



RUSSELL SPORTS DOME GUIDE - COVID-19

INTRODUCTION

As of July 13, 2020, the Ontario government has announced that recreation facilities may operate. The safety of all employees, participants, residents, etc. is of the utmost importance to the Township of Russell. Therefore, this guide serves to protect all concerned.

GENERAL RULES

1. Comply with isolation instructions whenever applicable

- People who show symptoms of COVID-19 or have received a positive result must respect the isolation instructions. Please do not visit the facility if you have symptoms of flu and/or fever.
- People returning from a trip must follow the applicable isolation procedures. They must not visit the dome.
- An email to recreation.loisirs@russell.ca should be sent as soon as a member, parent or loved one has tested positive for the virus or anyone who comes in contact with a loved one who has the virus.

2. Follow hand hygiene and respiratory hygiene/cough etiquette

- Participants and employees will have the necessary equipment at their disposal (running water, soap, hand gel, contactless garbage cans, disposable papers or towels, etc.).
- A designated area for the hand hygiene protocol will be made available for all to use before entering the dome and at key locations.
- Breathing etiquette:
 - Cover your mouth and nose when coughing or sneezing, use tissues or your bent elbow, and then wash your hands.
 - Immediately throw away the tissues used in the trash and wash your hands.
 - Avoid touching your mouth or eyes with your hands.
- The use of masks or face covering is **mandatory** inside the facility. The temporary removal is permitted while actively engaging in an athletic or fitness activity.

3. Promote physical distancing measures

- Distinctive entrances and exits will be identified to avoid proximity.
- Ratios for gym, walking and running track and multisport court will be limited to avoid certain physical contacts.
- A maximum of 15 members will be allowed at the same time in the gym during reserved time slots.
- A maximum of 4 players will be allowed at the same time on the multisport court.
- A maximum of 25 walkers will be allowed at the same time on the walking and running track.

- Turf area is closed to all users at this time and this protocol will be reviewed when indoor gathering limits increase.
- Social Circle: members of the same family do not need to social distance amongst themselves while at the dome. If possible, try to book or visit the dome with members of your circle.
- Change rooms will not be accessible to change. Please come to the dome ready for your visit.
- Washrooms will be accessible, but showers will be closed.

4. Ensuring a cleaning and disinfection of frequently touched objects and surfaces

- In order to limit contamination, cleaning and disinfection of shared objects, sanitary facilities and common areas will be done frequently during the day and then at the end of the day when all participants have left.
- Gym members must disinfect the equipment after each use.
- We strongly suggest that all members bring sanitizer.
- No equipment will be provided for the use of the members, other than in the gym.

MEASURES FOR DOME AREAS

PHYSICAL DISTANCING

Arrival and departure procedures

- All visitors and members must check in at the front desk upon arrival to confirm reservations and to go through the screening process. For that reason, your access card has been deactivated for the entry gate. Gym area will still be accessible with a card.
- Patrons will be asked the questions recommended by the Health Unit and have their temperature taken. If the temperature is greater than 37.8°C, the person in question will be denied access and it will be noted in a register.
- When you arrive, please wait on the stickers or at the recommended distance spots for your turn.
- Please arrive ready: clothing changed and full water bottle. Proceed to the waiting area to change your shoes and to put away any personal belongings. No bags are allowed inside the dome.
- Upon the departure, members are asked to pick up their personal effects and leave the facility immediately.

Gym

- A maximum of 15 members will be allowed at the same time in the gym. This ratio will be reviewed as the province and the Eastern Ontario Health Unit share more information or guidelines.
- To guarantee your workout and maintain gym capacity, **BOOKING IN ADVANCE IS MANDATORY.**
- Members will be permitted to book their workout time slots up to seven days in advance. Reservations will be done online through Book King or by contacting the front desk at 613-443-9272.
- Members can book only one-time block per day (60 min).

- Please arrive 5-10 minutes prior to your time slot.
- Floor markers will be dispersed around the gym to facilitate social distancing. Please keep an eye out to ensure it is respected.
- Members of the gym can continue to use the walking and running track.
- Priority will be given to gym members. No drop-in at this time.
- At the end of a workout time slot, all members must leave the dome, regardless of their entry time.
- Members will be required to wipe down their equipment BEFORE and AFTER each use. To make this convenient, disinfectant wipes stations will be available.
- Members must ensure they always cancel at least 24 hours in advance of the booking start time. If a member does not show up several times for their reserved time, the administration reserves the right to charge \$10 for any reservation that was not cancelled.
- The gym will close for 30 minutes of reset time in between each hour. This reset time is dedicated primarily for cleaning and disinfecting, and to promote safe flow of traffic in and out of the dome.

Walking and Running Track

- A maximum of 25 members will be allowed at the same time on the track. This ratio will be reviewed as the province and the Eastern Ontario Health Unit share more information or guidelines.
- Track members do not need to reserve the time for their visit. However, they will have to follow the arrival procedure at the dome.
- If maximum has been reached, a sign will be posted at the entrance and you will have to wait to enter.
- Please limit your visit to 60 minutes and leave immediately after.
- The use of the second lane will be prohibited for physical distancing.

Multisport Court

- A maximum of 4 members will be allowed at the same time on the court. This ratio will be reviewed as the province and the Eastern Ontario Health Unit share more information or guidelines.
- Reservations for the multisport court can be made 7 days in advance either by email at recreation.loisirs@russell.ca or by phone at 613-443-9272.
- Members can only book 1-hour block per day and must specify the names of the participants joining them (e.g. Jack and Jill reserved the court at 9 am; after their 60 min, they have both used their allotted time for the day).
- At the end of your time slot, all members must leave the dome, regardless of their entry time.
- Members must ensure they always cancel at least 24 hours in advance.

PHYSICAL CONTACTS

- Any personal effects (backpack, spare clothing, etc.) must be kept to a minimum.
- Any personal effects brought to the dome will be kept in a locker in the lobby. A staff member will identify which locker to use. Each locker will have the mandatory social distance between each of them. It is the user's responsibility to bring a lock if they wish to lock the locker.

- Payments made at the dome should be through debit, Visa or MasterCard to limit physical contact (i.e. cash). If cash is to be used, the staff will have at their disposal gloves to handle the money. We encourage members to purchase or renew their pass online.

HYGIENE MEASURES

Equipment and area disinfection

- Wash your hands (staff and participants) before and after each activity.
- Clean and disinfect the equipment after each use.
- A disinfection routine will be established (i.e. 30 minutes of disinfection between time slots).
- Frequently touched surfaces will be cleaned and disinfected at least twice a day; door handles, switches, faucet handles, flush, electronics, tables, etc.

PROTOCOLS TO FOLLOW WHEN A PATRON OR STAFF MEMBER HAS SYMPTOMS OR BECOMES ILL

Staff and patrons should not come to the dome if they are sick, even if their symptoms are like a cold. Some of the symptoms to watch for include fever, chills, cough, shortness of breath, sore throat, difficulty swallowing, runny, stuffy or congested nose, loss of taste/smell, headache, digestive issues, muscle aches, extreme tiredness and falling often.

If a patron becomes ill while at the dome, public health authorities will be notified, and their directions will be followed.