

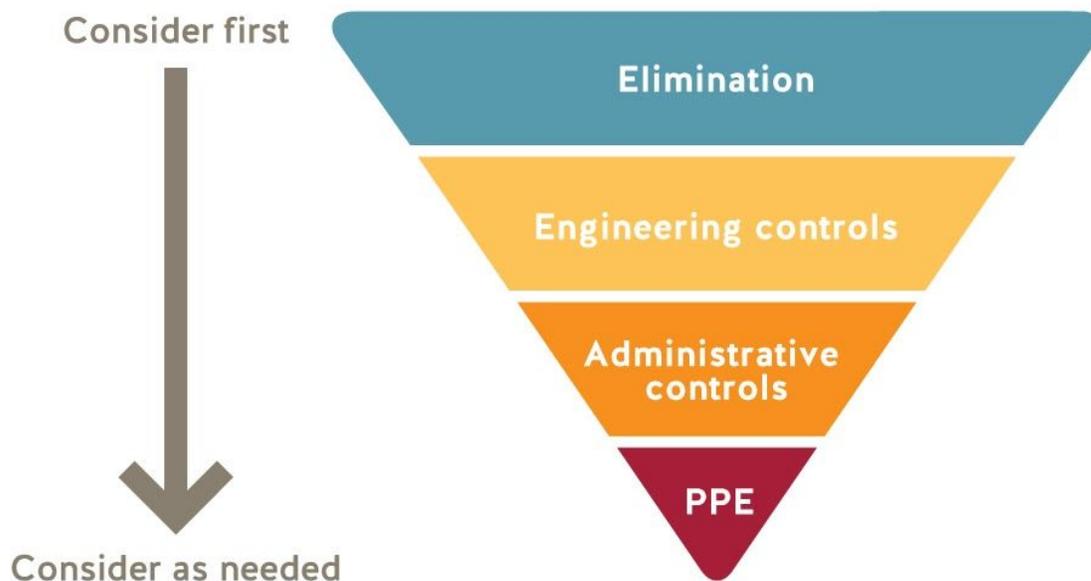
# Valkyrie WMAA COVID-19 Safety Plan

This document lists all of the protective measures and new policies that we will be using to keep coaches and students as safe as possible while there is a COVID-19 outbreak. This is a living document and will be updated as the situation progresses, and in response to coach and student feedback. We will do our best to inform all community members when this document is updated; however, all users of the Valkyrie WMAA training space should check the document regularly to make sure that they are following our current guidelines.

If you have questions or concerns about this document or any portion of it, please contact [info@valkyriemartialarts.com](mailto:info@valkyriemartialarts.com)

## Hierarchy of Controls

WorkSafe BC recommends the following hierarchy of controls for reducing the risk of spreading COVID-19 in the workplace. The measures at the top of the triangle are considered the most reliable and effective:



The measures we are taking can be categorized within this hierarchy as follows:

- **First-Level Protection (Elimination)**
  - Occupancy Limit
  - Physical Distancing

- Off-Limits Areas
- Staffing, Schedule, and Class Size
- **Second-Level Protection (Engineering Controls)**  
*None identified*
- **Third-Level Protection (Administrative Controls)**
  - Pre-Screening Protocol
  - User Safety Policy
  - Handwashing Policy
  - Cleaning and Disinfection Policy
- **Fourth-Level Protection (PPE)**
  - Masks

## Definitions

**Contact:** having contact with another person includes any physical touch, as well as living together, and spending time together at a distance of less than 2m without masks.

**Contact Bubble:** A contact bubble is a group of people who have mutually consented to have physical contact with each other. Your contact bubble includes anyone you regularly have contact with, including members of your household, and friends/family/coworkers/clients you touch or spend time with without physical distancing measures and/or masks.

## Specific Safety Measures

### User Safety Policy

The following regulations apply to all users of the Valkyrie WMAA training space, including coaches and students. These are in addition to those laid out in the [Training Space Rules](#). In cases where this policy conflicts with the Training Space Rules, the User Safety Policy takes precedence for the duration of any COVID-19 outbreak.

- Users shall not enter the space if they are currently experiencing any of the following symptoms of COVID-19, or have experienced them within the past 14 days:
  - Fever
  - Shortness of breath not connected to known allergies or conditions

- New or worsening cough, runny, or congested nose not connected to known allergies or conditions
- Chills
- Muscle pain not connected to exercise or injury
- Headache
- Sore throat and/or difficulty swallowing
- New loss of smell or taste
- New digestive issues or diarrhea
- Unusual fatigue

**OR** if they have received a diagnosis of COVID-19 in the past 14 days; if they have had contact or lived with a person diagnosed with COVID-19 in the past 14 days; or if they have traveled or had contact with someone who has traveled outside BC in the past 14 days. There will be no charge for bookings cancelled for this reason.

Anyone who meets the above exclusion criteria and enters the space anyway will be immediately asked to leave. They may also be excluded from the space for the remainder of the period that this policy is in effect. Any other student or coach they are working with will be informed of the potential COVID-19 exposure, and may choose to end or modify their training relationship as a result.

- Users shall arrive through the back door, no sooner than 5 minutes before their scheduled booking. Staff with a key to the space may enter through the front door, provided it is secured behind them to prevent entry by other users.
- Users shall change out of all outside clothing (including masks, other PPE, and footwear) upon arriving at the space, change into clean training clothing that has not been worn outdoors, and store all outside items in the wire cubbies near the back door.
- Users shall maintain a minimum physical distance of 2m from all other users who are not a part of their contact bubble, and shall wear a mask in all situations where physical distance may incidentally decrease below 2m (including all paired drills and swordplay lessons, even if a fencing mask is also worn).
- Users shall not enter any off-limits areas of the training space, except in case of an emergency.
- Users shall abide by the Occupancy Limit at all times and follow the Pre-Screening Protocol, Handwashing Policy, and Cleaning and Disinfection Policy, as appropriate.

## Occupancy Limit

No more than four (4) people may be present inside the Valkyrie WMAA training space at any time, including coaches.

Each training area (i.e. one of the two sections of the gray training floor separated by the row of cubbies) has the following maximum capacity:

- Two (2) people who do not already share a contact bubble, maintaining a consistent physical distance of at least 2m

OR

- One (1) training pair of two (2) students who already share a contact bubble, plus up to one (1) staff member who will maintain a consistent physical distance of 2m from the pair

Visitors are not permitted in the space. Access to the Valkyrie WMAA training space is limited to authorized coaches and students with a booked appointment only.

## Physical Distancing

All coaches and students who do not already share a contact bubble are expected to maintain a distance of at least 2m at all times.

When engaging in any partnered training activity that may incidentally bring participants closer than 2m (including all swordplay drills, even if a fencing mask is also worn), all participants are expected to wear a mask (see “Masks” below).

Due to the impossibility of avoiding close contact and the higher risk of transmission during heavy exercise, unarmed striking and grappling is prohibited between participants who do not already share a contact bubble.

## Off-Limits Areas

The following areas have been closed to student access in order to reduce the risk of spread via fluid contact with absorbent surfaces, reduce cleaning time, and prevent bottlenecks that bring people too close together:

- The front entrance, reception, and student lounge area, including the couch, front desk, lending library, and west and centre change rooms
  - The boundaries of the front off-limits area are as follows: the south edge of the raised training floor, the west edge of the raised training floor from the southwest corner to the pillar, the large unit of cubbies.
  - The east change room has been set up with the gymnastic rings, and is available for use for ring workouts and chinups/pullups.
  - Students shall enter and exit the training space through the rear door.
- The smaller of the two washrooms (located at the northernmost end of the space)
  - The large, accessible washroom shall be used for all bathroom and changing needs.

## Masks

In cases where a physical distance of less than 2m between users who do not share a contact bubble is a possibility, all participants are required to wear a mask. This includes all lessons with a paired drilling or sparring component, even if the weapons involved have an intended range of 2m or more, and even if a fencing mask is also worn.

Masks may be home-made or commercial non-medical masks, disposable medical masks, or N95 respirators. Respirators **may not** have an exhale valve.

If a mask is worn outside the training space (e.g. on the commute to the school), it must be removed and stored with outdoor clothing upon arrival, and a clean mask must be used for training.

A small number of disposable masks will be available at the school, but regular students are expected to provide their own masks whenever possible.

## Pre-Screening Protocol

All coaches will complete a pre-screening questionnaire that assesses their general exposure risk to COVID-19. This information will be made available to any students who ask to train with them in person.

Prior to their first private lesson, students will be asked to complete a pre-screening questionnaire that assesses their training needs and goals, as well as their general exposure risk to COVID-19. Any

coach a student works with will be provided with a copy of this information, and the coach and student will decide together on an appropriate training plan and level of contact.

All parties must be comfortable with the training plan, and both students and coaches have the right to refuse to work with a person or in a manner that they believe will place them at unacceptable risk. Such a refusal shall not be punished socially or financially in any way, and retaliation against a person who refuses any kind of contact or training is considered a serious violation of the anti-harassment portion of the Training Space Rules and will be treated as such.

## Handwashing Policy

All users of the Valkyrie WMAA training space must wash their hands for at least 20 seconds with soap and water at the following times:

- Upon first entering the training space
- Any time they touch outdoor clothing, PPE, gear, or other items that have been brought in from outside the space (e.g. after changing, or retrieving something from a backpack)
- After eating, or drinking from any vessel that has been brought from outside and has not been disinfected
- After touching a door handle, light switch, or other shared-contact surface
- At the end of a lesson or workout

Hand sanitizer will be made available as an alternative to handwashing, but washing is preferred.

## Cleaning and Disinfection Policy

**Cleaning** is the removal of dirt and surface debris with a simple solution of soap and water and a reusable cloth or mop. **Disinfection** shall be done with a paper towel and bleach-water solution (1:50 dilution), 70% alcohol spray, or a pre-packaged disinfecting wipe.

The following surfaces and items must be **disinfected** by coaches or students after every use:

- Outside surfaces of personal cubbies
- Shared large equipment (e.g. squat rack, barbells, plates, heavy bag, parallettes, rings)

- Personal weapons and gear that are being stored in shared areas of the school (e.g. swords, fencing masks)
- Loaner gear and weapons (e.g. training knives, safety glasses, skipping ropes, pushup bars, loaner swords)
- Training mats and/or training floor
- Shared storage areas (e.g. weapon rack, small item/mat storage, centre-floor cubbies)

The following surfaces and items must be **cleaned** and **disinfected** by coaches at the start and end of their workday:

- Doorknobs and handles
- Light switches
- Bathroom fixtures, including sink, taps, toilet, and grab bar
- Broadcasting station, including desk surface, keyboard, monitor, and any pens and clipboards used
- Wire cubbies, shoe rack, garbage/recycling bin
- Training floor, rear hallway floor, and bathroom floor

In order to minimize time spent on cleaning and disinfection, small items of loaner gear may be left in the marked bin next to the broadcasting station after each booking, and then disinfected in a batch at the end of the workday. Items left in the bin may not be reused until they have been disinfected.

Due to the difficulty with disinfecting cloth and other porous materials, the following loaner items may be unavailable, or temporarily assigned to a single student at staff discretion:

- Fencing masks
- Boxing and MMA gloves, boxing wraps
- Sparring jackets and armour (e.g. soft shin guards, longsword gloves, High Gear suits)

Students may also be asked to take home used workout clothes and porous equipment such as boxing wraps that would usually have been left to dry at the school.

All cleaning wipes and single-use PPE shall be disposed of in the silver garbage bin near the bathroom entrance. The garbage shall be emptied by staff at the end of each workday.

## Staffing, Schedule, and Class Size

All group classes are to be held remotely via the school Zoom account. There will be only one instructor assigned to each class. Instructors may choose to broadcast their class from the training space, and may invite a maximum of one (1) student or one (1) pair of students that shares a contact bubble to join them. A broadcasting station has been set up on the training floor for this purpose.

In-person instruction is limited to private and semi-private lessons, to a maximum of one (1) instructor and three (3) students. Note that a group of three students will need to use both halves of the training space in order to maintain proper physical distance.

All private and semi-private lessons, remote group classes, and independent coach practices (e.g. solo lifting or other workouts) shall be booked at least 24 hours in advance via ZenPlanner, and shall be scheduled a minimum of 30 minutes apart to prevent user groups from overlapping and allow for cleaning and disinfection between users.

Coach practice and remote classes should be booked as "Staff Training" appointments in ZenPlanner, and may be of any length, provided they do not overlap with a period within 30 minutes of another booking.