



OMINECA SKI CLUB

COVID-19 SAFETY PLAN

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

GENERAL SKIING VACCINATION INFORMATION: *Anyone, fully, partially or not vaccinated is welcome to ski the trails on either a day pass or OSC membership. However, please note that unvaccinated skiers (age 12 and up) must ski individually or with their household members only. To participate in any indoor or outdoor OSC programs or events (with exception of flow through events), you must show proof of vaccination via BC Vaccine Passport. All skiers must follow the general rules noted below.*

General Rules

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- 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 or sanitize your hands before and after participating in activities at the ski club.
- Bring your own equipment (e.g., hand sanitizer, water bottle, etc).
- **WAX CABIN:** Limit usage of wax cabin to either 4 people with social distancing OR a family unit; please wear a mask at all times when using the wax cabin and leave as soon as you have completed your tasks. Do not stay in the wax cabin to socialize. Only use as warming hut if there is a first aide emergency.

VACCINATION REQUIREMENTS FOR ORGANIZED OSC PROGRAMS OR EVENTS

- Everyone 12 years of age and up needs proof of vaccination to participate in organized outdoor group sports activities at OSC (such as SDP).
- Proof of vaccination must be verified using the approved BC app.
- Once vaccination has been verified, the activity coordinator will note participant status and date in their registrant record.
- Spectators (i.e., supervising parents) must also show proof of vaccination, and their name and status noted by the activity coordinator in the registrant record.
- Potential participants or spectators who are unvaccinated cannot attend and will be directed away from the site immediately.

During organized programs or activities:

- If you start to feel mildly ill while participating in an organized program or activity, 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.

Biathlon Notes:

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.
- Any shared equipment must be cleaned/disinfected at the end of each practice.
- 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, but this equipment must be cleaned/disinfected after each session.
- 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.

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)

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[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)

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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 activity coordinator and/or CCBC office. They will then execute the [Outbreak Plan](#) (pg. 20) provided by viaSport BC.