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Nordic Programming Return to Sport 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 a group program setting 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 who participate in sport programs at the Nickel Plate Nordic Ski Club including, but not limited to program registrants, coaches, volunteers, and staff in the Cross Country Program, Skill Development Program, and/or Master's Program.

4. Policy

In order to ensure health and safety of persons participating in group programs at Nickel Plate Nordic Ski Club, the following safeguards and procedures are to be followed:



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4.1 Facilities

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.

4.2 Participation

To participate in group sessions at NPNC, you are required to:

- Consider your own risk; limit or avoid participation if you are at higher risk of experiencing serious illness from COVID-19
- Complete the online self-assessment tool, [BC Covid Self Assessment Tool](#) on a daily basis before arrival
- Stay home if you do not feel well or are displaying symptoms of COVID-19
- Self-isolate for a minimum of 14 days if you have traveled outside of Canada
- Stay home if you live in a household with someone who has COVID-19 or shows symptoms of COVID-19
- Wash your hands before participation
- Bring your own equipment, water bottle, mask, and hand sanitizer
- Comply with physical distancing measures at all time as set by the Health Authority. Current minimum distance of 3 metres is required; and it is suggested this distance be increased with higher speed training activities which result in increased respiration force
- When possible and safe, it is recommended to ski BESIDE others instead of BEHIND
- Avoid physical contact with others including, but not limited to handshakes, high fives, hugs
- Leave the field of play or facility after you finish using the “Get in, Get out” directive by viaSport

4.3 Group Sessions

Further to 4.2 Participation, when in group sessions:

- Athletes should only travel by themselves or with members of their household
- In situations where a coach is required to correct the physical alignment of an athlete, masks must be worn by both parties

4.3a) Skills Development Program

- Groups will be limited to 8 participants on snow
- Day Lodge Usage will be limited to allotted time frame for each group, as outlined by coaches
- Staggered start times will be established to maintain separation between groups in facilities



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- Remaining in the day lodge beyond a group's allotted time is strongly discouraged (Get in. Get out.)

4.3b) Masters Programming/ Junior Racers

- Adult groups will be restricted to less than 3 individuals. Currently adult programming is postponed.
- Groups will be limited to 8 participants on snow
- Participants are strongly encouraged to follow our Facilities Policy when not on snow (Get in. Get out.)

4.3c) School Program/Spirit North

The program we are offering has been shortened overall, but the amount of time on snow is the same. In short, students will start with skill development followed by a short bathroom break, and ending with a recreational ski. Lunches will be eaten on buses during transportation.

- Buses are required to remain on site during the program
- A list of students participating in the program will be left at the office for contact tracing purposes
- Students should arrive wearing the clothing they will be skiing or snowshoeing in
- Teachers will have the students arranged in skill groups prior to arriving
- Student property (bags, lunches) is to remain on buses
- Unless required for emergencies, students/staff are prohibited from entering the day lodge
- Masks are mandatory for students/staff when entering the rental shed and bathrooms.
- Preferred payments will be through electronic invoicing. No cash will be accepted.

4.4 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>



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4.5 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 the lead coach. The lead coach will inform the Head Coaches, who informs the General Manager, who informs the President and CCBC office. They will then execute the [Outbreak Plan](#) (pg. 20) provided by viaSport BC.

4.6 Illness Policy

If any team member becomes ill they must inform someone of authority and actions will be taken.

Team members are asked to review the self assessment tool regularly [self assessment tool](#) .

Full staff Illness policy details can be found in the staff manual or in the apedix.

5.0 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 CCBCoffice 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 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
- Ensure group size does not exceed the Health Authorities maximum limit; current limit is 50 persons. This applies within facilities and outside as well.



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- 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 all staff



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Appendix A- Illness Policy

(updated, from viaSport updated [Guidelines](#), pg. 32)

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

1. **Inform an individual in a position of authority (coach, team manager, program coordinator) 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, loss of appetite, nausea or diarrhea.

See BCCDC website for a full list of symptoms:

<http://www.bccdc.ca/health-info/diseasesconditions/covid-19/about-covid-19/symptoms>

2. **Assessment**

- a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- b. If Team Members are unsure please have them use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en>.
- c. Managers/coaches may 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 workday/practice/activity.

3. **If a Team Member is feeling sick with COVID-19 symptoms**

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and /or are showing symptoms while within the sport environment, they should be sent home immediately and contact 8-1-1 for further guidance.
- c. No Team Member may participate in a practice/activity if they are symptomatic.

4. **If a Team Member tests positive for COVID-19**

- a. Follow the direction of health officials.

5. **Quarantine or Self-Isolate if:**

- a. You have travelled outside of Canada within the last 14 days.
- b. You have come into close contact with someone who has tested positive for COVID-19.
- c. You have been advised to do so by health officials.



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Appendix B- Outbreak Policy

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak.

An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement your illness policy and advise individuals to:
 - monitor their symptoms daily, use the BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
 - Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - Individuals can learn more about how to manage their illness here:
<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-youare-sick>
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Call 8-1-1. Implement your Illness Policy and your enhanced measures.
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

For more information on cleaning and disinfecting:

http://www.bccdc.ca/Health-InfoSite/Documents/CleaningDisinfecting_PublicSettings.pdf

Regional Health Authorities:

<https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-caresystem/partners/health-authorities/regional-health-authorities>



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