

RETURN TO SPORT & COVID-19 SAFETY PLAN – Black Jack Cross Country Ski Club

Black Jack-directed on-snow group training can continue, under the conditions below.

Please read carefully as each organization, school, workplace has slightly different protocols as required. The key reference for this document is CCBC guidance as our provincial sport governing body.

This document is intended for Racer and Track Attack groups. The Bunnies / Jackrabbits have a different document available at this link <http://www.skiblackjack.ca/skier-programs-overview>

We will monitor the situation and make changes as necessary.

General Rules

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.
- Comply with physical distancing measures at all times. Maintain 3m of distance between you and other people. When not skiing, maintain 3m distance or wear a mask. Specific examples where it is difficult to maintain distance: trailhead area if groups are arriving / departing, stadium, waxing.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- 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**.
- A record of participants is maintained.
- 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. See detailed guidelines below.
- ❑ If indoor facilities are used (e.g., gym), follow all additional facility directives in place.
- ❑ Athletes should only travel by themselves or with members of their household.
- ❑ Athletes 19+ can't train together with their younger teammates for now. viaSport is aware that this is problematic and will be raising this with the province. If in doubt, remember that the intent of the current Public Health Order is to minimize group interactions.
- ❑ Guest skiers that are not members of the training group are not permitted to join team training sessions.
- ❑ Athletes should travel to their "home club" only. Per ViaSport, CSI-Pacific targeted athletes are allowed to travel away from their home club. Any potential visits to Black Jack to join our team activities are to be reviewed and approved with the Skier Development Committee ahead of time. Trips and team interaction may be cancelled at any time at the discretion of the committee.

- ❑ **Strength Workouts**- Look at outdoor sessions with proper distancing. Online or individual Pilates sessions are recommended.
- ❑ **Interval sessions/Time Trials**- Staggered start times. Post race socializing or race review shall be done wearing a mask. Volunteers in stadium area or other areas where difficult to maintain 3m distance are to wear masks.
- ❑ **Food, Drink and Equipment**- Do NOT share any food, water or gear. Drink belts and clothing should be kept apart and clearly labeled so they can be easily identified by their owner. Any articles left on the ground at the end of practice will NOT be picked up by coaches, parents or other athletes.
- ❑ "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.
- ❑ Overnight camps are avoided unless living arrangements, ground transportation, and meals can be structured to follow health and safety protocols.
- ❑ Avoid cross-regional or inter-provincial travel, *unless allowed by ViaSport guidelines*.
- ❑ 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.

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. All categories of Black Jack Skier Development group activities will be suspended for 14 days.
 - d. 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.