

Keep it small and simple

In the era of COVID-19, the city has changed its “Keep it Moving” to “Keep it small and simple.” That allows the club to reopen. But that permission is conditional on several things: disease conditions in the state, county, city and club. So with that in mind, I have worked with the board, including the three games chairs, to come up with protocols that will govern how the club is used, and how we get to play our games.

We do not know everything about this virus, and we do not know everything about how the disease will progress from here. As such, these protocols are subject to change as information comes across that makes that required and/or advisable. Changes in the protocols can go both ways – to either hardening or lessening efforts required by us all to protect people who use our club.

Leaving your house inherently comes with risk. These protocols will not eliminate all risk, nor can we even confidently quantify the risk. If you are not comfortable with the risk, particularly if you are in a household where you or someone else is at high risk of a poor outcome from COVID-19, please reconsider whether coming to the club is worth taking the small risk. And it is important for all of you to follow the protocols to minimize the risk and increase the comfort of the most wary amongst us.

But the latest information tells us that outdoor activity is less risky than indoor activity. That transmission is more likely from direct person to person contact, but also possible from contact with surfaces someone else inadvertently infected.

Main points:

- If you keep 6’ distance, the current mask order does not require wearing a mask. But if your opponent asks you to do so, it is the polite thing to do.
- If you are possibly ill, do not come to the facility.
- If you are at the club while others are at the club, give yourself room to play. That includes leaving a rink or lane between your group and any other group that happens to be at the court.
- Follow signage throughout the facility. That is the most up to date safety information we have. We will keep the signs current as guidelines change.
Keep group sizes to 5 people or less until further notice.
- Use the sign-in sheet to record your visit. Draw a box around your group so our sign-in sheets can be used for contact tracing.
- The clubhouse is closed except to make sanitizing solution, logging your visit, using the bathroom or turning the light on for the upper green. No table tennis. No meetings in the clubhouse.

Your health and whether it is appropriate to come to the club

- Follow the Centers for Disease Control and Prevention guidelines: <https://www.cdc.gov/>.
- Obey the laws and orders of the local government and officials. This information may change before we have a chance to make club updates.
- People with COVID-19 have a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or a combination of symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing

Or at least two of these symptoms

- Fever
- Chills
- Muscle Pain
- Repeated shaking and chills
- Headache
- Sore Throat
- New loss of taste or smell

If you have symptoms of illness or recent exposure to someone with COVID-19, **do not** participate in any activities at the club. Please note that it takes time for the symptoms to appear, and everything suggests you can spread the disease during that asymptomatic period.

You may come to the club if you are:

- **Asymptomatic.** No symptoms AND no exposure to someone with COVID-19 for at least 14 days.
 - Exposure means close contact for a prolonged period without wearing personal protective equipment (PPE).
 - PPE includes N95 respirators, face masks, eye protection, gowns, and gloves.
 - Cloth face coverings are not considered PPE.
- **Previously Symptomatic - No test** (all three things must have happened)
 - No fever for at least 72 hours without the use of medicine to reduce fever
 - Other symptoms have improved
 - At least 7 days have passed since your symptoms first appeared
- **Previously Symptomatic – With test** (all three things must have happened)
 - No fever without the use of medicine to reduce fever
 - Other symptoms have improved
 - Received two negative tests in a row, 24 hours apart.

If you have reason to believe you may have been here while you are infectious, please contact pres@wplbc.org as soon as possible. The club would then be able to take precautionary steps to try to prevent an outbreak within the club.

Before coming to the club

If you can avoid going into the clubhouse and come prepared for your visit, you help protect yourself and everyone in the club from infection. So before you come to the club, you should:

- Go to the bathroom.
- Bring a full water bottle.
- Wash your hands using CDC guidelines. This includes using both soap and water, and washing for an extended period of time of at least 20 seconds.

- Avoid touching your face after leaving the house until you have returned home AND washed your hands.

Personal Hygiene

Personal hygiene serves two purposes: Protect yourself from possible infection from others, and protects other members in case you are infectious but asymptomatic.

- Clean Hands
 - Wash hands with soap and water for 20 seconds
 - If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used.
- Key times to clean hands:
 - After blowing one's nose, coughing, or sneezing
 - After using the restroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after use of club equipment, including rink markers, mats, balls, measuring devices and wickets.
 - Before and after play
- Avoid the following behaviors
 - Spitting on bowls or licking fingers
 - Shaking hands or other direct contact of other people
 - Touching or handling the game equipment of others unless you are the designated person to touch that piece of equipment for the entire game.
 - Avoid touching mouth, nose, or eyes with unwashed hands

Clean and Disinfect equipment

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. Thus, regularly disinfecting the equipment will be important to safety for you and the rest of the club.

- Disinfecting supplies can be found in the clubhouse in both bathrooms and the kitchen. It can also be found in the games shed by the Bocce equipment.
- Bleach disinfectant remains fully effective only about 24 hours. So unless you know another group mixed the disinfectant the same day, you probably should mix a new bottle. Bleach for disinfecting can be found in the clubhouse kitchen, either on the counter, or under the sink.
 - Mix 4 teaspoons per quart of water. Or alternately fill only to the line marked on the bottles (1 cup) and mix in 1 teaspoon of water.
- Wipe equipment down with provided paper towels before disinfecting.
- Bleach needs time to kill viruses. Spray the equipment down. Then let it sit for 1 minute before wiping down with a clean paper towel.
- Replace bleach and unused paper towels where you originally found them.
- Discard unused paper towels.

- Wash hands thoroughly.

Clubhouse Use

Everything we know about the disease suggests it is more risky to share indoor space than share outdoor space. Because of this you should minimize the use of the clubhouse. As such:

- Only one member of your group should go inside the clubhouse at any time. If there is another group at the facility, and you believe one of them is in the clubhouse, please wait for them to exit the building before you go in.
- Only approved uses of the clubhouse is to:
 - Logging your visit
 - Go to the bathroom.
 - Turn on lights on the fields.
 - Prepare disinfectant
 - Club maintenance
- Note: That means the kitchen is closed. Please bring your own full water bottle and a cooler for your snacks.
- Note: That means ping pong is closed.

Volunteers additional requirements:

We do not have paid staff to regularly disinfect surfaces that are frequently touched. Thus volunteers will be needed to make sure we are being safe because we are required to periodically disinfect surfaces that may have been touched.

Rentals and Clubhouse volunteers

If you have taken the discount for volunteer duty, and ANY member of your group has entered the clubhouse, and you have picked RENTALS or CLUBHOUSE as your volunteer preference, you (or another member of your group) need to do the following as you leave the facility:

Read the instructions under clean and disinfect equipment and follow the same protocol.

Go through the clubhouse with a bottle of disinfectant and treat all the high touch surfaces, including:

- Counters
- Door handles
- Faucets
- Kick plates
- Light switches
- Logs tracking club use and volunteer hours and pens/pencils

Greens or Games volunteers

If you have taken the discount for volunteer duty, and you have picked GREENS or GAMES as your volunteer preference, you (or another member of your group) need to do the following as you leave the facility:

Read the instructions under clean and disinfect equipment and follow the same protocol.

Go through the grounds and treat the following surfaces:

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- All 3 padlocks for the greens, padlock for the games shed, and handles to open the sheds, and high touch areas to open the gates.
- Any equipment you may have touched during your visit.

Machinery/Maintenance volunteers

If you have taken the discount for volunteer duty, and you have picked Machinery/Maintenance as your volunteer preference, you (or another member of your group) need to do the following as you leave the facility:

Read the instructions under clean and disinfect equipment and follow the same protocol.

Go through the grounds and treat the following surfaces:

- Greens equipment shed locks and handles.
- Lock for mower entry to lower green.
- Mower handles
- Any equipment you may have touched during your visit.

Play – Bocce specific

- Sanitize hands before play. Use the bottle in the clubhouse (front desk) if you did not bring your own.
- No customary handshakes. Be creative and come up with your own way to adjust the custom for the COVID-19 era.
- As far as possible, one person in 12' wide rink at a time unless disability makes this undoable. Restrict games to only 2 or 3 players on one end at a time.
- Do not use side by side rinks, if possible. If not possible, do not play on the same end simultaneously in adjoining courts and maintain a safe distance.
- Apply common sense for unanticipated situations.

Bocce Balls

- Players should only touch and handle their own bocce balls for the duration of play.
- If playing doubles, one teammate uses the two balls decorated with circles; the other uses the two balls decorated with squares.

Pallino

- Each player gets his/her own pallino and keeps it on their person. You will find a supply of pallinos in the equipment shed.

Measurements

- One person measures distances.

Scoring

- Do not use the scoreboards. Bring out a notepad or paper and pencil (all found on the front desk in the clubhouse) to keep scores.

Cleanup

- Sanitize bocce balls, pallino, and all other equipment before storing in the equipment shed. (sanitizer and paper towels in the clubhouse).

Play – Lawn Bowling specific

- Sanitize hands before play. Use the bottle in the clubhouse (front desk) if you did not bring your own.
- No customary handshakes. Be creative and come up with your own way to adjust the custom for the COVID-19 era.

Rinks

- Maximum of five 14-foot wide rinks per set up and ensure 6 feet between rinks.
- Limit of 2 or 3 players at each end of the rink.
- When it is not your turn to play, move out of the way 6 feet or more from the unplayed bowls and the mat. When it is your turn to play, give your opponent a moment to move out of the playing area.
- Apply common sense for unanticipated situations

Jack

- One jack per player. When it is your turn to start the frame, switch to your designated jack.

Mats

- At each end, designate one player to place and remove the mat.

Bowls

- Players should only touch and handle their own bowls. If using club bowls, they should be cleaned and disinfected after use.
- When the end is completed – kick other players bowls to a designated space behind the mat.
- Dead bowl – remove other players' bowl(s) from play by kicking bowl(s) out of the rink, kicking bowl(s) into the front ditch on the same rink if it is unlikely to interfere with play, or have the player remove their own dead bowl from the green.
- Toucher – Use spray chalk. Do not touch the bowl while chalking, or declare rather than mark touchers.
- If playing doubles you will still need one set of bowls per player. As such, it may be easier to swap ends after two frames in doubles instead of collecting the bowls and returning to your designated end.

Rakes

- Do not use rakes. Kick the bowls.

Scoreboards

- Do not use scoreboards. Bring out a notepad or paper and pencil (all found on the front desk in the clubhouse) to keep scores.

Play – Croquet specific

- Read the disinfecting signs and safety instructions in the equipment shed, decide before the game who/how/where of disinfecting the equipment.
- Of course, customary handshakes should not be done. Verbal acknowledgement is adequate for the COVID-19 era.
- One person should set up and break down the equipment for play. This includes sanitizing the equipment after play.
- A maximum 4 people on a single court at one time.
- Maintain a 6 foot distance at all times. That should just be a matter of taking a couple of steps when it is not your turn. If playing in teams, teammates are especially instructed to be aware of the need to be physically distant when discussing strategy. As such singles play is encouraged.
- Do not share mallets between players.
- Do not touch balls other than those you are designated to play. If a ball needs to be replaced, use your mallet and foot to reposition the ball as needed.
- Do not touch wicket clips other than those you are designated to play.

Conclusion

WPLBC encourages members to stay informed of the latest COVID information. The following links to county, state and federal coronavirus information is a great way to keep current:

- <https://www.kingcounty.gov/depts/health/covid-19.aspx>
- <https://coronavirus.wa.gov/>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Thank you for taking the time to read through these safety protocols, and roll on.

If you have any questions, email pres@wplbc.org