

RETURN TO SPORT & COVID-19 SAFETY PLAN – Black Jack Skier Development Programming

Black Jack-directed on-snow and competition group activity can now resume, under the conditions below. We will monitor the situation and make changes as necessary.

General Rules

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none">• Frequent handwashing• Cough into your sleeve• Wear a non-medical mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travellers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and people• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces

For all individuals and for all activities (training, workshops, office work, etc.), if you choose to participate, 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, please stay home.
- Wash your hands before participating.
- Bring your own equipment, 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 the field of play or facility as quickly as possible after you finish.

Furthermore:

- All individuals have signed the CCBC 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 acting coach.

Group Training (including camps)

- In addition to below, comply with above **General Rules**.
- Coaches are to remind all participants of the rules at the beginning of each day.
- Outdoors is best and activities are structured so physical distancing is maintained (2m). Increase distance with higher speed training activities (e.g., roller skiing, running). When possible & safe, it is preferable to run/bike/ski BESIDE others instead of BEHIND (e.g., on closed roads, wide trails).
- Maximum group size is 50.
- If indoor facilities are used (e.g., gym), follow all additional facility directives in place.
- Athletes should only travel with members of their household/bubble, or wear a mask.
- A record of participants is maintained. **Athletes MUST register their attendance on the online "Practice Sign-Up" sheet.**
- "Get in, Train, Get out." Athletes arrive ready to go and do not mingle with the group upon arrival or departure.
- Nothing is shared. If something must be shared (e.g., surfaces), it is cleaned/disinfected between users (e.g., with disinfecting wipes). Assign one individual to read the info on [cleaning and disinfectants](#) and to do the disinfecting.
- Shuttle vehicles can be used with proper mask/sanitization usage. **The use of the team van will be first discussed with Skier Development Programming committee. All team van users must wear a mask and sanitize their hands before entering the van. In addition, a log will be kept of all van users.**
- Overnight camps are arranged so that accommodation, transportation, and meals are structured to follow health and safety protocols.
- For dryland time-trials or races, use individual start only, unless athletes are in a cohort. Timing chips or bibs shall not be shared, but may be used if owned by / assigned to the athlete.
- 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.

Programing and Facility Guidelines

- Bunnies program to be held in the dog loop area. Parents and children in this group are asked to assemble there and avoid the Rich Thorpe Cabin area.
- The Bunnies program will require parents in attendance and active participation. The coaches will provide direction and instruction, but to avoid close physical contact, a parent is required to help their child as needed.
- Please launder clothing frequently. The COVID virus is a fatty cell and is removed with soap.
- The use of the terrain parks will be scheduled by coaches to avoid crowding.
- The different groups will have designated meeting locations. Children should go directly to their designated spot.
- Depending on the logistics, start times may be staggered for different age groups. This will be done only if needed as this can be very awkward for families with more than one child.
- Please wear masks we arriving at the trails if physical distancing is not possible. Masks are not required once joining your group.

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-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. They will then execute the [Outbreak Plan](#) (pg. 20) provided by viaSport BC.

APPENDIX B – 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**
 - a. 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.
 - b. 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**
 - 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 during the activity, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c. No Team Member may participate in an activity if they are symptomatic.
4. **If a Team Member tests positive for COVID-19**
 - a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 - b. 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.
 - c. 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**
 - a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
 - b. 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.
 - c. 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.
 - d. 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**
 - a. Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
 - b. 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.
 - c. 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:**

- a. 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.
- b. 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.
- c. 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.
- d. 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.

Consequences of non-compliance:

Per the CCBC Participation Agreement: those not following the policies and guidelines may be asked to leave for up to 14 days to help protect all involved.

References

SMAC – Update #12 – 15 April 2020:

<https://myemail.constantcontact.com/Update--12--Advisory-on-COVID-19.html?soid=1108867463200&aid=U0fJcaUS4pc>

A recent study by a Belgian and Dutch group looked at air flow and particles when exercising. On the basis of these lab controlled (no prevailing wind etc) results the scientist advises that for walking the distance of people moving in the same direction in 1 line should be at least 4–5 meters, for running and slow biking it should be 10 meters and for hard biking at least 20 meters. Also, when passing someone it is advised to already be in a different lane at a considerable distance e.g. 20 meters for biking.

<https://www.ownthepodium.org/getattachment/Resources/COVID-19-Resources/Canada-COVID-19-Return-to-HP-Sport-Framework-May-2020.pdf.aspx>

In the context of high performance sport, training group size, or what constitutes a mass gathering, should be checked with local public health authorities. Other factors or questions to consider in determining a training group size include: • Physical distancing (2 metres or greater) or isolation measures during training

<http://www.crosscountrybc.ca/sites/default/files/documents/Return2SportCOVID-19SafetyPlan-CrossCountryBC.pdf>

Outdoors is best and activities are structured so physical distancing is maintained (2m). Increase distance with higher speed training activities (e.g., roller skiing, running). When possible & safe, it is preferable to run/bike/ski BESIDE others instead of BEHIND (e.g., on closed roads, wide trails).

<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

Physical Distancing: According to the Provincial Health Officer, physical distancing requires keeping two metres (or at least two arms lengths) of space between individuals. It also includes staying at home when you're sick, even if symptoms are mild.

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/physical-distancing>
<http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Physical-distancing.pdf>

BC Health info

<http://www.crosscountrybc.ca/sites/default/files/documents/ProvincialOrderCovid19InsuranceJune10-2020.pdf>

AND WHEREAS it is in the public interest to protect sport organizations and their directors, officers, employees and volunteers that organize, administer, facilitate or provide organized sport activities from liability for damages relating, directly or indirectly, to COVID-19, if those sport organizations and individuals operate or provide those activities, or reasonably believe that they are operating or providing those activities, in accordance with all applicable emergency and public health guidance;

AND WHEREAS section 10 (1) of the Emergency Program Act provides that I may do all acts and implement all procedures that I consider necessary to prevent, respond to or alleviate the effects of any emergency or disaster;

I, Mike Farnworth, Minister of Public Safety and Solicitor General, order that the attached Protection Against Liability for Sports (COVID-19) Order is made.