



COVID-19 REOPENING SAFETY PLAN – WHISKEY JACK NORDIC SKI CLUB

(Revised Nov 22, 2020)

All Cross Country BC Member Organizations are required to develop COVID-19 Reopening Safety Plans that explicitly present the measures that will implement and maintain over the coming 12 to 18 months. Plans must be in compliance with orders from the Provincial Health Officer and must be made available to the public either by posting on the wall of the organization’s facility or on its website.

WJNSC has created this document, based on Cross Country BC’s guidance document. This document has been cross referenced and is aligned with the ViaSport Return to Sport Guidelines for B.C. document, the WorkSafeBC COVID-19 Safety Plan Checklist and the Nordiq Canada Risk Assessment and Mitigation Checklist Tool.

The Provincial Health Officer’s direction is that COVID-19 Reopening Safety Plans should cover 3 things:

- (1) Processes to open safely,
- (2) Measures to keep people safe to avoid further outbreaks, and
- (3) A plan in the event that a case or outbreak should occur.

The 5 principles from B.C.’s Restart Plan should be used to create COVID-19 Reopening Safety Plans: To reduce the risk of the virus spreading through droplets in the air, WJNSC is implementing protocols to protect against identified risks.

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

Club Policy Regarding COVID-19

Cross Country Protocols:

- WJNSC COVID-19 Safety Reopening Plan
 - WJNSC will communicate the 2020 COVID-19 Reopening Safety Plan to volunteers and participants via email
 - Signage posted at the club will include Physical Distancing, Occupancy Limits, Hygiene and COVID19 symptom list
- WJNSC members must sign the current Nordiq Canada waiver (this is included in the Zone4 online registration), which includes risks of infection (e.g. Covid-19), and follow the guidelines outlined below.

General Rules

For all individuals and for all activities (skiing, training, workshops, meetings, etc.), if you choose to participate, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you must self-isolate for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- Wash your hands/sanitize before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all times
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play or facility as quickly as possible after you finish

Furthermore:

- All individuals have completed the online [self-assessment tool](#), on a daily basis before arriving.
- Coaches and administrators are familiar with the Illness Policy (see Appendix B).
- Consider your own risk. If you are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation for the time being.
- If you start to feel mildly ill while participating, inform the person in charge (e.g., coach), sanitize your hands, go straight home, and complete the online [self-assessment tool](#). If severely ill (e.g., difficulty breathing, chest pain) have the person call 911. (And that person should ensure the cleaning and disinfecting of any surfaces that you have come into contact with.)
- If you have any health and safety concerns, inform the person in charge and/or a WJNSC board member.

Group Training

- In addition to below, comply with above **General Rules**.
- Coaches are to remind all participants of the rules at the beginning of each day.
- Sign-in/out volunteer will verbally confirm that all participants have done such a check and are symptom-free. A daily record of this information will be kept and signed by the volunteer to also maintain a record of participants.
- Coaches should borrow and return radios to the bucket during lessons. Radios will be sanitized before and after each lesson by the responsible coaches.

- Sanitation supplies are available as needed. Coaches will sanitize and return lesson equipment following each lesson.
- Outdoors is best and activities are structured so physical distancing is maintained (2m). Increase distance with higher speed training activities. When possible & safe, it is preferable to ski BESIDE others instead of BEHIND (e.g., on wide trails).
- Physical contact should be minimized. If required for bunnies, the supervising parent is encouraged to assist to prevent physical contact with others (ie – coaches)
- Maximum group size is 50 including parent helpers, but realistically needs to be smaller for effective/safe group training and in accordance with limited facility capacity (including parking, outhouse) and coaching support.
 - Start times of practice sessions may be staggered to allow small groups to start sequentially and find their meeting place.
 - Groups may form a cohort of up to 100 participants to allow mixing and varied play/training and where 2m physical distancing is difficult to maintain during sport-specific activities.
 - Although cohorts can be up to 100 people for our sport, the max group size remains at 50, so there needs to be adequate space between groups (e.g., in different areas of stadium)
- Indoor facilities will only be accessed by authorized volunteers for operational purposes. These volunteers must comply with **Facility Guidelines** outlined below.
- Athletes should only travel by themselves or with members of their household.
- Parking space is limited. Participants are encouraged to leave space between vehicles and follow signage posted by BC Parks.
- ‘Get in, Train, Get out’ principle will be utilized. Athletes arrive ready to go and do not mingle with the group upon arrival or departure.
- Nothing is shared. Equipment (seasonal rental skis) will be allocated for the training season. Bring one’s own skis, poles, boots, water bottles, and masks.
- Cross-regional or inter-provincial travel is not permitted at this time for the purposes of sport programming.
- For dryland time-trials or races, use individual start only. Timing chips or bibs shall not be shared, but may be used if owned by / permanently assigned to the athlete.
- Masks and gloves are available in case first-aid is required. Coaches have trained themselves on the [proper use of masks](#).
- Coaches should ensure adequate supervision so that rules are followed, with reminders as needed.

Facilities

- Masks must be worn when inside buildings (shop/outhouse)
- The warming hut will not be in use for the 2020/21 season for lessons/programming
- Snacks and/or hot chocolate will not be provided or shared. Athletes/participants should bring their own.
- Adequate sanitizer will be provided in the outhouse.
- The maintenance shop will be accessible to volunteers. Users must obey posted occupancy limits.

Workshops/Courses

Background: Workshops/Courses/Waxing Clinics typically have between 6 and 12 adult participants.

- In addition to below, comply with above **General Rules & Facility Guidelines**.
- Learning facilitators or course conductors are to remind all participants of the rules at the beginning of each day.
- Ensure room and tables are set-up so that physical distancing is maintained (2m).
- Ensure there is sanitizer available at each common touchpoint (e.g., door handles)
- A record of participants is maintained.
- Shared equipment and surfaces must be cleaned/sanitized in accordance with **Cleaning and Sanitization Guidelines** below.

Administration/Meetings

- In addition to below, comply with above **General Rules**.
- Ensure workspaces are set-up so that physical distancing is maintained (2m)
- Ensure there is sanitizer available at each common touchpoint (e.g., door handles)
- Do not share any equipment if possible.
- Work and meet virtually where possible.
- Masks are to be worn indoors.

Cleaning and Sanitization

- All rental equipment will be sanitized with appropriate products (ski, boots, poles require different products). Assigned volunteers will be solely responsible for cleaning rental equipment.
- All common touchpoints (e.g., door handles, light switches, radios) to be cleaned and disinfected at least twice per day and when visibly dirty.
- General cleaning and disinfection of other surfaces should occur once per day.
- Touchless payment will be encouraged.
- Cleaning procedures will be demonstrated to volunteers/coaches in person, through onsite training.
- http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

First Aid

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

A guide for employers and Occupational First Aid Attendants:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

First aid protocols for an unresponsive person during COVID-19:

<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

Measures Taken by the Club to Address COVID-19 Safety

1. This COVID-19 Safety Plan will be posted on the Club’s website, the shop and information kiosk at the trailhead
2. Signs will be posted in buildings regarding distancing, occupancy limits, masks and sanitizing.
3. The Club will assign someone to re-refresh sanitizing supplies as needed and to clean high touch surfaces at least twice a day at the shop and outhouse during programming.
4. The warming hut will be closed to general use.
5. To facilitate skill development programs or events, the Club may restrict use of a building or a section of trail. When doing so, the Club will seek to reduce the impact on recreational skiers.
6. If requested by public health officials, the Club will support COVID-19 contact tracing by one or all of the following:
 - providing contact information of those using club facilities, programs and events
 - sending an email to all Whiskey Jack Cross Country Ski Club members outlining the place and timing of activity by the potentially infected person.

APPENDIX A - SPORT ACTIVITY CHART - from viaSport BC

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions In Place	<ul style="list-style-type: none"> • Maintain Physical Distance (2m) • No non-essential travel 	<ul style="list-style-type: none"> • Maintain Physical Distance (2m) • No non-essential travel • No group gatherings over 50 people 	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> • Increased hand hygiene • Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> • Outdoor or within home • Facilities and playgrounds closed 	<ul style="list-style-type: none"> • Outdoor is safest • Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> • Small Groups • No or limited spectators 	<ul style="list-style-type: none"> • Groups sizes may increase • Limited spectators 	<ul style="list-style-type: none"> • Large groups allowed • No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> • Low risk outdoor activities can occur (biking, running, etc). • Virtual activities 	<ul style="list-style-type: none"> • Fundamental movement skills • Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> • Should not occur • Contact sports should look for non-contact alternatives to training 	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> • Minimal shared equipment • Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> • Some shared equipment • Enhanced cleaning protocols in place 	Shared equipment

*Introduction of competitive activities should be in alignment with Sport Specific guidelines

APPENDIX B – GENERAL POLICY ON ILLNESS and OUTBREAKS

In this policy, “users” includes a club member, coach, volunteer, participant or parent/spectator.

1. **All users should self-assess their health** before arriving at the Whiskey Jack Nordic Ski Trails to ascertain that they are not feeling any of the COVID 19 symptoms. If unsure how to self-assess, please use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en>
2. **Anyone feeling sick with COVID-19** symptoms should remain at home and contact Health Link BC at 8-1-1. If someone feels sick or is showing symptoms while at the ski trails, they should go or be sent home immediately and contact 8-1-1 for further guidance.
3. **Anyone who tests positive for COVID-19** should follow the direction of health officials.
4. **Quarantine or self-isolate if:**
 - You have travelled outside of Canada within the last 14 days.
 - You have come into close contact with someone who has tested positive for COVID-19.
 - You have been advised to do so by health officials.
5. **If any user of the Whiskey Jack Nordic ski trails or other facilities tests positive for COVID-19:**
 - The WJNSC will cooperate fully with Public Health to help with contact tracing.
 - If requested to by Public Health, the club will send an email to all Whiskey Jack Cross Country Ski Club members outlining the place and timing of activity by the potentially infected person.
 - Any person who has come in contact with a potentially infected person should:
 - Follow direction provided by Public Health
 - Stay away from the trails and buildings for at least 14 days

APPENDIX C – RESOURCES

BC COVID-19 Self-Assessment Tool
<https://bc.thrive.health/covid19/en>

CCBC Return to Sport Plan
<http://www.crosscountrybc.ca/covid-19>

ViaSport Return to Sport Guidelines
<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

BCCDC Cleaning & Disinfecting Guidelines
http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf