



COVID-19 “RETURN TO TRAINING” REQUIREMENTS (3 pages)

Keep in mind that for insurance purposes each club needs to be in tune with provincial restrictions. Review and adjust accordingly to the needs of your facility, based on federal, provincial and local guidelines.

In order for a member organization to be open for Boxing Training the following **minimum** guidelines must be in place:

1. All participants in boxing activities must be registered with Boxing Ontario.
2. A proper Emergency Action Plan (EAP) must be in effect meeting industry norms.
 - <https://coach.ca/nccp-emergency-action-plan>
3. The club must have in place a policy document for return to training, included in this document will be:
 - a. Club access process.
 - b. A daily preopening check process.
 - c. A daily closing process.
 - d. Screening procedures.
 - e. Contamination risk assessment and cleaning / sanitizing / disinfection timelines, equipment and products.
 - f. PPE requirements.
 - g. How physical distancing will be accomplished and enforced.
 - h. Signs which will be used at the facility and a plan on placement.
 - i. A plan for communication with local public health if and when needed.
4. Adequate and proper PPE, cleaning, sanitizing, disinfecting supplies and waste receptacles shall be on site and available at all times.
5. The facility must have a system to track ALL persons entering and leaving (At minimum a sign-in sheet).
6. Training of all staff and volunteers on this document, Boxing Ontario’s “RETURN TO TRAINING” Seminar and proper processes as defined by the club must take place.
7. Hand sanitizer shall be located strategically throughout the facility and all persons shall be required to use it upon entering the facility.

8. The member club or training organization must have signage inside and/or outside which includes the following messages (this signage shall be available in all predominant languages of club members):
 - a. Limited entry to members and one (1) parent or guardian if the member is a minor.
 - b. Limiting the total number of persons in the facility to the current government requirement or recommendation.
 - c. Relating to hygiene practices, which are in effect.
 - d. Pre-screening for symptoms of illness [this shall be posted outside your entrance(s)], with instructions NOT TO ENTER.
 - e. Signage identifying what training is allowed and not allowed
 - f. Signage identifying areas which are not accessible or are closed
 - g. Signage reminding persons to perform personal hygiene and wash personal items as soon as possible post training.
 - h. Signage identifying “Vulnerable Populations” and asking them not to enter, i.e. Immunocompromised, diabetic, people 65 and older, children below 5 years old and other underlying medical conditions.
 - i. Other signage as required by local Public Health or any level of government.
9. The facility must have an adequate and functioning HVAC system and/or a specific plan to introduce fresh air into the facility.
10. Change rooms, locker rooms and shower facilities must be closed off. Access to washrooms and first aid areas must be intact.
11. Drinking fountains, water fill stations and food/beverage preparation or serving areas must be closed.
12. At all times a distance of 2 metres (6.5 feet) between persons must be maintained; if this is not possible individuals shall wear a mask (face covering) which covers the mouth and nose.
13. At no time shall common equipment (bags, skipping ropes) be used unless it has been cleaned and disinfected prior to and after use.
14. At no time shall gloves of any type (including hand pads) be shared, all facilities shall remove communal gloves, pads or other such items prior to opening.
15. Training shall not take place on soft surface (carpet, canvas or other similar type) flooring.
16. Training shall be individual based with no physical contact; inclusive of hand pad or other similar work.
17. Proper and adequate PPE shall be supplied to all staff or volunteers and worn during cleaning, sanitizing or disinfection.
18. The organization shall complete deep cleaning, waste removal and disinfection or sanitization of all open areas at least once in a 24 hr period.
19. Prior to entering the facility ALL persons shall be verbally screened for symptoms of illness.
20. The organization shall conform to related local Public Health requirements as applicable.
21. Club staff and/or volunteers shall ensure compliance with all the above requirements.

22. Prior to opening 1 coach (at a minimum) shall participate in the web seminar: "RETURN TO TRAINING" administered by Boxing Ontario.
23. Prior to opening, an email or mail notice shall be sent to all members of the organization, providing updates as related to this list and internal procedures. This document must be attached or included also. Further this document shall be available in a printed format at the club and posted to be visible from the exterior of the main entrance.
24. Prior to opening an email shall be sent to kocovid@boxingontario.com:
 - a. Club name as registered with Boxing Ontario.
 - b. A completed club EAP.
 - c. The complete club policy document for return to training.
 - d. The date of planned opening.
 - e. The name of the "Head Coach" or other registered coach who will take responsibility for the above.

Know the difference between cleaning, disinfecting, and sanitizing

Cleaning: Removes pathogens, dirt, and impurities from surfaces or objects. Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Disinfecting: Kills pathogens on surfaces or objects. Disinfecting works by using chemicals to kill germs and viruses on surfaces or objects. This process does not necessarily clean dirty surfaces or remove pathogens, but by killing pathogens on a surface after cleaning, it can further lower the risk of spreading infection.

Sanitizing: Lowers the number of pathogens on surfaces or objects to a safe level, as judged by public health standards or requirements. This process works by either cleaning or disinfecting surfaces or objects to lower the risk of spreading infection.