

Background

The COVID-19 pandemic disease is caused by the SARS CoV-2 virus. It is a devastating virus because while it only kills about 1% of those it infects, it infects a lot of people. It is nearly three times as infectious as the seasonal flu.

The risk of serious disease or death increases significantly with age and other health conditions like respiratory, cardiac, diabetic disease or high BMI's. Mortality rates can approach 20% for these at-risk groups.

While rare, it can also severely affect even young, healthy people. There is even a possibility it could rarely affect children.

Statistically speaking, eighty percent of people will have mild or no symptoms. Fifteen percent will be moderate and may need hospitalisation. Five to six percent will have severe symptoms, with some needing to be on a mechanical ventilator.

The problem that the human immune system has defending it is that it is a novel virus. It is new to humans, so we have no immunity from prior infection to it. This is what makes it so unpredictable.

SARS-2 virus can last on surfaces like glass, plastic and cardboard for up to two or three days but it is unlikely that virus on those surfaces would be infectious after much more than 48 hours as viral numbers drop to low levels by then.

There are two main routes of infection:

1. Respiratory (inhaled virus through the air).
2. Contact an infected surface with your hand and then touch your mouth, nose, or eyes.

It is possible from 'sneeze studies' that some virus could be exhaled in small, light 'aerosol' type particles and remain airborne beyond 2-metres (2M). The usual medical rule is for transfer is that individuals need to have to be in close range (less than 2M) for more than 10 minutes to pick up virus through inhaled air (unless someone is spraying saliva as they talk, or are sneezing).

A vaccine for this is unlikely in large quantities within 18-24 months. Some of the best ways to keep your immune system working well are getting enough sleep, staying physically active and maintaining a healthy diet.

The objectives of this response plan are:

1-To develop a framework that provides a safe environment for staff and participants to return to Lakeshore Recreation that meets both Canadian government standards, but also considers international best practices.

2-Provide guidance to those working at Lakeshore Recreation.

3-To provide 'Trust and Confidence' to both staff and members that Lakeshore Recreation is taking COVID-19 safety seriously and that we are taking all practical steps for this serious issue.

4-To provide protocols for Lakeshore Recreation staff and members to exceed the provincial standards to safely operate.

On Arrival at Lakeshore Recreation: (Revision 3-March 1, 2022)

Effective today, March 1st 2022, proof of vaccination requirements for people entering Lakeshore Recreation will be removed. This is the next step of the Ontario government's reopening plan and easing of public health measures.

People will no longer have to provide proof of vaccination in order to access Lakeshore.

Other changes effective March 1 include increasing indoor capacities to 100% and moving from active to passive screening in recreational and event settings. People should still screen themselves before entering. We will continue to have our yellow symptom sheet available so people can self screen. People should not enter or participate if they have COVID-19 symptoms; and are reminded to follow the [self-isolation requirements and self-monitoring recommendations](#) set by the Province.

Mask/face coverings continue to be required in all indoor settings unless otherwise stated or where exemptions apply. We will continue to have people mask while moving around but masks are optional when exercising.

As facilities and programs begin to return to normal, people are reminded that everyone plays a role in keeping Lakeshore Recreation safe for our members, employees and visitors. Please demonstrate respect for yourself, respect for others and take responsibility for your actions.

Written By:
Ann MacKay