



Revised: November 30, 2020

Nickel Plate Facilities COVID-19 Protocol

1. Background

A return to sport safety plan is required before program training can resume to ensure everyone's health and safety. The virus that causes COVID-19 spreads in several ways. It can spread in droplets when a person coughs or sneezes. It can also spread if you touch a contaminated surface and then touch your face. The risk of person-to-person transmission increases the closer you come to other people, the more time you spend near them, and the more people you come near. The risk of surface transmission increases when many people contact the same surface and when those contacts happen over short periods of time.

2. Purpose

To create and implement policy that reduces the risk of person-to-person transmission in Nickel Plate facilities and trails, protecting against identified risks through controls that follow the guidelines and direction established by Health Authorities, and recommendations from governing sport associations for Return to Sport.

3. Scope

This Policy applies to all persons using any facility buildings at the Nickel Plate Nordic Ski Club including, but not limited to program registrants, members and guests.

4. Policy

In order to ensure health and safety of persons utilizing facilities at Nickel Plate Nordic Ski Club, facility protocols have been developed including, but not limited to the Day Lodge, Rental/Office Shed, Trails, and Washrooms. It is the responsibility of users to read, understand, and follow the developed policy for each space.



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4.1 Day Lodge

- The lodge is currently closed, due in part to recent provincial restrictions, but also to help club staff limit the scope of risk management until the season is underway. This will be reassessed as the season progresses.

4.2 Bathrooms

- Only two people are permitted in each of the bathrooms. One person in the single bathroom, unless assistance is required.
- Only two people are permitted to wait for a toilet in the building's anteroom, standing on designated spots to maintain physical distancing
- Washrooms will be cleaned by staff twice times daily and high touch surfaces more frequently
- Masks are mandatory in the building, masks are at least two layers of fabric ,buffs are not considered masks.
- Social Distancing is enforced

4.3 Junior Racers Waxing Shed

- Only 2 persons are permitted inside the waxing shed
- Masks are mandatory in the building, masks are at least two layers of fabric ,buffs are not considered masks.
- Social Distancing is enforced

4.4 Rental Office/Ticket Office

- Only staff members of Nickel Plate Nordic Centre are allowed within the office
- Staff will be provided with PPE, including face masks and gloves when necessary.
- Masks are mandatory in the building, masks are at least two layers of fabric ,buffs are not considered masks.
- Cash will no longer be accepted at the office as a form of payment
- Hand sanitizer will be provided to customers to use before using POS
- Day tickets and rentals will be purchased online
- Equipment will be sanitized and only go out once a day

5.0 Procedures

5.1 Members



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- Upon arrival, members will be directed into a dedicated line to record name and phone number for contact tracing, memberships will be provided a number this year, this is how you sign in.

5.2 Visitors

- We are working towards an online system. All rentals and day pass purchases will be through this system.
- Visitors who purchased day passes will be directed into one line to pick up tickets
- Visitors who purchased rentals and passes will be directed into one line to pick up rentals and tickets.

5.0 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-andresources/first-aid-tips/first-aid-protocols-for-an-unresponsive-personduring-covid-19>

6.0 Outbreak Plan

If any individual reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, they MUST inform Nickel Plate Nordic Centre staff, who will notify the General Manager. The General Manager will further notify the board of directors who will escalate as required. They will then execute the [Outbreak Plan](#) (pg. 28) provided by viaSport BC.

7.0 Responsibility

Program Registrants

- Read and understood the Return to Sport policy
- Sign the online Participant Agreement acknowledging acceptance of the risks
- Inform the Head Coach and/or the CCBC office if you have any health and safety concerns
- Follow the proper use of masks guidelines and understand the risks and benefits of mask types
- Inform the person in charge, i.e. coach, if you start to feel mildly ill while participating, 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



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person should ensure the cleaning and disinfecting of any surfaces that you have come into contact with.)

Coaches and Administrators

- Ensure Athletes and Program Registrants have read and understood the Return to Sport policy and have signed acknowledgment
- Coaches and administrators are familiar with the Illness Policy (see AppendixB)
- Coaches are to remind all participants of the rules at the beginning of each day
- Coaches have trained themselves on the proper use of masks and understand the risks and benefits of mask types
- Maintain a record of participants at each session, this is done at the front gate.
- Ensure group size does not exceed the Health Authorities maximum limit; current limit is 50 persons. This applies within facilities and outside as well.
- Follow facility COVID-19 directives including, but not limited to NPNC
- Ensure items are not shared. Where sharing of items cannot be avoided (i.e. surfaces), the shared item must be cleaned/disinfected between users.
- Car shuttles (e.g., roller ski hill workouts) are not used during training sessions
- For 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
- Coaches should ensure adequate supervision so that rules are followed, with reminders as needed

General Manager

- Ensure staff understand and follow this work safe practice
- Sanitation supplies are available as needed
- Masks and gloves are available in case first-aid is required
- Coach staff are certified in First Aid
- The safety plan is published to the public and communicated to coach staff