



Revelstoke Nordic – Return to Sport: On-Snow Programs

Revelstoke Nordic will be commencing our on-snow programming as per the following Return to Sport plan. The plan has been adopted from Cross Country BC, under the guidance of viaSport BC and our Provincial Health Officer and approved by the Revelstoke Nordic Ski Club Board of Directors. This document pertains to activities by all skill development, race team and adult instructional programming.

This plan is a working document that may be updated to reflect evolving protocols. It is a testament of Revelstoke Nordic's commitment to maintaining the health and safety of our program participants as well as the broader community.

Please refer to our the [Revelstoke Nordic COVID-19 Operation Plan](#) or the [viaSport BC Return to Sport Guidelines](#) for additional information.

General Rules

For all individuals and for all activities, 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 travelled 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, food, water bottle and hand sanitizer.
- At all times comply with physical distancing measures.
- 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 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 A).
- 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 in charge 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 Coach and/or Executive Director.

Group Training (including camps)

- In addition to below, comply with above **General Rules**.
- In addition to below, comply with the guidelines outlined in the [Revelstoke Nordic COVID-19 Operation Plan](#).
- Masks must be worn when using washroom facilities and in congested areas around the lodge / group tents.
- Coaches are to remind all participants of the rules at the beginning of each day.
- Cohorts within groups will be created to allow for, when necessary, minimal periods of close proximity in training environment. However, activities should be structured so physical distancing is maintained (2m). Increase distance when travelling at higher speeds. When possible & safe, it is preferable to ski BESIDE others instead of BEHIND.
- Maximum group size is 50, but realistically needs to be smaller for effective/safe group training.
- Athletes should only travel by themselves or with members of their household.
- A record of participants is maintained.
- “Get in, Train, Get out.” Athletes arrive ready to go and do not mingle with the group upon arrival or departure.
- Equipment brought on site should be kept to a minimum. Where possible, equipment should be kept in vehicle. There will be group tents setup for Saturday morning Skill Development Programs. Participants can use these tents for storage of essential gear (e.g., snack, extra jacket, water) during the session.
- Nothing is shared. If something must be shared, it is cleaned/disinfected between users.
- 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.
- Training or competition outside of program schedule must comply with the [Revelstoke Nordic COVID-19 Operation Plan](#) and / or the [viaSport BC Return to Sport Guidelines](#).
-

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 and/or Executive Director. They will then execute the [Outbreak Plan](#) (pg. 29) provided by viaSport BC.

APPENDIX A – 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.

Updated November 22nd, 2020