



CORONAVIRUS (COVID-19) PLAN

For October 10th 2020

Equipment and Supplies

- Hand sanitizers at entrance and exit of venue
- Extra masks for staff and volunteers (in case they do not have their own)
- Each athlete will bring their own masks
- Extra Disposable masks for Show Day
- No touch Thermometer with extra batteries
- Disinfectant wipes
- Pens (sanitized after each use)
- clipboards with plastic wrapping
- Tape for floor marking X to ensure Physical Distancing of 6 feet or 2 meters maintained
- Fogging machine with approved solution for Covid-19 will be used to disinfect the room before the new group of occupants enters the room
- Disinfect sprays to disinfect touchable surfaces.

- **Athletes Meeting**

The first time the athletes come to the Athletes Meeting they will be greeted outside by a volunteer. Athletes will have their set times and be in groups of no more than 7 people. The athletes will answer the Screening Questionnaire. This questionnaire will aid in identifying and assessing symptoms as well as potential contact tracing.

The forms to be signed by athletes will be handled by Staff wearing gloves who will place the athlete's form in an envelope and keep it sealed to be used for the following day (show day). Athletes will be asked yes and no questions as well as contact information and will only have to sign the form with their own pens or a sanitized pen will be provided. The athletes will then have their temperature checked and recorded. Any athlete with a temperature reading above 38° Celsius will not be allowed to enter the venue or compete in the VanDijkClassic. Any athlete that does not complete the Screening Questionnaire will not be allowed to enter the venue or compete. Athletes will enter the venues (October 9-10) and wear their masks at all times.

At the entrance of the hotel, signage will be posted.

Athletes will enter the designated room in groups of 7 and following the arrows, maintaining social distancing where possible. When all 7 have completed their registration they will be released as a group and directed to the correct exit door which will be displayed by signage or online mapping showing entrance and exit points to avoid passing other athletes in hallways.

Show Day L
SEP The athletes will come in with masks on, use sanitizer, have their temperature checked and be screened using the Screening Questionnaire from the day prior. Again asked yes or no questions (contact info and signature is already in place from day prior) . Any athlete with a temperature reading above 38° Celsius will not be allowed to enter the venue or compete. Any athlete that does not pass the Screening Questionnaire will not be allowed to enter the venue or compete.

Athletes are required to enter/exit the assigned doors which will be indicated by arrows and signage.

Each athlete will be required to wear footwear until they reach the side of the stage and maintain social distancing where possible
MASKS ARE **MANDATORY AT ALL TIMES WHEN NOT ON STAGE.**
Masks will be placed in a Ziplock with your button number, sealed and placed on designated plastic tub. Athletes will come grab their masks immediately prior to leaving the stage and put their masks back on. Athletes will have access to sanitizing stations and encouraged to bring their own Purel

Foot wear is to be worn at all times backstage. Women's classes that have high heel shoes can wear these in the "staging area" and on stage.

One class will be judged at a time. There will be no pre-judging, rather the individual posing, comparisons, routines and awards will be done altogether to avoid circulation in the room.

Each athlete must bring their own pump up equipment with them should they desire. No equipment will be provided as in years past.

We will have a full time staff member on site that will be cleaning all high touch points throughout the day and will have access to extra masks and gloves as well as sanitizing sprays

Arrows will be set up to show the flow of traffic and avoid athletes crossing paths as best as possible.

Athletes have been scheduled in time slots on when to arrive at the Centennial Concert Hall staggered to avoid everyone getting there at the same time. Athletes will have communication via push notification app called 'Muscleware' for phones in order to inform the athletes about real time schedules and timings changes if needed

Awards will be handed out to the athletes as they are completed their stage time to avoid contact on stage. The presenter of the awards will have taken sanitizing measures for the awards and their hands.

The schedule for the classes will be as follows:

9:00am

Men's Bodybuilding
Men's Classic Physique
Men's Physique

2:30pm

fit mixed pairs
Women's Physique
Women's Figure
Women's Wellness
Women's Bikini

7:30pm

VDC Natural event

Men's Bodybuilding

Men's Classic Physique

Men's Physique

Women's Physique

Women's Figure

Women's Wellness

Women's Bikini

Athletes Responsibilities

All athletes must enter the venue with their own mask on and must sanitize their hands where required. Each athlete must be honest and forthcoming with any symptoms they may be experiencing for the health and safety of others. Each athlete must bring their own pen to the athletes meeting as well as show day.

All athletes will need to bring their own Mask, bands and pump up equipment as well as if they can bring their own Pen and Purel hand sanitizer

Athletes **MUST** wear their posing suit to the event and keep their personal space clean and tidy.

SIGNAGE used inside the venue

➤ **Keep mask on at all times and where required**

➤ **Do not touch your mask. If you do, sanitize or wash your hands immediately**

➤ **You will be screened prior to entrance at the Athlete's Meeting and Show Day**

- **COVID-19 is spread through respiratory droplets.**

- **The most effective way to prevent the spread is:**

Physical/Distancing/Hand washing (sanitizer or soap and water)

- **Keep your mask clean and dry.**
- **DO NOT touch your mask, eyes, nose or mouth. If you do, wash your hand immediately before touching anything else.**
- **If your mask becomes soiled, wet, damaged, replace it immediately.**
- **Practice good hand hygiene even if you are wearing a mask. This includes covering sneezes and coughs and hand washing.**
- **Adhere to all rules as per venue guidelines, including backstage and washrooms.**