[ClubName]

**Return to Wrestling in BC – Safety Plan**

This Plan is based on, and accepts, the BC Wrestling Association (BCWA) Return to Wrestling Restart 2.0 Guidelines and the BC Government’s Restart Plan (2021). The [ClubName] also acknowledges that any decision to allow access to a Member Organization or training facility is subject to the local, municipal, provincial, and federal public health regulations in force at that point in time. These public health regulations take precedence over any Member Organization’s regulations and local access. The Plan also accepts as key principles that:

* The health and safety of members, participants, coaches, officials, administrators, volunteers, spectators, families, and the broader community is the number one priority.
* All members, participants, coaches, officials, administrators, volunteers, spectators, families, and the broader community need to be engaged and briefed on this plan.
* In-person activities cannot resume until [ClubName] has our Plans approved by BCWA.
* Facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing, and other measures to mitigate the risk of transmission of COVID-19.
* [ClubName] has considered and is prepared for any localized outbreak at our facilities, within our membership or in our local community.

**Responsibilities under this Plan**

[ClubName] retains the overall responsibility for the effective management and implementation of the safe wrestling activities under this Plan. The [Board/Committee] of [ClubName] is responsible for:

* Approving the Plan and overseeing the implementation of all elements in this Plan; and
* Revising the Plan as required, ensuring it reflects up to date information from BCWA and viaSport as well as the relevant government and health officials.

The [Board/Committee] has appointed the following individual as the [ClubName] COVID-19 Safety Coordinator(s) to execute delivery of this Plan and to act as the point of contact for information relating to this Plan:

|  |  |  |  |
| --- | --- | --- | --- |
| Name | [insert full name or names of all appointed Safety Coordinators] | | |
| Contact Email | [insert email address of all appointed Safety Coordinators] | Contact Number | [insert phone number of all appointed Safety Coordinators] |

**Rules of Engagement for All Members**

[ClubName] expects all members, participants, coaches, officials, administrators, and volunteers to:

* Comply with the health directions of government and public health authorities as issued from time to time, including to practice government recommended proper hygiene before, during and after all wrestling in-person activities.
* Understand and act in accordance with this Plan as amended from time to time.
* Comply with any precautionary measures implemented by [ClubName], including being asked to return home if reasonably considered to be showing symptoms of COVID-19.
* Act with honesty and integrity regarding the state of their personal health and any potential symptoms.
* Complete the registration process, acknowledging the updated participant agreement and waiver, *prior* to attending any in-person wrestling activities.
* Honestly complete the health screening questionnaire *prior* to attending every in-person wrestling activity you plan on attending.

**Section 1 - Preparation**

| **TOPIC** | **DETAILS** |
| --- | --- |
| Approvals | As restrictions ease, are there any new or updated approvals required from stakeholders.  Must obtain the following approvals:   * BCWA to sanction activities * Provincial Government allowing resumption of community sport * [Local government/venue owner] permitting access to facility * [Board/Committee] approval * Insurance arrangements confirmed |
| Risk Assessment | As of June 15, 2021, the risk of community transmission of COVID-19 has reduced dramatically due to 74.4% of those aged 12 years and older in BC have received their first dose of a COVID-19 vaccine, as well as the number active cases has dropped significantly to stand at 1,496. However, new cases are being reported daily across all five BC Health Regions evidencing that the virus remains active in our communities.  As stated on bccdc.ca, even though COVID-19 can survive for hours or days on different surfaces, infection from contact with  contaminated surfaces appears to be rare. Regardless, [ClubName] will implement enhanced cleaning practices of its wrestling equipment as detailed in this plan, [enter any other cleaning responsibilities you have of washrooms or other high-touch areas]. |
| Rules of Engagement | The following Rules are to be adopted by all Member Organizations:   * Registered: all individuals attending an in-person wrestling activity or facility must be registered with the organization and BCWA. * Attendance Records: all individuals attending an in-person activity or facility must have their attendance recorded by the organization’s head coach. * Health Screening: all participants must complete a health screening questionnaire prior to every in-person session until further notice. * Symptoms? Stay at Home: any individual answering ‘yes’ to any of the [BC COVID-19 Self-Assessment Tool](https://bc.thrive.health/covid19/en) questions, is instructed to self-isolate and is prohibited from attending any in-person wrestling activity or facility for 10 days or until they are tested for COVID-19 and have provided notice of their negative result. * Application of Health Orders: [ClubName], and the coaches or therapists delivering/supporting the delivery of an in-person wrestling activity on behalf of BCWA or [ClubName], reserve the right to ask any participant exhibiting COVID-19 symptoms or having failed to complete the daily health screening questionaire to follow public health orders and return home. * Personal Hygiene: all individuals are to practice government recommended proper hygiene before, during and after all wrestling in-person activities. * No shared drinks, supplements, or food: until all Government restrictions are lifted, no sharing or service of water bottles, drinks, supplements, or food is permitted. * No changerooms: until all Government restrictions are lifted, use of changerooms is to be restricted to use of washroom facilities only. All participants should arrive and leave in the attire required to participate in the wrestling activities.   [Please add any additional Rules that your Club wishes to ask Members to abide by] |
| Registration & Tracking | The following process is to be adopted by all Member Organizations:  STEP 1: Registration   * All participants must be registered under the most relevant category. This includes all coaches, team managers/administrators, therapists, and volunteer helpers.   STEP 2: Attendance Records for Training   * At each training session, all attendees will be recorded. |
| Emergency action plan | Emergency Action Plans are required for each venue that. |
| COVID Response Plan | The following process is to be adopted by all Member Organizations for the following situations:  **Protocol for Persistent or Worsening Symptoms of COVID-19**  If any individual who has attended in-person wrestling activities within the last 14 days is experiencing persistent or worsening symptoms of COVID-19, the following steps must be taken:   * The unwell person is to immediately notify their [Club Name] COVID Safety Coordinator – [Insert name] and BCWA’s Executive Director – Non Ha, [execdirector@bcwrestling.com](mailto:execdirector@bcwrestling.com). The [Club Name] COVID Safety Coordinator – [Insert name] is to immediately inform BCWA’s Executive Dorector – Non Ha, who shall inform the local public health authorities. * The unwell person is required to follow all medical and government instruction on managing their worsening or persistent COVID symptoms. * All individuals recorded as attending the same in-person wrestling activities within the last 14 days are contacted by [Club Name] COVID Safety Coordinator and instructed to self-monitor. Any notification to those individuals must avoid identifying the individual who is/was experiencing symptoms.   **Protocol for Positive COVID-19 Test**  If any individual who has attended in-person wrestling activities within the last four weeks tests positive for COVID-19, the following steps must be taken:   * The infected person is to immediately notify their [Club Name] COVID Safety Coordinator – [Insert name] and BCWA’s Executive Director. The [Club Name] COVID Safety Coordinator – [Insert name] is to immediately inform BCWA’s Executive Director who shall inform the local public health authorities. * The infected person is required to follow all medical and government instruction on managing their diagnosis. The infected person may only return to wrestling activities once cleared as noncontagious by provincial or local public health authorities and has provided to BC Wrestling written confirmation from a medical doctor of the same. * All in-person wrestling activities that the infected person has attended in the last four weeks are immediately suspended for a minimum of two weeks. * All individuals recorded as attending the same in-person wrestling activities are contacted by [Club Name] COVID Safety Coordinator – [Insert name], informed of their close contact with an infected person and instructed to self-isolate in line with medical and government instruction. Any notification to those individuals must avoid identifying the individual who was diagnosed. * BCWA’s Executive Director shall notify the Provincial/Regional Health Authority as regulated and relay any instructions to the Member Organization.   **COVID Emergency Response Plan**  BCWA and all Member Organizations are to adopt and follow this collaborative, coordinated response plan in the event of one or more wrestling participants testing positive for COVID.  In that event, the BCWA will assemble an Emergency Management Team to coordinate a diligent response.  **Emergency Management Team Composition & Responsibilities**  The Emergency Management Team (EMT) shall be responsible for gathering and verifying the facts, determining the level of the emergency, leading communications to all stakeholders, including media, and determining a recovery process. The EMT shall consist of the following representatives:   * Chris Thom – BCWA, Board of Directors Chair * Sukhan Chahal – BCWA, Technical Committee Chair * Non Ha – BCWA, Executive Director * [Club Name] COVID Safety Coordinator – [Insert name] (insert email)   **Determining Level of Emergency**  The EMT will classify the emergency, based on as many verified facts as possible, as an issue, an incident, or a crisis. For any of the categories below, a situation report should be prepared by the Club COVID Safety Coordinator(s), [Insert name], to ensure facts are understood including:   * Complete description of the situation (who, what, where, how, and who has been contacted/involved) * Additional individuals/groups affected (if any) * Severity/impact at time of reporting * Current local priorities/actions   + - 1. **Issue Level**   Event: Positive COVID test of one participant  Characterisation: Generally, does not have serious implications. Single individual impacted.  Media Involvement: Limited or None  Actions:   * First point of contact assesses facts; escalates to Club Safety Coordinator, [Insert name] * Appropriate local actions and communications undertaken * BCWA Executive Director advised of issue ([execdirector@bcwrestling.com](mailto:execdirector@bcwrestling.com)) * Situation logged and monitored   + - 1. **Incident Level**   Event: COVID outbreak within Club or region (two or more connected participants)  Characterization: Moderate to serious implications. Multiple individuals impacted.  Media Involvement: Limited but could escalate  Actions:   * BCWA Executive Director is advised of escalation ([execdirector@bcwrestling.com](mailto:execdirector@bcwrestling.com)) * EMT is convened asap * Media stand by statement is crafted if necessary (i.e. we are assessing the facts and will advise on situation as soon as possible) * EMT works through duties * Provincial Health Authority is advised as required   + - 1. **Crisis Level**   Event: Continued COVID outbreak within Club or region / Participant experiencing life-threatening illness or loss of life due to COVID  Characterization: Life-threatening implications to one or more individuals.  Media Involvement: situation has been picked up and/or request for comment has been made  Actions:   1. EMT re-convenes to assess additional facts 2. EMT works through duties 3. Spokesperson identified 4. Message development   **If Contacted by Media**  Any questions from the media must be deferred to the EMT who will designate an appropriate spokesperson. The principal reason for nominating spokespeople is to make sure all questions are dealt with promptly, thoroughly, and courteously. COVID Safety Coordinators and Club Leaders are not responsible for answering questions. |

**Section 2 – Facility Operations**

Using the guidance provided in BCWA Return to Wrestling Restart 2.0 Guidelines, identify what steps you will take to effectively reduce or eliminate the risk of COVID-19 transmission.

|  |  |
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| **TOPIC** | **DETAILS** |
| Limiting Use & Cleaning Protocols | Until further notice, each indoor wrestling area is limited to a maximum of XX people and outdoor is limited to a maximum of XX people. This includes all participants – players, coaches, and volunteers.  [add any details about access & cleaning protocols for washroom facilities and any other high-touch areas that are restricted (e.g. water fountain) or require enhanced cleaning (e.g. water tap)] |
| Access & Flow | Identify how physical distancing and event gathering maximums will be communicated and maintained throughout the facility, as well as on arrival and departure.  Clubs to detail specifics. Should cover:   * Entry and exit procedures * If applicable, flow map * Limiting any modes of transport if appropriate (e.g. carpooling) * Instructions for accessing parking lots, bike rack etc. |
| Spectators | Until further notice, each sporting venue is limited to a maximum of XX spectators. This is in addition to a maximum of XX participants. Physical distancing between households must be facilitated and attendance of all spectators recorded (including two points of contact, e.g. email address, cell number). This information will be held securely by [Club Name] for no longer than 30 days.  The Club is responsible for facilitating spectator ‘check-in’ where each individual or head of household completes the attendance record and the Club is responsible for adherence and management of capacity restrictions and physical distancing requirements. If inviting spectators, designated spectator areas, including where spectators will be required to check-in, must be clearly marked on the Club’s site map.  Identify how physical distancing and event gathering maximums will be communicated and maintained throughout the facility, including washrooms, as well as on arrival and departure. |
| Identify Other Users | As restrictions ease, access may be extended to new user groups or other areas of the facility may now be operating (e.g. multi-sport facilities).  Clubs to detail specifics. Should cover:   * Areas that may be open to other users or the public * Impact on managing capacity limits and/or cleanliness, including parking & the sport facility * Implement control measures or provide clear communications to all users |

**Section 3 – Wrestling Operations**

Using the guidance provided in the BCWA Return to Wrestling Restart 2.0 Guidelines, identify what steps you’ll take to effectively reduce or eliminate the risk of COVID-19 transmission in the delivery of in-person wrestling activities.

| **TOPIC** | **PROGRAM #1** | **PROGRAM #2** |
| --- | --- | --- |
| Wrestling Team/Program | #1 – Name of the team/program  *Eg. Senior Women’s Program* | #2 – Name of the team/program (if applicable) |
| Player Groups & Managing Adherence to Restrictions | [Coach ‘A’] will be responsible for verifying that all participants have successfully passed the Daily Health Screening Questionnaire prior to commencing the session.  All participants will be directed to ‘check-in’ and have their attendance recorded. This will be the responsibility of [Coach ‘A’/the COVID Safety Coordinator]  Each area is limited to a maximum of XX people. Participant registration will be used to limit attendees to this restriction.  For all programs involving minors, a minimum of two adults must be present at all times. These are: |  |
| Designate Coach & First Aid Responder | Identify who will be responsible for safely delivering the session.  Club to detail specifics. Should consider:   * Minimum qualifications of coach/official to deliver * Designate first aid responder * Communication of COVID-19 updated Emergency Action Plan   Identify who will be responsible for safely delivering the session.  Club to detail specifics. Should consider:   * Minimum qualifications of coach/official to deliver * Designate first aid responder * Communication of COVID-19 updated Emergency Action Plan |  |
| NON-CONTACT PROGRAMMING | Identify steps to make breaches of physical distancing as safe as possible.  Club to detail specifics. Should cover:   * Clearly outline what type of activities will be delivered to which athletes * Facility maps * Personal hygiene required of participants before & after session |  |
| Equipment Use & Cleaning | * Limit individuals responsible for set-up and pack-up of equipment * Cleaning procedure for used equipment before & after session * Make clear what, if any, is restricted equipment or limited use |  |

**EMERGENCY ACTION PLAN**

[Club Name]

Location: **[INSERT ADDRESS HERE]**

|  |  |
| --- | --- |
| Information | Details |
| Charge Person:  Call Person:  Secondary Call Person | * [FIRST NAME, LAST NAME] : [CONTACT NUMBER] * [FIRST NAME, LAST NAME] : [CONTACT NUMBER] * [FIRST NAME, LAST NAME] : [CONTACT NUMBER] |
| Emergency Services Protocol: | * Limit scene to First Aid providers and move by-standers away from the area * When calling Emergency Services, provide name and title or position, current address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested. * Contact First Aid providers through the EMERGENCY CALL PERSON |
| Directions to [CLUB LOCATION] from nearest major intersections: | From [INTERSECTION]:   * [INSERT DIRECTIONS HERE]   From [INTERSECTION]:   * [INSERT DIRECTIONS HERE] |
| Ambulance Access: | * [INSERT ACCESS POINT FOR AMBULANCE] |
| Location of Physician: | * [INSERT LOCATION OF PHYSICIAN – IE. AT HOSPITAL/AT FIELD] |
| Location and Access to First Aid Kit: | * [INSERT LOCATION OF FIRST AID KIT – INCLUDING PPE] |
| EMS Dispatch #: | 9-1-1 |
| Facility/Security Dispatch #: | * [FACILITY/SECURITY DISPATCH PHONE NUMBER]   The call person contacts after calling 911 to inform of the emergency situation and that the EAP has been activated |
| Location of Nearest Emergency Facilities: | * [LOCATION: PHONE NUMBER, ADDRESS] * [LOCATION: PHONE NUMBER, ADDRESS] * [LOCATION: PHONE NUMBER, ADDRESS] |
| Assembly Point for Lightning or Severe Weather: | Take shelter immediately in any surrounding building or metal-roofed vehicle. Stay inside for 30 minutes after the last rumble of thunder is heard. |
| Website to check wait times at all care facilities: | Edwaittimes.ca |
| Club COVID-19 Safety Coordinator(s) | * [FIRST NAME, LAST NAME] : [CONTACT NUMBER] * [FIRST NAME, LAST NAME] : [CONTACT NUMBER] |
| BC Wrestling Association  Executive Director | * Non Ha * [execdirector@bcwrestling.com](mailto:execdirector@bcwrestling.com) * Phone: 604-737-3092 (ext. 2)   Club COVID-19 Safety Coordinator will contact BCWA’s Executive Director if Club recieves a positive COVID-19 test of a participant. |

**EMERGENCY ACTION PLAN FACT SHEET**

**EAP Checklist:**

* Charge person and 2 back ups
* Call person and secondary call person
* Emergency phone numbers, including emergency services, facility manager or superintendent
* Address of the site of facility and nearest hospital
* Directions to the facility (optional: provide a map for reference to the access point for ambulance, see below for an example)
* Additional location info as required
* Attach each participant’s parent or caregiver contact info and medical profile to your EAP

**Be Prepared:**

* Have a properly sticked first-aid kit easily accessible at all times
* Always have a cell phone with a fully charged battery
* Know the location of a telephone you can use if you are unable to use a cell phone

**Roles and Responsibilities**

1. **Charge Person – This person must wear a mask and gloves while assessing an injury**
   * This person should be the team therapist or a coach
   * Conduct an initial assessment of the injury
   * Protect yourself with gloves and a mask if you cannot maintain a distance of 2 metres
   * Assess ABCs (**A**irway is clear, **B**reathing and pulse are present, **C**irculation check for no major bleeding)
   * Wait with the injured person until the ambulance arrives and the injured person is transported
   * Record the injury using the Club’s accident report form
2. **Call Person – This person must wear a mask and gloves while the EAP is activated**
   * This person is appointed by the charge person
   * Call the ambulance and relays necessary information about the injury over the phone, including: facility location, nature of injury, description of first aid that has been done, allergies and other medical problems for the athlete
3. **Secondary Call Person – This person must wear a mask and gloves while the EAP is activated**
   * Assist the call person with crowd control, to help direct the ambulance when it arrives.
   * Call the contact person listen on the injured person’s medical profile

**Activating the EAP:**

1. Control the environment
   1. When a participant is injured, control the environment to prevent further harm: stop activity, shelter the injured person if outdoors, wear gloves and a mask
2. Assess the situation (charge person performs ABCs)
   1. **Activate the EAP if the participant: (to activate, the Charge person directs the call person to call 9-1-1)**
      1. **Isn’t breathing**
      2. **Doesn’t have a pulse**
      3. **Is bleeding excessively**
      4. **Shows impaired consciousness (confused or disoriented)**
      5. **Injured their back, neck or head**
      6. **Visible, major trauma to a limb**
   2. Move to Step 3 if the participant doesn’t show any of the above signs
3. Gather the facts
   1. Talk to the injured person and ask anyone else who saw what happened. If possible, the participant should move themselves off the playing surface. Never attempt to move an injured participant yourself. Stay with the injured participant and help them stay calm
4. Assess the injury
   1. Someone with first aid training should complete an injury assessment and decide how to proceed. Activate the EAP if the assessor is not sure how severe the injury is or there is nobody with first-aid training present. If the assessor is sure it’s a minor injury, continue to step 5
5. Control the return to activity
   1. The participant can return to activity after a minor injury if they show none of these symptoms:
      1. Swelling
      2. Deformity
      3. Continued bleeding
      4. Reduced range of motion or appearance of compensating for the injury
      5. Pain during activity
      6. Concussion-related symptoms
6. Document and communicate
   1. Record the injury on your club’s accident report form and tell the participant’s parents/caregivers about the injury

**Map Example (Reference to the Access Point for the Ambulance)**

