



3333 University Way, Prince George, B.C., Canada V2N 4Z9
250-960-6360 | unbc.ca/timberwolves

UNBC Timberwolves - Visiting Team Information

In preparation for your arrival to Prince George, please be advised that there are new protocols that have to be followed in a COVID-19 environment. If protocols are not followed, competition will be suspended. We appreciate your cooperation, patience, and understanding as we work to navigate this unique environment. PPE will be available near the benches, but all visiting teams should come prepared with their own PPE.

Prior to Arrival

Prior to arrival, please complete the following tasks:

1. Send a list of all personnel who will be travelling with you to Prince George to Lorilyn Murdoch at timberwolves@unbc.ca. This list should include athletes, coaches, therapists, and any additional team staff (full names and contact information). This list will be used when we are checking you in upon arrival. Please also include your expected time of arrival.
2. Please send roster to rich.abney@unbc.ca.
3. Prior to departure, all visiting personnel will have to complete the UNBC COVID-19 Event Participation Waiver (attached). These should be scanned and sent to timberwolves@unbc.ca
4. Within two hours prior to arrival to competition, all travelling personnel must complete the self-assessment at <https://drupal.unbc.ca/timberwolves/covid19-screening-assessment>. If any individuals are experiencing any COVID-19 symptoms, they must not arrive at our facilities.

Arrival

Upon arrival, please be prepared for the following:

1. All personnel entering our facilities (indoor and outdoor) for competition must wear a mask.
2. You will be met by a UNBC Athletics representative. Please call Kaz Ikuta 250-640-3089 upon arrival and he will meet you outside.
3. Enter and exit the facility via the emergency door on the gymnasium side of the building.
4. Prior to entering venues, all visiting personnel will go through a group verbal attestation. A record will be kept that lists the names, date, and states all personnel have complied with our protocols. This will be kept on file. All waivers must also be completed prior to entry.
5. Masks should be worn when off the playing surface or when physical distancing cannot be maintained.
6. Visiting team will have access to our facility changeroom – showers can NOT be used.





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7. Hand sanitizer must be used prior to entry.

Game Day Protocol

- Spectators will not be permitted. There is a maximum gathering size of 50 people.
- Athletes must have their own water bottles and access to water refills. Shared water stations will not be provided.
- Athletes must have their own towels. There is no towel service.
- Visiting teams are responsible for their own training tables and crutches.
- Hands will be sanitized frequently – whenever an athlete leaves/enters the competition surface, hands must be sanitized.
- Athletes must not spit, blow their nose freely or release any bodily fluid anywhere in the facility due to an extremely high risk of virus transfer.
- Both teams must have an identified medical representative working with their team. Medical personnel will remain distanced until required.
- No handshakes
- Upon completion of a competition, all equipment will be cleaned by team personnel.
- Teams will be responsible for cleaning their own benches with cleaning supplies provided.
- Please allow for a minimum of 30 minutes between games for facility cleaning.

Supplies and Equipment

The following will be available, but visiting teams should also come prepared with their own supplies:

- Kleenex
- Masks (disposable)
- Garbage can
- Hand sanitizer – to be used when entering facility, during breaks in play, washroom breaks, after blowing nose, after filling water bottles, and before and after putting on mask
- Cleaning solution for each team to clean their team specific equipment and bench





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Symptoms

Any person experiencing any symptoms of COVID-19 is not allowed to participate in any activity. They should follow current guidelines mandated by public health officials. Should an athlete or staff member who exhibits symptoms and/or has a suspected case of COVID-19, the individual must adhere to the following protocol:

- Notify the Head Coach, Head Athletic Therapist, Athletic Director immediately
- If someone is sick, they are to stay home. If they are exhibiting symptoms of COVID-19 (which are similar to many other illnesses) they should call 8-1-1 and follow their direction with regard to isolation and/or testing.
- If they are required to be tested, they are to stay home until results are in.
 - If the result is **negative**, they should remain at home until feeling well - a doctor's note is not required to return. If symptoms continue, the individual will remain isolated until such time a physician agrees that the individual can return to play.
 - If the test is **positive**, they are to follow the directives of public health with regard to continued isolation, treatment and returning to work/school/other activities. A positive test will result in the infectious disease specialist working with the individual to determine where they have been, and who they have been in contact with - this may include UNBC. If the person had contact with UNBC during their incubation period, Northern Health Authority will contact UNBC in order to gather as much information as possible in order to reach out to others who may have been in contact with the positive individual.
- In all cases, UNBC will work closely with Northern Health's Medical Health Officer and all Northern Health staff to ensure the health and safety of the UNBC community.

