

Intramurals Return to In Person Programs

The following categories relate to all activities that Intramurals will be offering In Person

Access Control

Pre-Arrival Communication

- Students will be required to sign up on IMleagues.com under the University of Regina. By doing so they will have completed the Covid-19 waiver as provided by the University of Regina Policy and Enterprise Risk Management office. Students will also have to take the Health, Safety & Wellness online Covid-19 orientation prior to returning to campus (this can be part of their sign up on IMleagues)
- With all events being held outdoors, access to the university buildings will be minimal. For those students requiring use of the facilities (washrooms) they will be required to enter through the Education South entrance.
- Student participants will be asked to dress appropriately for the weather and for the activity
- Students will be encouraged to download the Canada Covid-19 app
- Students will be told to perform a self –check prior to entering the playing venue (Appendix A). Student staff will provide a secondary check upon entrance to the facility
- Symptomatic student staff members/student participants must follow the below protocol:
 - Anyone with COVID-19 symptoms (e.g., chills, conjunctivitis (pink eye), cough, diarrhea, fatigue, fever >38 C, muscle or body aches, sore throat, shortness of breath, difficulty breathing, runny nose should go straight home and contact HealthLine 811 for further guidance. If an individual is severely sick (e.g. difficulty breathing, chest pain, etc.), call 911.
 - After the individual is sent home, contact Health Safety & Wellness to determine what cleaning procedures are required for the area(s) that the ill individual occupied.
- Hand sanitizer must be used prior to entry and exit

Campus Arrival

- Student Participants will arrive at the gate to their outdoor facility (turf field, beach volleyball courts, sport courts or ball diamond)
- Masking is mandatory on campus
- KHS check in by student staff at the entrance to their designated outdoor facility
 - Check in on team lists
 - Ask the Secondary Health Screen Questions (Appendix A)
 - If the student participant is not on the list or answers yes to any screening questions, they will be asked to exit the facility immediately

Departure

- At the end of their designated time, student participants are to exit the facility immediately
- Student participants are required to use hand sanitizer again before leaving

Cleaning Protocol

In consultation with John Papandreos (FM, Custodial Services) the following plan is required for cleaning spaces to be used by Intramurals

- When possible teams will be given their own equipment to use (ie. Softball will each have their own game balls, bats, etc to avoid cross contamination between teams wherever possible). Equipment will be wiped down prior to and following each game with Oxivir wipes or spray
- When equipment is shared between teams (ie. Volleyball) and the equipment cannot be wiped down during the game, the equipment will be wiped down by Oxivir wipes prior to and following each game.
- Outdoor facility entrances will be opened at the start and end of each game by student staff and wiped down

Personal Protective Equipment (PPE)

- Masks must be worn while participating in any Intramural in-person event.
 - Any student participant who feels they are unable to exercise while wearing a mask due to a medical condition (e.g. asthma) will need to seek approval through University of Regina Health, Safety & Wellness.
- Buffs and face shields are not allowed at this time.
- Nitrile gloves will be available, as required.
- Information on the use of masks as well as instructions for donning and doffing can be found here: <https://www.uregina.ca/hr/hsw/COVID-19-Resources/Medical-and-Non-medical-masks.pdf>

Employees

- Employees are required to practice physical distancing at work. Avoid handshakes and any other physical contact with others. Remain 2M apart from others whenever possible. Staff will be required to wear masks while at work, unless they are in their office and no one else is in the room.
- Employees who are unwell or have been in contact with someone with symptoms or has been diagnosed as having COVID-19, must not attend the University. Symptoms may include: chills, conjunctivitis (pink eye), cough, diarrhea, fatigue, fever >38 C, muscle or body aches, sore throat, shortness of breath, difficulty breathing, runny nose.
- Employees should wash their hands upon arrival at work and frequently throughout the day. They should wash their hands with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer when hands are not visibly dirty and handwashing isn't available.
- Only use hand sanitizer that is at least 70 per cent alcohol and approved by Health Canada (DIN or NPN number).
- Avoid touching your face, mouth, nose and eyes.
- Cough or sneeze into a tissue, then immediately dispose of the tissue and wash your hands. If a tissue is not available, cough or sneeze into your elbow, not your hands.
- All employees will receive training in the proper use and disposal of personal protective equipment.
- All employees must take the Health Safety & Wellness online COVID orientation.

Emergency Response during COVID Precautions

Emergency Procedures outlined in case of medical emergency:

Assess the situation and activate EMS/911 if emergency is determined. Security is automatically alerted if call placed from a University telephone. If not, ask a bystander to call security at 585-4999. They are trained in First Aid and able to help. If at an outdoor location, Campus security has an AED in their vehicle, and will bring it to you.

If EMS is activated, have a bystander meet them at the appropriate entrance to assist in EMS getting to the emergency efficiently.

If AED is required, run to get it yourself or send a bystander if one is available. Nearest to most DPSC locations will be the FLC East or West end or the bottom of the main CKHS stairs. If cabinet is alarmed, leave it open to call potential bystanders/security to help. Pocket Masks/gloves are stored with the AED's.

Intramural First Aid kits are stored in the Intramural office, as well as a portable kit will be available and required for staff to take out side with them to the designated activity locations. These include gloves and pocket masks as well. Medical masks will be added to these kits.

PPE required by responder:

- Medical Mask (provide this for patient as well if it does not inhibit delivery of first aid)
- Nitrile Gloves
- Pocket Mask or BVM in the case of delivering rescue breaths
 - Responder may choose not to deliver breaths if pocket mask or BVM is not available or uncomfortable with the situation
- Take care to ensure PPE is don and doffed correctly

Cleaning/Disposal protocols for Emergency Equipment:

- Follow proper hand hygiene following an emergency - wash hands with soap and water for at least 20 sec and/or use an approved 70% hand sanitizer.
- Valve attachments for pocket masks should be disposed of and then an order placed to replace them.
- Gloves, masks and other disposable CPR masks should be securely disposed of in a plastic lined garbage receptacle. Gloves can be recycled in tetracycle recycling box if available.
- Pocket mask bases and BVM's can be cleaned in a bleach solution (as per Red Cross guidelines) or Oxivir solution. Single use BVM's should be disposed of.
- AED, if used, would be taken by EMS - discuss replacement with security officer.
- If there are blood or body fluids spilled, contact custodial and/or locate a blood/body fluid kit to clean up and dispose of correctly. There is a blood and body fluid kit in the FLC.
- Clean other areas or equipment with Oxivir wipes that may have been contacted.

Monitor Symptoms

- Staff should self-monitor after Emergency response, especially in the case that they were unprotected, or patient has suspicious symptoms.

- Use of the Canada COVID-19 symptom tracker app

Student Participant/Staff: Feeling Unwell &/or Positive COVID Test

If a student participant is feeling unwell...

- Student participants are asked to notify Erica O'Neil (Erica.oneill@uregina.ca) and to immediately remove themselves from activities
- Coach or team staff must notify Varsity Sport COVID Manager (VSCM), Erica O'Neill
 - (erica.oneill@uregina.ca) and provide student-athlete contact information
- Student participant will be reminded to call 811
- Call 911 IF you require emergency medical care
- In the case of a negative COVID test it is required of all student participants to remain out of activities for an additional 48 after symptoms are gone.

If a Staff member (student or professional) is feeling unwell...

- They must immediately remove themselves from activities and/or not attend any scheduled work hours
- They must notify Alison Fisher (Alison.fisher@uregina.ca)
- They will be reminded to call 811.
- Alison will request consent to send their information to Kelsey Malakoff in HR who then can set up supports, if needed.
- Call 911 IF you require emergency medical care

If a student participant or a staff member has a positive test confirmed...

- Alison Fisher will need to be notified
- The SHA will then take over with their protocols, which may result in a mandatory 14 day self-isolation for **all** individuals who are deemed to have been in close contact with the positive individual. As per the government's Public Health Order, failure to do so could result in a fine.
- KHS will share attendance documents with SHA to assist in contact tracing.
- Facilities used by the individual will be shut down immediately for thorough re-cleaning.
- Once cleared by Public Health the student participant will be approved to return to play

Students Return to In Person Participation Protocols

The following categories relate to return to in person participation for University of Regina students:

Document developed to align, at a minimum, with the Sport and Activities Guidelines as laid out in the Re-Open Saskatchewan Plan.

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/guidelines/outdoor-sports-and-activities-guidelines#winter-activities>

At least one staff member will be present at all times

Please Note (Re-Open Sask Sport Recommendations):

- Spitting and other similar activities increase the risk of transmission of COVID-19 and are not permitted.
- Individuals must not share personal items (i.e. beverage containers).
- Congratulatory gestures such as high fives and handshakes are not permitted.
- Participants and staff should try to minimize cheering and whistling as much as possible to control the spread of COVID-19.
- Intentional contact during sport or activity must be limited. Modifications to activities that limit physical contact are recommended.
- Coaches, spectators will not be permitted in the playing venue. If the person is not listed on the team roster they will not be permitted entrance into the facility.

In Person League/Tournament Protocols

- Max 30 people will be allowed in any outdoor facility at a time (unless this number is changed with new Sask Government regulations) for the designated sport
- Student participants and staff must wear masks at all times while in the outdoor facility and when participating in their respective league/tournament
- Upon registration teams will select the day or day and time (depending on the league) that they want to participate. This will create mini leagues of 4 teams per league or tournament. Participants will be permitted to play in one league per sport (ie. If they play Shinny, if registered on Monday they are not able to play in the Thursday league)
- Signage will be posted at the entrance to each facility to remind participants to maintain physical distancing when possible, wear masks and hygiene protocols.
- Congregating within the space will be prohibited
- 30 minute cleaning slots will be scheduled between sessions (tournaments may only require 15 minutes)
- All sports equipment used will be cleaned with an Oxivir wipe for 1 minute at the end of the session and will be stored in a secure location.
- Volleyball, Shiny, Hockey and Broomball will be required to wipe down the nets (tape or metal) between games
- Flag Football will be required to wipe down all flags following each game
- Locker rooms will remain closed
- 70% Alcohol based hand sanitizer stations will be available at the entrance/exit and it will be mandatory for all staff and student participants upon entry and exit.
- If student officials are assigned to games they will be required to maintain a physical distance of 2 meters from the field of play whenever possible. (Due to the size of the respective spaces, we feel this is very realistic)
- Participants will not be allowed entry into the facility until 10 minutes prior to the start of the activity. They will also have 10 minutes to vacate the facility. This will allow staff time to clean between teams entering and exiting the playing site as well as minimizing congestion at the entrance and exit
- All registration and payment will occur online, no in person registration will be available

In Person Lessons

- Max 8 people plus the instructor will be allowed to participate in any in person lessons (unless this number is changed with new Sask Government regulations)
- Student participants and staff must wear masks at all times while participating in their respective lesson
- Congregating within the space will be prohibited

- Lessons for the same activity will not be scheduled back to back to allow for proper cleaning of the equipment
- All equipment used will be cleaned with an Oxivir wipe for 1 minute at the end of the session and will be stored in a secure location. For equipment that wiping all areas may not be possible (ie. Ski boots), a Victory sprayer (ionized sprayer) will be used to disinfect after each use
- Locker rooms will remain closed
- Participants will be asked to arrive no earlier than 10 minutes prior to their lesson. If an indoor facility is required to start a lesson (ie. Cross Country ski to wax skis) campus arrival protocols as set out in the KHS Re-open plan will be followed (ie. Using the Education entrance upon arrival)
- In person lesson registration will be done on Activenet
- An email will be sent out to participants prior to the start of the class with information on parking, meeting location, entrance to campus (where required). It will also include a reminder that they should not attend if they are ill, have been out of the country within the past 14 days, has been exposed to someone with Covid-19 or someone suspected with Covid-19 or if they are showing any symptoms of Covid-19

Open Recreation

- Max 30 people will be allowed in any outdoor facility at a time (unless this number is changed with new Sask Government regulations)
- Student participants and staff must wear masks at all times while in the outdoor facility or participating in our open recreation programs
- Upon registration people can sign up for select times or locations to participate in open recreation events.
- When an open recreation event occurs within a university facility signage will be posted at the entrance to each facility to remind participants to maintain physical distancing when possible, wear masks and hygiene protocols.
- Congregating will be prohibited
- 30 minute cleaning slots will be scheduled between sessions
- All sports equipment used will be cleaned with an Oxivir wipe for 1 minute at the end of the session and will be stored in a secure location.
- If nets are used during open recreation they will be required to be wipe down the nets (tape or metal) between games
- Locker rooms will remain closed
- 70% Alcohol based hand sanitizer stations will be available at the entrance/exit and it will be mandatory for all staff and student participants upon entry and exit.
- Participants will not be allowed entry into the facility until 10 minutes prior to the start of their designated time. They will also have 10 minutes to vacate the facility. This will allow staff time to clean between participants entering and exiting the playing site as well as minimizing congestion at the entrance and exit
- All registration will occur online, no in person registration will be available

Individual Programming

- Individual programming will follow the registration procedure as stated in this document (via imleagues.com)
- Student's will not be on campus and will participate during their own time. They will be able to enter challenges and hunts as set out by the Intramural Office.
- Students will be encouraged to wear masks while participating in our activities
- Congregation of participants will be discouraged

APPENDIX A

Health Screen Questions:

1. Are you sick (or have been in the past 2 weeks)?
 - a. Symptoms may include: chills, conjunctivitis (pink eye), cough, diarrhea, fatigue, fever
>38 C, muscle or body aches, sore throat, shortness of breath, difficulty breathing, runny nose.
2. Have you been traveling internationally (including the US) within the last 2 weeks or exposed to someone who has travelled internationally?
3. Have you exposed to someone who is suspected to have COVID-19?

An answer of YES to any of these questions will mean the athlete/client will be asked to leave the facility and contact 811 for further assessment