



Maple Ridge Archery Club

Indoor Archery Range

COVID-19 Policies and Procedures

THE CLUB IS ONLY OPEN FOR ARCHERS
22 yrs AND YOUNGER.

**All members MUST read and COMPLY with the following updated RULES.
These policies will remain in effect until further notice.**

DO NOT enter the property if you are showing **ANY** signs of COVID-19, even if symptoms are “mild”:

- Fever;
- Cough;
- Runny nose;
- Sore throat;
- Shortness of breath;
- have been in contact with someone, who has been sick

*All participants will be required to undergo COVID-19 screening prior to entering the range.
Screening will include visual and verbal checks of each individual*

Personal Distancing & PPE:

- All members are required to comply with physical distancing rules by practicing social distancing and keeping 3 meters away from one another at all times.
- There will be no sharing of any equipment (bows, arrows, tools, etc.) between non-household members.
- Where there is a need to touch common areas, such as target faces, antiseptic hand sanitizer, wipes and/or gloves will be provided.
- Face mask use is required for anyone while indoors

Range Schedule:

- The range in the gym at the Maple Ridge Leisure Center will be open on Thursdays 6:00pm-8:00pm:

Pre-Registration:

- PRE-REGISTRATION IS MANDATORY.
- Go to <https://forms.gle/jichKyFU1DDXYRfBA> to pre-register.
- Registration cut-off is 24hrs prior to start

Arrival/Exit:

- Please arrive at the range 10 minutes before the start.
- As per MR leisure center guidelines, please wait in the entrance hall until the Range officer pick you up will bring you upstairs.
- No spectators allowed; parents/ guardians will have to wait outside the facility until end of session.
- Always maintain a 2m Physical Distance while entering the range and wait in a spot where anyone entering behind you is able to safely maintain physical distance.
- After you are done shooting, remove your target from the target bale and spray/wipe down your target bale with bleach solution
- After cleaning up your target, please leave the range immediately.
Please do not loiter in the parking lot for any longer than absolutely necessary. Vacate the property as quickly as possible.

Check-In:

- Check-In will be contactless. Upon arriving at the Check-In desk, participants will be required to confirm their identity to the Range Officer and then will be assigned a Shooting Lane and Waiting Location.
- Following Shooting Lane Assignment, the Participant will proceed directly to their Waiting Location.

Range Capacity & Usage:

- All participants must have their own equipment.
- Club equipment will not be available for rental at this time; participants must have their own equipment.
- The range will have a maximum capacity of 8 shooting lanes (plus one range officer).
- 1 empty shooting lane will be between each active lane to ensure proper distancing
- Up to 2 people from the same household can shoot on the same target
- Stay in your lane when retrieving arrows

Shooting, Scoring, Retrieving Arrows and Missing Arrows:

- The entire field will be moving together
- Maximum 3 arrows per end,
- Please supply your own notebook and pen for scoring
- Be respectful of the time taken when scoring, retrieving arrows, and walking back to the shooting line
- If you have difficulty retrieving an arrow and need assistance, notify the range officer
- Report all missing arrows to the range officer

Cleaning Procedures:

- The cleaning schedule will include:

Item	Action
Athlete's equipment including but not limited to arm guards, finger tabs, slings, spotting scopes, bow stands, quiver	All athlete equipment must be wiped down before and after visiting the range No shared/borrowed equipment No equipment provided
Target butts	One athlete per butt per session, one butt has been designated as family in same household Athletes will uncover/cover with sanitized hands Coaches will sanitize between sessions with dilute bleach
Target faces	One will be provided at your first session, bring with you for next session,
Target pins	One set will be provided, bring with you for next session
Scoreboard, paper, pen	Will not be provided, bring your own
Equipment room	Only coaches enter equipment room
Seating	No spectator seating

- It is recommended that all participants bring their own sanitizing equipment such as a diluted bleach solution that meets BC CDC Standards (see document posted at range).
- If a participant does not bring their own sanitizing equipment, there will be diluted bleach solution at the range for cleaning.

Please respect other members.

If we all follow the rules, we will be able to operate safely and enjoy our sport.

All participants must follow these regulations and comply with the Range Officer on duty. Repeated failure to comply with any safety, personal distance, or range capacity rule will result in an immediate suspension of your membership.

Range Rules may be updated at any time. Any changes will be posted at the range.

Additional Links

BC Government restart plan

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/phase-3>

ViaSport

https://www.viasport.ca/sites/default/files/Return_to_Sport_Guidelines_web_12-3-2020.pdf

BC Archery Return to Play plan

<https://bcarchery.ca/ReturnToPlay>



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



CLEANING AND DISINFECTANTS FOR PUBLIC SETTINGS

Good cleaning and disinfection are essential to prevent the spread of COVID-19 in BC.

This document provides advice to public groups, transit, schools, universities, and other institutions in BC on cleaning for non-health care settings.

Make sure to wash hands with plain soap and water after cleaning or use an alcohol-based hand sanitizer.



OR



Cleaning: the physical removal of visible soiling (e.g., dust, soil, blood, mucus). Cleaning removes, rather than kills, viruses and bacteria. It is done with water, detergents, and steady friction from cleaning cloth.

Disinfection: the killing of viruses and bacteria. A disinfectant is only applied to objects; never on the human body.

All visibly soiled surfaces should be cleaned before disinfection.

Cleaning for the COVID-19 virus is the same as for other common viruses. Cleaning products and disinfectants that are regularly used in households are strong enough to deactivate coronaviruses and prevent their spread.

Recommendations:

- General cleaning and disinfecting of surfaces should occur at least once a day.
- Clean and disinfect highly touched surfaces at least twice a day and when visibly dirty (e.g., door knobs, light switches, cupboard handles, grab bars, hand rails, tables, phones, bathrooms, keyboards).
- Remove items that cannot be easily cleaned (e.g., newspapers, magazines, books, toys).

Cleaning

For cleaning, water and detergent (e.g., liquid dishwashing soap), or common household cleaning wipes should be used, along with good physical cleaning practices (i.e., using strong action on surfaces).

Disinfection

For disinfection, common household disinfectants such as ready-to-use disinfecting wipes and pre-made solutions (no dilution needed) can be used. Use the figure and table below for guidance. Always follow the manufacturer's instructions printed on the bottle.

IPC v2.0



Ministry of Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

Non-medical inquiries (ex. travel, physical distancing): 1-888-COVID19 (1888-268-4319) or text 604-630-0300





Coronavirus COVID-19

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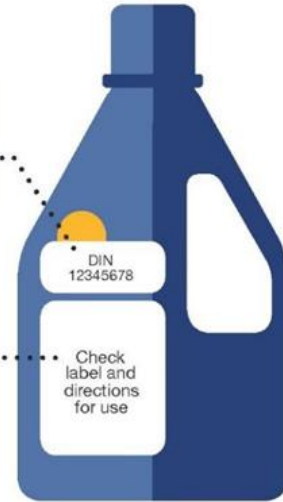
CLEANING AND DISINFECTANTS FOR PUBLIC SETTINGS

See Health Canada's **List of hard-surface disinfectants for use against coronavirus (COVID-19)** for specific brands and disinfectant products.

Drug Identification Number (DIN):
A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.

Agents effective against coronavirus:

- Bleach: sodium hypochlorite (5.25%)
- Hydrogen peroxide (0.5%)
- Alkyl dimethyl ammonium chlorides



IMPORTANT NOTES:

- Ensure disinfectant product has a Drug Identification Number (DIN) on its label.
- Follow product instructions for dilution, contact time and safe use.
- All visibly dirty surfaces should be cleaned BEFORE disinfecting (unless otherwise stated on the product).

List of disinfecting agents and their working concentrations known to be effective against coronaviruses^{1,2}:

Agent and concentration	Uses
1. 1:100 dilution Chlorine: household bleach – sodium hypochlorite (5.25%)* 10 ml bleach to 990 ml water	Used for disinfecting surfaces (e.g., hand railings, grab handles, door knobs, cupboard handles). Make fresh daily and allow surface to air dry naturally.
2. 1:50 dilution Chlorine: household bleach - sodium hypochlorite (5.25%)* 20 ml bleach to 980 ml water	Used for disinfecting surfaces contaminated with bodily fluids and waste like vomit, diarrhea, mucus, or feces (after cleaning with soap and water first). Make fresh daily and allow surface to air dry naturally.
3. Hydrogen Peroxide 0.5%	Used for cleaning and disinfecting surfaces (e.g., counters, hand rails, door knobs).
4. Quaternary Ammonium Compounds (QUATs): noted as 'alkyl dimethyl ammonium chlorides' on the product label	Used for disinfecting surfaces (e.g., floors, walls, furnishings).

¹ Dellanno, Christine, Quinn Vega, and Diane Boesenberg. "The antiviral action of common household disinfectants and antiseptics against murine hepatitis virus, a potential surrogate for SARS coronavirus." *American journal of infection control* 37.8 (2009): 649-652.

² Provincial Infection Prevention Control Network of British Columbia. "Infection Prevention and Control Guidelines for Providing Healthcare to Clients Living in the Community." (2014). https://www.picnet.ca/wp-content/uploads/IPCNet_Home_and_Community_Care_Guidelines_2014.pdf

The BC Ministry of Health does not endorse or promote any specific brands of disinfectant products. IPC v2.0



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