

# OUTLAW COUNTRY

## Health & Safety Policy Stage 2 Release Update

We are happy to announce that in stage 2 we are able to return back to some sort of normativity with some classes! That being said, there are still many rules and guidelines that need to be followed. This document contains all of the relevant information pertaining to the guidelines set out by AHS that we are mandated to follow. Along with that, we have implemented some other safety measures within Outlaw Country Ltd. to make sure that we are reducing all risk measures as much as possible for our students.

### Outlaw Country pre-screening policies

We will be screening everyone at the door prior to entry into the studio.

Please do **NOT** attend any classes or camps if you persistently have had any of the following symptoms.

- Fever
- Sore Throat
- Cough
- Runny Nose
- Difficulty Breathing

### Generic Health and Safety Guidelines

The guidelines below pertain to all Outlaw Country Ltd. classes, camps and any other activity run by Outlaw Country.

### Hand Hygiene & Respiratory Etiquette

- During any programs run by Outlaw Country in an environment where members of the cohort are touching or using anything that may be shared (door handles, mats etc) they will be required to wash their hands regularly.
  - The AHS Guidelines to hand washing dictate that proper hand washing is as follows
    - 20 seconds of hand washing using soap and water
    - Using an alcohol based hand sanitizer (greater than 60% alcohol content)
  - Outlaw Country will provide adequate times for their students to maintain proper hand hygiene
  - Any further questions about hand hygiene may be found on the AHS website
  - <https://www.albertahealthservices.ca/info/Page6426.aspx>
- Outlaw Country will make every effort to encourage respiratory etiquette (e.g., coughing or sneezing into a bent elbow, promptly disposing of used tissues in a lined garbage bin) is followed.
- The use of highly visible posters within Outlaw Country premises that remind attendees to practice respiratory etiquette and hand hygiene will be prominent (e.g., entrances, washrooms and staff rooms).

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- During classes that take place outdoors and away from washroom use, Outlaw will provide hand sanitizer for participants should they need to wash their hands.

### **Spread Prevention**

- It is very important that we all make the effort to reduce the spread of any contagions at this time. Some simple ways that we can reduce the risk are:
  - Refraining from touching your face
    - Ensure that hair is tied up and out of the way
  - Come to class fully prepared for a quicker drop off
  - Timely communication of any symptom appearance
  - Education of the importance of health guidelines to our students

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Outlaw Country Ltd. is committed to a healthy and safe environment for everyone involved in our programs. Outlaw Country has developed a policy intended to reduce health risks in regards to COVID-19. All policies have been developed using the Alberta Government's guidelines however additional measures have also been added. Further programs will be added to this list as we are able to offer them.

### **Program: Return to Sport**

#### **Safety**

- Participants are expected to maintain a distance of two-metres in lobbies, change rooms, multi-purpose rooms, freeweight areas and while off the field of play (players' bench, bleachers, etc.).
  - Distancing exceptions can be made for those who are from the same household.
- Facilities should develop procedures that allow for uncongested drop off and pick up of participants. (e.g., drive-thru lanes for pick up and drop off of sport participants, dedicated entrances and exits for incoming and outgoing sport teams)
  - Please follow the guided markers that are being placed around the studio entrance.
  - Do not congest around the door, allow those inside time and space to leave before attempting to enter.
- There will be no common use chairs or tables available at the studio to prevent the risk of spread.
- Cubby/Locker use is prohibited at this time.
- Increased frequency of cleaning of gymnasium floors to reduce the risk of transmission from shared objects (e.g., balls) and those who use wheelchairs.
- Follow the above general health and safety guidelines to aid in prevention
- Patrons and participants may wear a mask when they are not engaging in intense physical activity.
- It is encouraged for our participants to bring their own equipment whenever possible.

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### Screening and Response Plan

- Staff members, parents or guardians and participants must not attend classes if they are sick, even if symptoms resemble a mild cold.
  - Symptoms to look for include: fever, cough, shortness of breath, sore throat, runny nose, nasal congestion, headache, and a general feeling of being unwell.
- If you feel like you may have a fever please check your temperature before attending class.
- Participants will be required to complete a daily google intake form for symptom screening.
- Outlaw will keep daily records of any one entering/attending Outlaw classes to facilitate contact tracing in the event of an outbreak.
- Outlaw has developed and implemented procedures for increasing the frequency of cleaning and disinfecting of high traffic areas, common areas, and public washrooms.
  - We do recommend that you use the restroom before you leave your house. If you do have to use our designated washroom, there will be sanitation wipes available and the surface areas will be cleaned after each use.
- Outlaw will clean and disinfect frequently touched objects and surfaces as per AHS' Public Health Guidelines for Environmental Cleaning of Public Facilities during Respiratory Illnesses in the Community.

### Response Plan

- If a participant develops symptoms while at class, the participant will be asked to leave immediately.
- All items used by the participant will be cleaned and disinfected as soon as they have left the studio. Items that cannot be cleaned and disinfected (e.g. paper, books, cardboard puzzles) will be removed from the class and stored in a sealed container for a minimum of 2 days (48 hours).
- Any program connected to a confirmed or probable case of COVID-19 will be required to close for a minimum of 72 hours to allow contact tracing, and then adhere to recommendations from Alberta Health.

### Physical Distancing

- All efforts will be made to avoid close greetings like hugs or hand shakes and Outlaw will encourage physically-distant greetings such as "air fives" and waves.
- No food or drink is to be shared with other participants. Participants will be required to wash hands before and after eating. Participants will be spaced out during all eating times.
- Participants will be required to stay on their designated safety marker until told to enter the space (the studio or the lobby). A staff member will inform participants when it is their turn to enter the space.
- When arriving at the studio, participants are asked to wait in their vehicles until staff unlocks the door and invites them in.
- Staff will do a COVID-19 questionnaire and provide hand sanitizer to all participants before entering the studio.
- See above Safety guidelines for further information.

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If you have any further questions please feel free to email us at [info@outlawdance.com](mailto:info@outlawdance.com)

Please see the links to the AHS documents below

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-outdoor-events.pdf>

<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-day-camps.pdf>