



CASTLEGAR NORDIC SKI CLUB

RETURN TO SPORT COVID-19 SAFETY PLAN

1.0 BACKGROUND

A return to sport safety plan is required before we resume, and as we continue, operations to ensure everyone's health and safety. In order to develop a plan that makes sense for our organization, we must identify the risks we face with the COVID-19 pandemic and how we mitigate said risks. According to the World Health Organization, COVID-19 spreads in several ways. It can spread in droplets when a person coughs or sneezes or be transmitted by contaminated common area surfaces that are touched and brought to our face. Person to person transmission increases in enclosed spaces where social distancing can not be achieved and when numbers of people interacting increase.

2.0 PURPOSE

The purpose of this plan is to create and implement policy that reduces the risk of person-to-person transmission as it applies to our operations. Identification and mitigation of said risks using controls will follow the guidelines and direction established by Health Authorities, WorkSafeBC, the Ministry of Forests, Lands, Natural Resource Operations and Rural Development and recommendations from governing sport associations for Return to Sport.

3.0 SCOPE

This Safety Plan will apply to all persons using any facility or building at the Paulson Cross Country Ski Trails operated by the Castlegar Nordic Ski Club which includes but is not limited to Club members, Executive, guests, employees, volunteers, program registrants and coaches.

4.0 POLICY

In order to ensure the health and safety of persons utilizing the facilities at the Paulson Cross Country Trails operated by the Castlegar Nordic Ski Club, facility protocols have been developed including, but not limited to, the Viking Centre, the Groomers shed and work area, the cabins located along our Trail system and the outhouses. All Castlegar Nordic Ski Club employees and volunteers will be provided with an awareness briefing on the content and requirements of this Safety Plan. IT IS THE RESPONSIBILITY OF THE USERS TO READ, UNDERSTAND AND FOLLOW THE DEVELOPED POLICY FOR EACH SPACE.

4.1 GENERAL

- All members and guests are to stay home if you feel unwell and or display any symptoms of COVID-19.
- If you have travelled outside of Canada, you must self-isolate for a minimum of 14 days before you can use our facility.
- If you live in a household that has someone with COVID-19, has been exposed to COVID-19 or is showing symptoms you must stay home.
- Bring your own water bottle, hand sanitizer and/or wipes and make sure you sanitize your hands before and after using our shelters and outhouses.
- All personal items are to be kept with you at all times, or stored in your vehicle, and are not to be left in any of the shelters.
- All personal garbage is to be taken home.
- At shelters, masks are required while inside and use of outdoor seating is encouraged, where available.
- Be considerate to your fellow skiers and leave break/rest areas as soon as you have finished your break to allow others to have an opportunity to use the space.
- Comply with physical (2 metre) distancing measures at all times. Refrain from congregating and socializing at trailheads or elsewhere on the trail system.
- Avoid physical contact with others (including shaking hands, 'high fives', close talking, sharing items, etc.).

4.2 THE VIKING CENTRE

- All users, including Members, Volunteers and Employees, entering at the Viking Centre (Mud Lake) trailhead must sign in with the date, their full name and contact information to facilitate COVID-19 contact tracing if an outbreak occurs.
- Occupancy at any given time will be restricted to 17 people, inclusive of volunteers and fee collectors, as mandated by the BC Ministry of Health.
- Physical distancing must be practiced.
- Masks are mandatory while inside the building.
- Storage of personal belongings is prohibited. Please leave these in your vehicle.
- During Saturday ski programs (1:30 – 3:00) an area will be designated for participants' gear and must remain clear.
- Fee Collectors will be behind plexiglass stations and no one is to enter their personal bubble. Sign in using the sanitized pens/pencils provided. Physical distancing is to be maintained and directional arrows must be followed to ensure a smooth flow.
- Where a Fee Collector is not present, sign in using your own pen/pencil or wear gloves as pens/pencils are not sanitized.
- Flow of travel in the building will be directed by floor markings.

4.3 THE TRAIL GROOMERS' SHED AND WORK AREA

- At no time are members or guests to enter the work area that is occupied by our Trail Groomers. The area is restricted to our employees and designated Executive.
- A separate protocol as designated by Worksafe B.C. and titled "Trail Groomer Safe Work Procedure" has been developed and implemented.

4.4 THE GLENMERRY TRAILHEAD SHELTER

- All users, including Members, Volunteers and Employees, entering at the Glenmerry Trailhead must sign in with the date, their full name and contact information to facilitate COVID-19 contact tracing if an outbreak occurs.
- When occupied by a Fee Collector, entrance into the shelter is banned to any other members.
- When unoccupied, the space is restricted to only one group at a time that exist in the same social bubble.
- Sign in while wearing your ski gloves or bring your own pen/pencil.

4.5 DAY-USE SHELTERS

- All users, including Members, Volunteers and Employees entering any Day Use Shelters must sign in with the date, their full name and contact information to facilitate COVID-19 contact tracing if an outbreak occurs. Sign in while wearing your ski gloves or bring your own pen/pencil.
- Occupancy at any given time will be restricted to 11 people as mandated by the BC Ministry of Health.
- Physical distancing must be practiced.
- Masks are mandatory inside shelters except when eating or drinking.
- Storage of personal items is prohibited.
- Sanitize upon arrival.

4.6 OUTHOUSES

- Sanitize prior to using the facility.
- Only one person at a time is to use the outhouse unless assistance is required.
- No line ups at the outhouse door; stand well away from the entrance and maintain physical distancing.
- Use masks if physical distancing cannot be maintained.
- Clean up after yourself and wipe surfaces you have touched with sanitizer wipes.
- This is a volunteer run facility and outhouses are not cleaned daily and therefore are used at your own risk. Come prepared with your own sanitizer and sanitizing wipes to ensure maximum safety.

4.7. SKIER DEVELOPMENT PROGRAM AND LESSONS

- All participants and coaches have read and understand the Return to Sport COVID-19 Safety Plan.
- All participants and coaches sign the Participant Agreement acknowledging acceptance of the risks.
- Any participants feeling ill are to stay home.
- Follow the proper use of masks / face coverings.
- Physical distancing is to be maintained with no physical contact.
- If a participant becomes ill, they are to leave immediately, and the coach is to contact the designated Executive for the required action.
- Each participant must bring their own water, sanitizer, and sanitizer wipes.
- Detailed program-specific procedures will be confirmed by Coordinators/Coaches and will be reviewed with participants and parents.

5.0 FIRST AID

- In the event that first aid is required to be administered, all persons attending to the injured person must first put on a mask and gloves and, if possible, the injured person should put on their mask.

6.0 OUTBREAK PLAN

- If any individual reports that they are suspected or confirmed to have COVID-19 and have been at our facility, they must inform the following members of our Executive:
 - Winston Fayant, President, Phone: 250-365-3527
 - Kathy Sykes, Director, Phone: 250-365-5776
- The designated Executive members will notify the Interior Health Authority (IHA) and follow the direction provided.
- Castlegar Nordic Ski Club will collect and provide user contact information to IHA.
- Castlegar Nordic Ski Club will post building entrances as closed in the event of an outbreak.
- Additional responses will be coordinated in consultation with IHA.

7.0 SUMMARY

- A copy of this Safety Plan will be made available to each member who has the responsibility of reading and understanding the document.
- A copy will be posted onsite for all members and visitors to view at each shelter.
- A copy of this Safety plan will be posted on the Club Website.
- All Fee Collectors will have a supply of this protocol made available for members and guests.