

BCPA Covid19 Exposure Risk Assessment and Guidelines - Return to Training

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Overview: As members of the BCPA are navigating ways to safely return back to training as cases of COVID-19 continue to exist and rise in the province, guidelines for a safe return to a gym/training facility are necessary and important for the overall health and well-being of the community at large. During this world wide pandemic, we want to ensure that all BCPA members are well prepared, are safe, and care for each other in a gym/training facility.

Environment (Physical layout and condition of area): Dependent on each gym/training facility. Typically, a gym/training facility has an assortment of equipment that is considered “high-touch” by people in the public - barbells, weights, benches, etc. and this needs special attention to reduce the risk of transmission of COVID-19. Furthermore, spacing of equipment and ventilation are important aspects of a gym/training facility to consider prior to training.

As per the BC Centre for Disease Control, “COVID-19 spreads through the respiratory droplets that come out of our noses and mouths when we breathe, talk, laugh, cough and sneeze. These droplets can travel up to 2 metres before they fall to the ground and may land on others or be inhaled by them. Poor ventilation in indoor spaces can make it easier for droplets to travel. COVID-19 is also spread when a person touches a contaminated surface and then touches their eyes, nose, or mouth. There are more surfaces indoors that people touch frequently, which makes it easier for the virus to spread.”

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/social-interactions>

Current Research & Best Practices:

Please stay informed and prepared by following the recommendations of various health authorities-

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html>

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/how-it-spreads>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/risk-informed-decision-making-workplaces-businesses-covid-19-pandemic.html>

Best Practices: Good personal hygiene, proper and frequent hand washing, avoid touching one’s face, proper sneezing and coughing etiquette, staying at home if you are sick, practicing social distancing of 2 metres apart, avoiding crowds, sanitizing shared equipment frequently.

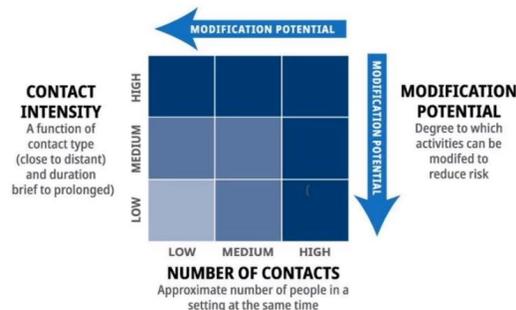
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Existing Exposure Prevention Policies & Procedures:

Each gym/training facility should have their own COVID-19 plans in place by now as per Work Safe BC’s guidelines which the owner of the facility has had to compose prior to re-opening. Check with your local gym/training facility and review and adhere to their COVID19 plans prior to training (example of a new policy that a facility may have in place: limits on the number of people accessing the facility at any given time, no drop in’s, etc).

Risk Matrix

Likelihood		Very Likely	Likely	Unlikely	Highly Unlikely
Consequences	Fatality	High	High	High	Medium
	Major Injuries	High	High	Medium	Medium
	Minor Injuries	High	Medium	Medium	Low
	Negligible Injuries	Medium	Medium	Low	Low



Risk Factors at a Gym/Training Facility		
Risk Factor Identified	Degree of Risk	Strategies to Minimize Risk (Risk Controls)
Exposure to COVID-19/ transmission of COVID-19 (asymptomatic - not showing symptoms)	<input checked="" type="checkbox"/> Medium <input checked="" type="checkbox"/> Low	<ul style="list-style-type: none"> - Stay at home if you are feeling sick - If you have travelled outside of Canada, follow quarantine orders

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		<ul style="list-style-type: none"> - If leaving home, have personal hand sanitizer ready in case of a hand washing station not being available - Upon entry to the facility, wash hands for 20 seconds with soap and water - Do not share drinks or food with other members in the facility - Avoid touching your face while training - Remove chalk from equipment first with a brush, then <u>sanitize all equipment that is touched during training</u> with disinfectant provided by the facility - barbells, weights, collars, benches etc. all need to be wiped down - After sanitizing equipment, wash your hands or use alcohol based rub - Keep 2 metres apart from other members - Use proper sneezing, coughing etiquette (into elbow, cover mouth, wash your hands/elbow immediately after with soap and water) - Wash hands for 20 seconds with soap and water when training is complete
<p>Combined effect of all the identified risk factors</p>	<ul style="list-style-type: none"> ● The risk of infection to members of a gym/training facility is low to moderate. 	