



# **COVID-19 RESPONSE PLAN**

Updated for: November 8<sup>th</sup>, 2020

## **Health & Safety Protocol:**

This document outlines the over guidelines and responsibilities for each area of the facility to make our clients, staff and visitors as safe as possible at all times.

## **A Letter From Our General Manager**

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Thank you for choosing The Athlete Matrix for all your athletic training needs and for your continued understanding and loyalty during these unprecedented times across Canada and the world as a whole. We understand that times are tough and we appreciate you choosing to support our facility and our staff as we continue to re-open all of our amenities. We are pleased to share this document with you and show our commitment to the health and safety of all of our clients, members, employees and visitors during their time spent at The Athlete Matrix.

In addition to our already detailed sanitization and cleaning protocols, we will be introducing new proactive steps to continue to ensure the safety of everyone who enters the facility. Entrances to the facility will be clearly marked with safety measures and necessities, as well as designated for specific clients, members, employees and visitors to help track those who enter. High touch areas will be constantly cleaned throughout the facility, temperature checks will be administered a tracked daily for both clients and staff alike. Guidelines for limiting foot traffic within the facility will be followed and tracked daily to continue to ensure all physical distancing requirements are met. We are confident in the steps we have taken to ensure the safety of everyone who will step foot in The Athlete Matrix and we are excited to welcome you back.

While The Athlete Matrix has done its part, we are also asking for every person's cooperation and understanding of the requirements put forth by our provincial and national governments. For the safety of each client, member, employee and visitor we ask that everyone do their part to physically distance themselves while inside the facility. If you are experiences any symptoms or are feeling unwell, we ask that you choose not to enter the facility until those symptoms have been cleared and/or you are feeling healthy again. If each of us does our part, we can ensure the safety and comfort of everyone choosing to enter the facility.

We hope that this document will put you at ease in choosing to train at The Athlete Matrix. We again thank you for your patience during these past months and we're excited to welcome you back. If there is anything we can do to improve your experience and comfort within the building please do not hesitate to let us know.

Regards,



Joe Ellison  
General Manager

The Athlete Matrix is excited to welcome back people from across the GTA, but we want to ensure we make every effort to show that you, other visitors, and our employees are safe, healthy and comfortable. The health and safety of our clients and employees is our top priority. This document was created to communicate with our clients and employees the implementation of many proactive enhancements to our already rigorous health and safety measures as well as cleaning procedures.

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### **Responsibilities of Employees**

*The Athlete Matrix will ensure that its employees are properly equipped, instructed and trained to maintain a fully sanitized facility for our clients and themselves daily.*

- Continuous hand washing and/or sanitation.
- Understanding of COVID-19 Health & Safety Protocols outlined by the Province of Ontario.
- Employees are required to wear appropriate Personal Protective Equipment (PPE).
- All employees will undergo a temperature check prior to entrance into the facility, daily.
- All employees will stay home if they exhibit any symptoms of COVID-19 or have been in contact with any one who has tested positive.
- 14 Day Self Isolation for any employee travelling outside of Canada is mandatory.

### **Responsibilities of Clients, Members & Visitors**

*We ask that all clients, members and visitors consider the following before entering the facility:*

- You experience any symptoms of COVID-19 or have a fever. Consider taking your temperature prior to departing for The Athlete Matrix.
- You have been exposed to someone who has tested positive for COVID-19 in the last 14 days.
- You have a compromised immune system or are considered “high risk”.
- You will not cooperate with the new requirements put in place by public health officials, the provincial or national governments and The Athlete Matrix.

*To help us maintain the safest environment, we ask all of our clients, members and visitors to follow the below guidelines:*

- Wear appropriate Personal Protective Equipment (PPE) – Masks are required.
- Keep a safe distance of 2 meters or 6 feet when possible throughout the facility.
- Sanitize hands prior to entering the facility.
- Avoid shaking hands or engaging in any unnecessary physical contact.

## **APEX Optimal Performance**

As a tenant of The Athlete Matrix, APEX Optimal Performance has implemented their own procedures within their business. They are following strict health guidelines to ensure the safety of their personnel and cliental.

All APEX clients and employees will enter and exit through the **Front Doors** of the facility (facing Wolfedale Road). APEX clients and employees will only be able to utilize the Front Lobby during their time at the facility.

Appointments must be made directly through them via email or telephone at **(905) 481-4972** or **apexmississauga@gmail.com**.

## **Baseball/Softball Training Areas & Turf Gym**

The 35,000 square foot baseball training area will be open to our members of the Ontario Blue Jays and those enrolling into Sandlot Baseball Programs. **There will be no spectators allowed inside the facility at any time.**

The facility will be broken into “Rooms” as follows:

Room A: Turf Weight Room

Room B: Turf A (Open Side)

Room C: Cages 1-3

Room D: Cages 4-6

Room E: Turf B (Mound Side)

Room F: Pitching Lab

*\*Rooms can be combined to provide more space at the discretion of the coaching staff and based on availability.*

Ontario Blue Jays Baseball players will enter and exit through the **OBJ Players Door** (last door along laneway to Canlan).

Ontario Blue Jays Softball players will enter and exit through the **Front Doors** (facing Wolfedale Road).

All Sandlot baseball training clients will enter and exit through the **Rear Loading Door** (inside back lot).

The following protocols are in place for those utilizing the space:

- A scheduled event, lesson, clinic or camp is the only way to access the baseball training areas. There are no open times or unstructured times allowed.
- If any client or member is exhibiting signs of fever, cough, sore-throat or flu-like symptoms they will be kindly asked to not enter the facility.
- Attendance, temperature and symptom checks will be done prior to entrance into the baseball training areas. These records will be kept to ensure safety and tracing.
- Cleaning and sanitation will be completed prior to, during and after all events, lessons, clinics or camps. Additional cleaning and sanitation can be implemented at any time deemed necessary by employees or upon request by client.
- No sharing of personal items including but not limited to: Water Bottles, Apparel, Shoes, Gloves, Batting Gloves, Bats, or any other personal item.

In the event of a medical emergency, parents and/or guardians will be notified immediately and steps will be taken to ensure the safety of all parties.

### **TAM Gym & Training Area**

The 8,000 square foot TAM Gym and Training Area will be open to all clients as scheduled by Reid Hall, Director of Strength Training. There will be no spectators allowed inside the facility at any time.

All TAM Gym & Training Area clients and employees will enter and exit through the **Side Single Door** (beside the side parking spaces as marked).

The following protocols are in place for those utilizing the space:

- A scheduled event, private or semi-private sessions, clinic or camp is the only way to access the TAM Gym and Training areas. There are no open times or unstructured times.
- If any client or member is exhibiting signs of fever, cough, sore-throat or flu-like symptoms they will be kindly asked to not enter the facility.
- Attendance, temperature and symptom checks will be done prior to entrance into the baseball training areas. These records will be kept to ensure safety and tracing.
- Cleaning and sanitation will be completed prior to, during and after all events, lessons, clinics or camps. Additional cleaning and sanitation can be implemented at any time deemed necessary by employees or upon request by client.

- No sharing of personal items including but not limited to: Water Bottles, Apparel, Shoes or any other personal item.

In the event of a medical emergency, parents and/or guardians will be notified immediately and steps will be taken to ensure the safety of all parties.

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### **Commitment to Service and Safety**

The Athlete Matrix is committed to providing first class service and a safe environment for all those who choose to train at the facility. As we continue to navigate through these unprecedented times as a community and country we will continue to provide the best for everyone who chooses to train at The Athlete Matrix.

We will continue to follow government guidelines and update sanitization and safety protocols as needed or advised as we continue to push towards a firm understanding of the “new normal”. Thank you for choosing The Athlete Matrix and we look forward to seeing everyone soon.