



OMINECA SKI CLUB

RETURN TO SPORT & COVID-19 SAFETY PLAN

Please familiarize yourself with the club guidelines and expectations for keeping everyone safe this ski season.

General Rules

For all individuals, if you choose to use Omineca Ski Club trails or facilities or participate in club programs or events, 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, you must not come to the ski club
- Wash your hands before participating
- Bring your own equipment if you have it, wax, waxing supplies, water bottle and hand sanitizer
- Comply with physical distancing measures at all time
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave Omineca Ski Club as quickly as possible after you finish.

Furthermore:

- All individuals have signed the online [Participant Agreement](#) acknowledging their acceptance of the risks.
- 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 the CCBC office.

FACILITIES

Wax cabin

- Sanitizer will be available at wax cabin entrance
- Traffic flow in wax cabin will be enforced with signs. Participants are to enter and exit through separate doors
- Wipe and sanitize all surfaces after use
- Maximum number of individuals in the wax cabin at any given time is 4, unless the participants are members of the same family unit household (i.e., living together in the same household)
- Participants not in the same family unit must maintain 2m distancing when within wax cabin and abide by the maximum occupancy limit of 4.

Biathlon Nest

- Sanitizer will be available in the Nest
- Wipe and sanitize all surfaces after use
- Maximum number of individuals in the nest at any given time is 1, except for participants in the same family unit or cohort

Lodge

- Lodge will be closed at this time to general drop-in use, including SDP lessons.
- If lodge does open to planned events where pre-sign up is required (i.e., to limit participant numbers), hand sanitizer will be provided and social distancing rules will be in place.
- Maximum lodge occupancy is 24 to adhere to physical distancing measures within the facility.
- Practice safe physical distancing of 2 m from others

Ski Trails

- We recognize that non-close contact, outdoor activities are safer spaces than indoor spaces with prolonged contact with others;
- However, remain cautious and use social distancing with participants who are outside of your planned COVID19 “bubbles” or household/family groups.

Out-houses

- Please use hand sanitizer before and after using the outhouse
- We will try to provide sanitizer, but we recommend you bring your own hygiene kit when visiting the out-house and wax cabin (i.e., hand sanitizer, sanitizing wipes, etc)

Signs

- Signs will be posted to indicated number of people or family units allowed within facilities at a given time

- ❑ Signs will be posted at trail heads to remind users of general procedures
- ❑ Signs will be posted for day users.

Day Use

- ❑ To facilitate contact tracing in case of an exposure or outbreak, membership is strongly encouraged
- ❑ Day users are required to sign-in with contact information
- ❑ Day users must abide by the General Rules
- ❑ Day users ski at their own risk

Ski Rentals

- ❑ Upon request, rentals will be assigned to OSC members for the entire season and the assignment will be specific to that member (i.e., no sharing)
- ❑ Day use or drop-in rental are not permitted, except for OSC specific events (e.g., ski lessons).
- ❑ Detailed rental and sanitizing protocols will be developed for all ski rentals

PROGRAMS

Skills Development Program

- ❑ In addition to below, comply with above **General Rules**.
- ❑ Coaches are to remind all participants of the rules at the beginning of each day.
- ❑ A record of participants is maintained and all participants will provide contact information
- ❑ Outdoors only activities are structured so physical distancing is maintained (2m)
- ❑ Maximum group size is 50, but realistically needs to be smaller for effective/safe group training.
- ❑ No indoor facilities will be used during training times
- ❑ Start times for programs will be staggered. E.g. Track Attack at 1:45pm, Jack Rabbits at 2pm, Bunnies at 2:15pm - this will assist in ski rental collection and wax cabin traffic reduction. A protocol will be developed for ski rentals for SDP.
- ❑ "Get in, Train, Get out." Athletes arrive ready to go and do not mingle with the group upon arrival or departure.
- ❑ Skiers should come ready in equipment for sessions, no changing facilities will be provided. Lodge will not be open during ski lessons.
- ❑ Groups will not combine for activities. No sharing of equipment between groups during a given session.
- ❑ Athletes should only travel by themselves or with members of their bubble to and from training.
- ❑ Maintain physical distancing in parking lot when entering and exiting vehicles

- Nothing is shared. If something must be shared (e.g., surfaces), it is cleaned/disinfected between users (e.g., with disinfecting wipes).
- Rentals will be allocated for the entire season as per usual, rental pick up will be staggered.
- Overnight camps are avoided unless living arrangements, ground transportation, and meals can be structured to follow health and safety protocols.
- Avoid cross-regional or inter-provincial travel
- Sanitation supplies are available as needed.
- 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.

Biathlon:

Background: a cohort system will be implemented for all biathlon activities

Group Training Protocols (non-range activities)

- In addition to below, comply with above **General Rules**.
- Coaches are to remind all participants of the rules at the beginning of each day.
- Outdoor activities are best, and are structured so physical distancing of 2m is maintained.
- Sanitation supplies are available as needed.
- The maximum group size is 50, but realistically needs to be smaller for effective/safe group training.
- A record of participants is maintained.
- If indoor facilities are used (e.g., gym), follow all additional facility directives in place.
- Sharing equipment is to be avoided. If exercise equipment must be shared (e.g., training surfaces, balls, weights etc.), it should only be done within a cohort.
- Any shared equipment must be cleaned/disinfected at the end of each practice, or if used by a different cohort.
- 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.

Group Training Protocols (range activities)

- In addition to below, comply with above **General Rules**.
- In addition to below, comply with above **Group Training (non – range activities) Protocols**.
- If non-biathlon specific shooting facilities are used (e.g., rod and gun clubs, private shooting ranges, indoor ranges etc.), follow all additional facility directives in place.
- Shooting mats, lanes, target reset boxes/ropes and rifle racks may be shared within cohorts. This equipment must be cleaned/disinfected after each session, and before use by a different cohort.

- ❑ Equipment that touches an individual's face such as spotting scopes and rifles is assigned to one individual for the duration of a session. This equipment must be cleaned/disinfected at the end of a session, or before a different individual is permitted to use it.
- ❑ These recommendations also apply to any dryfiring activities.

Travel Protocols

- ❑ In addition to below, comply with above **General Rules**.
- ❑ It is recommended that individuals remain primarily within their region when travelling for sport.
 - Exceptions include travel to attend high performance training camp or provincial competitions.
- ❑ Inter-provincial and international travel is not recommended.
- ❑ If individuals choose to travel internationally, they are required to self-isolate for 14 days.
- ❑ If you choose to travel, individuals are recommended to:
 - Check on the number of active cases in the community/region to which you are travelling.
 - Respect travel advisories.
 - If sick, you must not travel, even if the symptoms are mild.
 - Wash your hands often.
 - Practice safe physical distancing of 2m from others.
 - Wear a mask if you cannot keep a safe physical distance from others.

Workshops/Courses

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

- ❑ In addition to below, comply with above **General Rules**.
- ❑ 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).
- ❑ Disinfect each workspace before starting and all common touchpoints (e.g., door handles, light switches) at least twice per day.
- ❑ Ensure there is adequate sanitizer and/or soap in washroom.
- ❑ Follow any additional facility directives.
- ❑ A record of participants is maintained.
- ❑ Do not share any equipment.

Competitions

- ❑ Cross Country BC and Biathlon BC are currently working with viaSport on competition hosting guidelines. We will update this section as we learn more.

Special Events

- ❑ Special Events will follow the **General Rules**.

- Events will be primarily held outdoors only and lodge facilities will follow maximum capacity limit or not be used.
- All attendees with sign-up prior to the event and will provide contact information

Non-Compliance

- In the event that you notice non-compliance with the safety measures in place, please submit a report to info@ominecaskislub.ca

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)

<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)

<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>

Outbreak Plan

If any individual reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, inform the Coach and/or CCBC office. They will then execute the [Outbreak Plan](#) (pg. 20) provided by viaSport BC.

APPENDIX A – ILLNESS POLICY

In this policy, “Team member” includes an employee, coach, volunteer, participant or parent/spectator.

1. **Inform an individual in a position of authority (e.g., coach) immediately if, you feel any symptoms of COVID-19** such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. **Assessment**
 1. Team members must complete the online [self-assessment tool](#) each morning before their activity to attest that they are not feeling any of the COVID 19 symptoms.
 2. Coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the activity.
3. **If a Team Member is feeling sick with COVID-19 symptoms**
 1. They should remain at home and contact Health Link BC at 8-1-1.
 2. If they feel sick and /or are showing symptoms during the activity, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 3. No Team Member may participate in an activity if they are symptomatic.
4. **If a Team Member tests positive for COVID-19**
 1. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 2. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
 3. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
5. **If a Team Member has been tested and is waiting for the results of a COVID-19 Test**
 1. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
 2. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
 3. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 4. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
6. **If a Team Member has come in to contact with someone who is confirmed to have COVID-19**
 1. Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.

2. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
 3. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
7. **Quarantine or Self-Isolate:**
1. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
 2. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 3. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 4. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.