

# COVID-19 safety plan

## Company details

Business name: **Central Combat Sports Inc.**

Date completed: **November 10, 2020**

Division/group: **Sports and Recreation**

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Revision date: **October 24, 2021**

Developed by: **Mr. Peter Zahran**

Others consulted: **Dr. Matt Shaw (Emergency Medicine, Windsor Regional Hospital), Dr. Sammy Zahran (Department of Economics/Epidemiology, Colorado State University), and Mr. Jack Zahran (President, Pinkerton Global Risk Management)**

## Distribution of Safety Information

Central Combat Sports Inc. drafted and made available a document called ***Covid-19 Safety Guidelines*** in early September, 2020. Our aim was to simplify the communication of our Covid-19 policies and safety interventions to our members. The document is available in print, posted within our facility and available for download on our website. The document is revised and updated with any new provisions brought forth by the province and the Windsor-Essex County Health Unit, which would impact our day to day operations.

Some additional measures we have taken include:

- Additional signage and information bulletins are posted throughout our facility.
- All members and sub-contractors are regularly reminded our about Covid-19 safety regulations and procedures, through instant messaging and video chat.
- Our facility is equipped with video surveillance cameras and two-way speakers to ensure safety measures are maintained.

## Screening

Any member entering our facility must self-monitor their symptoms and agree to our Covid-19 Safety Guidelines, which include screening prerequisites, pre-registrations, forehead temperature checks, and personal protective equipment.

Screening provisions include, but are not limited to:

- Requiring and verifying proof of full vaccination or vaild medical exemption from anyone ages 12 or older, which enters our facility, as per [O. Reg. 364/20](#).
- Prohibiting anyone from entering our facility that is not a registered member.
- Prohibiting anyone from entering our facility that has travelled outside of Canada within the last 10 days.
- Prohibiting anyone from entering our facility that has experienced any cold or flu symptoms within the last 10 days.
- Prohibiting anyone from entering our facility that has had close contact with someone who has demonstrated cold or flu symptoms within the last 10 days.
- Prohibiting anyone from entering our facility that has self-identified as immunocompromised.

## Mitigating Transmission Risk

We have taken a comprehensive approach to mitigating Covid-19 transmission risk, by implementing a number of engineering and administrative controls, and by eliminating all unnecessary opportunities for transmission. In addition to requiring all adult members to demonstrate proof of full vaccination, we have also taken the following measures:

- Only members are allowed to enter our facility. Walk-ins, guests and spectators are not permitted. An electronic access control system was installed.
- All members must verify their forehead temperature is normal upon entering the facility. A medical grade, touchless temperature scanner was installed.
- Masks are mandatory when entering the facility and in all non-workout areas.
- Class sizes, and the overall number of facility occupants have been restricted to comply with all current provincial and local regulations.
- Class curriculum has been modified to limit physical contact.
- All members must spray and sanitize any equipment they use.
- Members must use their own reusable drinking container.
- When not engaged in sport, members are encouraged to maintain their social distance.
- We have installed automated ventilation systems to remove indoor air and bring in fresh air.
- We have automated humidity control systems to maintain ideal respiratory conditions, and to curb aerosolized particle travel.
- We have installed two independent climate control systems to ensure the safest possible ventilation within our facility, separating workout areas from non-workout areas.
- We have installed washable and waterproof wall surfaces in all high traffic areas.
- We have scheduled cleaning and ventilation intervals before and after every class, in addition to strict daily sanitization measures.
- We have purchased stockpiles of cleaning and disinfectant solutions, personal protective equipment, and speciality cleaning equipment such as a commercial steam cleaner.
- We have installed voice activated technology to eliminate all unnecessary contact points.
- We have installed on-site laundry facilities to sanitize all cleaning supplies daily.
- We have installed additional hand sanitizer stations and signage.
- We have implemented an online booking system to control and document all traffic, and maintain detailed records for contact tracing purposes if required.

## Suspected Cases and Contact Tracing

Our facility is closed to the general public. We have a small community of people, mostly working professionals. Any person that enters our facility is pre-screened, pre-registered, pre-booked, and video recorded. We also gather and maintain detailed contact information from all of our members. We are positioned to immediately contact anyone that may have been exposed to Covid-19, and immediately equip the Windsor-Essex County Health Unit and health officials with any contact tracing related information. Our facility is also thoroughly sanitized and ventilated on a daily basis to ensure if any surface or indoor air is potentially contaminated with Covid-19, it will be remedied immediately.

## Managing New Risks and Plan Evaluation

Our business, and community of members, are led by individuals that believe in science and public health. We have a vested interest in curbing the spread of Covid-19. Our plan is to continue to regularly evaluate our policies and procedures, and to revise them based on the recommendations of public health officials, and through direct consultations with academics, physicians, and risk assessment professionals. Since the onset of Covid-19, our business has tried our best to balance the health needs of our region, the individual health needs of our members, and the socio-economic wellbeing of our work staff. We have invested nearly \$40,000 in renovations, facility modifications, and technological upgrades, to not only ensure the safest environment possible, but to position ourselves to quickly adapt any new risks or opportunities that may arise.