's name is not on the list that means that they haven't registered yet and must do so before we let them participate

· This is a crucial component that must be enforced for liability, insurance, and contact tracing purposes

- They must register on their own – we cannot register on behalf of people
- If they say they have registered they must show us the confirmation email
- If they can't show us the confirmation email contact Samantha W
- If there is any issue with this process or a player makes a fuss call Nick Belmar immediately

7. Once signed in:

- inform the player of the directional signage that must be followed if they are using the washrooms and;
- point them in the direction of where their rugby activity is being hosted and where they must exit the facility once the session is completed

MID SESSION SWEEP

1. Make sure to check in any late arrivals to on field sessions
2. Halfway through the session take attendance again to make sure no one has slipped in unnoticed – if you find someone that has pull them out and follow the above-mentioned check in procedure

END OF SESSION

1. Ensure everyone exits the facility the correct way
2. If there is a session being hosted after you please make sure that everything is fully stocked and that you have cleaned everything so the station is ready for the next group
3. If you are the last session of the day please make sure everything is clean, the kits are fully stocked, and everything is put back into the Visitor Changeroom #1

Capilano RFC 19 Safety Coordinators – Equipment/Supplies Required

- Health Canada authorized alcohol-based hand sanitizer
- Caps Return to Rugby Binder
- Tent (weather optional)
- Table

- Chairs
- Sign Sheet issued by Samantha
- Pens
- First Aid Kit
- COVID Question Signage
- Temperature Gun
- Gloves
- Non-Medical masks