



## **Revelstoke Nordic – Return to Sport: Dryland Training and Offseason Work**

The Revelstoke Nordic Ski Club (RNSC) will be commencing dryland training activities and offseason work as per the following Return to Sport Plan, adopted from Cross Country BC and approved by the RNSC Board of Directors.

This plan is a working document that may be updated to reflect evolving protocols. An in-season operational plan will be developed prior to the commencement of the 2020-21 ski season.

Please refer to our WorkSafeBC COVID-19 Safety Plan for additional WorkSafeBC specific guidelines.

The RNSC is committed to ensuring the safety of its membership, staff and the broader community. Please adhere to this plan to ensure the safety of all participants, in alignment with the RNSC's commitment to compliance with provincial health guidelines.

### **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**.
- 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, but realistically needs to be smaller for effective/safe group training.
- 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.
- Parking is limited to every second slot to allow for physical distancing.
- 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.
- 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.
- Car shuttles (e.g., roller ski hill workouts) are not used during training sessions, unless athletes are travelling only with members of their family or alternate means of return transportation are arranged (e.g., bicycle, walk, run).
- 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.
- For dryland 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.
- 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.

### **Coaching and Officiating Workshops**

Background: Workshops/Courses typically have between 6 and 12 adult participants.

- In addition to below, comply with above **General Rules**.
- Learning facilitators or course conductors are to remind all participants of the rules at the beginning of each day.
- Ensure room and tables are set-up so that physical distancing is maintained (2m).

- Assign one individual to read the information on [cleaning and disinfectants](#) and then to disinfect (e.g., using disinfecting wipes)
  - each workspace before starting;
  - all common touchpoints (e.g., door handles, light switches) at least twice per day.
- Ensure there is adequate sanitizer in washroom(s).
- Follow any additional facility directives.
- A record of participants is maintained.
- Do not share any equipment.

### **Lodge and Workshop**

- In addition to below, comply with above **General Rules**.
- In addition to below, comply with Revelstoke Nordic Ski Club's WorkSafeBC COVID-19 Safety Plan.
- Ensure all employees are aware of the safety measures.
- Ensure workspaces are set-up so that physical distancing is maintained (2m) or that barriers are adequate (e.g., cubicle walls).
- Ensure there is sanitizer available at each common touchpoint (e.g., by office door, by photocopier) of facilities in use.
- Staff are to read the information on [cleaning and disinfectants](#) and then to disinfect (e.g., using disinfecting wipes) all common touchpoints (e.g., door handles, light switches, photocopier) as many times as needed if facility is in use.
- Ensure there is adequate sanitizer in washroom.
- Follow any additional facility directives, if any.
- Do not share any equipment if possible and sanitize/disinfect between use if necessary to share.
- Work and meet virtually where possible.
- Only staff and specifically invited club members/visitors will enter any facilities.
- Staff will communicate with other staff if they need to use a facility.

### **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. 20) 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.