



Shawnigan Lake Community Centre

Bouldering

Guidelines during COVID-19

In order to provide the highest level of care and safety, CVRD will follow guidelines set out by WorkSafe BC, Public Health, and BCRPA. We ask that you strictly adhere to the guidelines and directions provided to you.

Prior to attending your session you must follow through with the following steps:

- Assess your personal risk to ensure that attending a public recreation program is in your best interest. You may seek to ask your health care provider what is right for you.
- Review the provided guidelines for your program or activity (below).
- Register for your program and submit the COVID-19 Assumption of Risk and Permission Form.
- Prior to the start of each session screen yourself to ensure that your attendance to the facility is appropriate.

Screening Questions: Is/has the participant or anyone in your family:

1. Showing signs or symptoms of respiratory infection, such as cough, shortness of breath, or sore throat?
2. Experiencing a fever with a temperature of 38C or higher, or taken any fever reducing medications in the last 12 hours?
3. Experiencing any flu-like symptoms including diarrhea in the last 24 hours?
4. Travelled outside of Canada in the last 14 days?
5. Been in contact with anyone who has displayed symptoms of COVID-19 in the last 14 days?

Entry will be denied, if any member of the household is experiencing any of the above, please discuss any concerns with programs staff or your instructor.

Shawnigan Lake Community Centre Arrival/Departure

- **Masks are mandatory in all common areas within our facilities, including when you are entering and exiting the facility and using the washroom.**
- **Masks required for ages 12 and up**
- Masks **recommended** for ages 2 - 11
- Enter through the main front doors, sanitize or wash your hands and proceed directly to the Gym.
- Following your class, sanitize or proceed to the washroom and wash your hands, exit the building via the loading zone doors beside the Multipurpose Room or the rear gym door.
- While signing in participants, instructor will confirm verbal screening questions.

Attendance Prerequisite

- All patrons must pre-register to come to Drop-in Bouldering. Pre-registration can be done online or via the phone (250.743.1433).
- Registration will close at 4:00 pm on the day of the session.
- Membership is required to attend and is FREE.
- All participants must complete the assumption of risk and informed consent form and be registered prior to attending the class. Please read the Participant Guidelines which can be found at www.cvr.bc.ca/3307/Shawnigan-Lake-Community-Centre-COVID-19
- Registration can be done online at www.reccowichan.ca or by calling Shawnigan Lake Community Centre at 250.743.1433.
- To view our how-to guide to create an account and register online visit our website https://www.cvr.bc.ca/DocumentCenter/View/97938/HowTo_CreatingAccountAndPreRegisteringForDropIn or call us at 250.743.1433.
- The Bouldering Waiver must be completed and returned.
- Maximum number of registrants per session is 8.
- No spectators are allowed to remain in the gym or the building.
- Patrons must agree to abide by safety and facility guidelines. Failure to do so may result in being asked to leave the facility.

Guidelines

- Instructors are required to wear masks during class.
- Participants are not required to wear masks during physical activity, masks may be removed once activity begins.
- Participation is **only** permitted after the Bouldering Waiver has been completed and returned.

- There will be no physical spotting, instructor will use verbal cues only.
- Hands must be washed immediately prior to your scheduled bouldering turn, and immediately after finishing your turn, following the posted handwashing procedures.
- Only those currently Bouldering are allowed on the mats or in the zone.
- Please bring minimal personal belongings with you, all belongings will be placed along the wall on a chair, spaced 2m apart and are not allowed in the Bouldering area.
- Food is not permitted in the gym.
- No sharing of equipment or personal belongings, i.e. water bottles.
- Bring your own water bottle as water fountains are currently not available for use.
- The Lobby waiting area is currently closed. Arrive only a few minutes prior to your session.
- Follow all posted directional and instructional signage.
- It is expected that instructors and participants will only access parts of the building required for their permitted activities and will do so via the access points described (unless obstructed).
- Respect posted program and facility capacities.
- Everyone must maintain a distance of 2m apart at all times.
- Minimize the items and surfaces that you must touch.
- Practice appropriate respiratory and hand washing hygiene.