

ONTARIO AMATEUR WRESTLING ASSOCIATION: Emergency Action Plan/ Opening Plan

Name of Person submitting this Opening Plan: Tom Cako

Name/Location of Facility being used: Tri-City Wrestling (375 Waterloo Ave, Guelph, ON)

Re-Opening Date: Monday, August 10th, or after approval by the Ontario Amateur Wrestling Association.

Emergency Action Plan

Contact Information:

Emergency phone numbers: 911 for all emergencies

Cell phone number of Head Coach: Tom Cako (226 979 5440)

Cell phone number of Assistant Coach: Amanda McAlpine (226 979 2622)

Phone number of home facility: Coach Tom Cako (226 979 5440)

Address of Local Hospital:

115 Delhi St, Guelph, ON N1E 4J4



Emergency Plan Operational Information

Charge person (1st option): Tom Cako

Charge person (2nd option): Amanda McAlpine

Call person (1st option): Joe Ditoro (905 691 3169)

Call person (2nd option): Nick Ditoro (905 749 0618)

Roles and Responsibilities

Charge person

Clear the risk of further harm to the injured person by securing the area and shelter the injured person from the elements

Designate who is in charge of the other participants

Protect yourself (wears gloves if he/she is in contact with body fluids such as Blood)

Assess ABCs (checks that airway is clear, breathing is present, a pulse is present, and there is no major bleeding)

Wait by the injured person until EMS arrives and the injured person is transported

Fill in an accident report form

Call person

Call for emergency help

Provide all necessary information to dispatch (e.g. facility location, nature of injury, what, if any, first aid has been done)

Clear any traffic from the entrance/access road before ambulance arrives

Wait by the driveway entrance to the facility to direct the ambulance when it arrives

Call the emergency contact person listed on the injured person's medical profile

Wellington-Dufferin-Guelph

Public Health

160 Chancellors Way

Guelph, ON N1G 0E1

Tel: 519-822-2715

Toll: 1-800-265-7293

Fax : 519-836-7215

Website

: www.wdgppublichealth.ca

If a suspected case of COVID-19, Call:

Club Return to Training Documents:

1. **WCL Risk Assessment and Mitigation Tool**
2. **Opening Plan (See Below)**

2. OPENING PLAN:

Club access process with logistics:

The facility will be opened by **Tom Cako and/or Amanda McAlpine**. The Head Coach (**Tom Cako**) will then proceed to the gym and ensure the Facility has been cleaned and is ready for entry. At this point he will Return to the entrance and begin to let in athletes.

Daily Pre-opening check process:

The Head Coach will enter the facility and ensure that it has been properly Sanitized since the previous practice. As this is occurring, **Amanda McAlpine or Joey Ditoro** will be screening athletes at the door before they enter the facility For Covid-19 symptoms.

Daily Closing Process:

Athletes will sign out with assistant coach while the head coaches spray down the mats with disinfectant. After the mats have been fully cleaned, they will be put away.

Entry Protocol:

- The Club will conform to related local Public Health requirements as applicable
- Club staff and/or volunteers will ensure compliance with all requirements
- Prior to opening, an email or mail notice will be sent to all members of the club, providing updates as related to this list and internal procedures
(COPY OF LETTER HERE)

Outline of Club Process for Training:

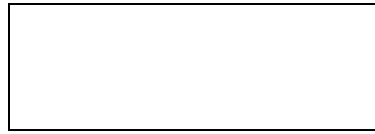
- a. All participants (coaches, athletes, parents) entering the facility will fill out and return to the Club the **COVID-19 waiver** available on the OAWA web site. The Club will maintain these.
- b. Self-Assessment pre-training using government of Ontario Self-Assessment. This is available at: <https://covid-19.ontario.ca/self-assessment/>
- c. **Screening procedures:**
 - Tri-City Training will use an on-line reservation system and **daily hard copy pre-entry control.**
 - Anyone entering the indoor training site must complete the self-assessment and bring a copy to training with them (hardcopy or pdf electronically - on phone for example). This includes Athletes, coaches, other staff and any parents entering the facility.
 - The facility will utilize a **COVID-19 questionnaire.** The questionnaire to be administered by a Club volunteer at the entrance to the venue. All participants must submit to this screening before Being allowed to enter. Anyone answering 'yes' to any question is not to be allowed in for training and should be told to contact local health authorities. The designated greater will be wearing a mask when interacting with the athletes during their pre-screening.
 - **Anyone not able to show they've completed the self-assessment is not allowed to enter.**

Facility related control issues:

1. Contamination risk assessment/cleaning/sanitizing/disinfection timelines, equipment and products:
 - i. Facility and equipment will be sprayed before and after practice with Quat Spec (ALL-IN-ONE disinfectant cleaner). As well, athletes will be provided with high quality, hospital grade hand sanitizer (Sani-Spec) before and after practice).
 2. PPE requirements:
 - Masks will be worn by all participants, coaches and volunteers when not actively training.
 - Gloves, disinfectant spray, laser thermometer, cleaning spray and mops will be used prior to anyone entering facility
 3. Physical Distancing:
 - a. Physical distancing will be accomplished by keeping athletes on their designated/marked mat placement.
 - b. Failure of the athlete to keep in their personal space will result in them being removed from the practice facility
 4. **Signage** will be posted at the facility
 - I. Driveway entrance
 - li. Front doors - entrance & exit doors
 - lii. lobby
 - Iv. bathrooms
 - Vi. Training Room Door
 5. Public Health will be contacted if and when needed (see Emergency Action Plan)
 6. Adequate and proper PPE (including gloves & masks) will be provided for Club volunteers; others entering must bring their own as needed. Cleaning, sanitizing, disinfecting supplies and waste receptacles shall be on site and available at all times.
 7. The facility/club will have a system to track ALL persons entering and leaving. Including pre-registration online record, sign-in sheet, screening questionnaire. This information will be maintained by the club and not discarded.
 8. Everyone entering the facility must sanitize their hands on entry. Hand sanitizer shall be located strategically throughout the facility. It will be provided at the desk outside of entrance to the building as well as beside the wrestling mats.
 9. Athletes should practice frequent and effective hand washing (20 seconds) or use hand sanitizer prior to and after training. After practice, they should go home, place clothes in the laundry and shower.
 10. Although washroom cleaning remains responsibility of landlord, we will ensure bathrooms are all disinfected between each use.
 11. We will limit the total number of persons in the facility to the current government requirement or recommendation. This includes coaches, athletes, parents, and any others in the facility. We will currently limit class size to 8 participants and 2 coaches. Parents will not be permitted to watch at this time. As government regulations change, and we can safely accommodate, we will do so.
10. Tri-City Training will provide appropriate social distancing markings for those people waiting to enter.

11. Athletes must arrive for training with their training gear on. No changing at the facility.

12. Entrance/Exits -- different doors



Lower Level

ENTRANCE ONLY

EXIT ONLY

13. The facility doors/windows all open to provide adequate air circulation. There are fans above head level that can Circulate air supply

14. Changerooms/bathrooms closed, but emergency access is available.

15. Drinking fountains/kitchen closed - athletes will bring their own water.

16. Two-meters distance will be maintained (and masks worn when this is impossible)

17. No equipment will be used at this time. If skipping ropes or heavy bags are used, they will be individual use (not shared) and sanitized between use.

18. Training will not take place on soft surface (carpet, canvas or other similar type) flooring.

19. The venue will be cleared of all participants between sessions. The club will allow min 15 minutes between training sessions to allow disinfection of facility.

20. In particular, wrestling mats will be fully sanitized prior to each training session.

21. Tri-City Training will complete a deep cleaning, waste removal and disinfection or sanitization of all open areas at least once in a 24-hour time period.

SIGNAGE -- [Link for documents](#)