



## RETURN TO SPORT PLAN – CROSS COUNTRY BC

### *Phase 3 “Progressively Loosen” Update* – Sep 14, 2020

- On Aug 24, viaSport BC added “Phase 3 Progressively Loosen” to its [Return to Sport Guidelines](#) (see pgs. 21-27). *“In this phase there can be a careful increase to the number of contacts and contact intensity in sport.”* Cross Country BC has thus updated its Return to Sport plan (this document).
- Phase 3 includes (for the entire sport sector): contact activities (either physical contact or within 2m), sport cohorts, competition, high performance camps and training environments, and travel.
- Although close physical proximity should still be minimized as much as possible, to put Phase 3 into perspective, it allows a basketball league of 50 players (a “cohort”) to resume regular full-contact play.
- For cross country skiing, Phase 3 means:
  - Close physical proximity should still be minimized as much as possible.
  - Groups can form a cohort if it’s difficult to maintain 2m during sport-specific activities (e.g., a Jackrabbit group, a club team that is regularly training together, a multi-day camp, etc). When outside the field of play, 2m should be maintained between all participants, and if physical distancing cannot be maintained (e.g., shuttle vehicle, team van), masks should be worn. See Appendix B for more info on cohorts.
  - Although cohorts can be up to 100 people for our sport, the max group size remains at 50, so there needs to be adequate space between groups (e.g., in different areas of stadium).
  - Travel for provincial camps and competition is allowed (in addition to regional travel).
  - Competition details are currently being worked out with viaSport.

#### **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-9, please stay home.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all times
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play as quickly as possible after you finish

Our Return to Sport Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Sport Plan.

## RETURN TO SPORT – CROSS COUNTRY BC

### Background:

- **Return to Sport (RTS) definition** (from viaSport): Return to Sport refers to the process of developing and implementing guidelines for sport organizations to operate safely in B.C. during this pandemic. Return to Sport Plans will be unique to each sport and must follow Provincial Health Office orders and recommendations. One set of guidelines will be created for each sport by its respective Provincial Sport Organization (PSO), and the PSO and affiliated club sanctioned activities should follow this set of guidelines.
- **COVID-19 Safety Plan:** All organizations in BC (including clubs) must develop and post a COVID-19 Safety Plan, as per the Provincial Health Officer. Clubs can adapt Cross Country BC's to suit their own needs. viaSport has also provided a useful [checklist](#) (pgs. 37+).
- **Cohort definition** (from viaSport): A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time (e.g., series of events). Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs. See Appendix B for more info on cohorts.
- Clubs can adapt CCBC's Plan as their situation warrants, but it should align with viaSport's [Return to Sport Guidelines](#). Note that neither Cross Country BC nor viaSport needs to subsequently approve club plans. It must be recognized that clubs have very different and unique situations (e.g., some do not own/manage their own facilities, some have extremely limited facilities/programs, some have landowner complexities, clubs have various lodge/kiosk layouts if any, payment processing systems if any, rental equipment scenarios if any, washroom facilities, etc.).

### For clubs:

- viaSport strongly recommends that 1) clubs acknowledge the risks of restarting, 2) clubs align with CCBC's updated Plan, and 3) club boards approve their club's latest COVID-19 Safety Plan.
- The plan should be posted (e.g., on club website and/or lodge) and reviewed with relevant staff/volunteers/participants.
- Participants in club-directed activities should be asked to complete a Participant Agreement acknowledging their acceptance of the risks. (See [sample](#) on pg. 33). CCBC has created an online [Participant Agreement](#) that may suit your needs. (Registrant names are public.)
- Relevant staff, coaches, volunteers and participants should complete the online [Self-Assessment Tool](#) on a daily basis when participating in group activities. Link: <https://bc.thrive.health/covid19/en>
- Close physical proximity should still be minimized as much as possible.
- Groups can form a cohort if it's difficult to maintain 2m during sport-specific activities (e.g., a Jackrabbit group, a club team that is regularly training together, a multi-day camp, etc). When outside the field of play, 2m should be maintained between all participants, and if physical distancing cannot be maintained (e.g., shuttle vehicle, team van), masks should be worn.
- Although cohorts can be up to 100 people for our sport, the max group size remains at 50, so there needs to be adequate space between groups (e.g., in different areas of stadium).
- **For more info on cohorts, please see Appendix B, or page 23 of viaSport's [Guidelines](#). For a detailed description of everything Phase 3 includes, please read pages 21-27.**

## RETURN TO SPORT & COVID-19 SAFETY PLAN – CROSS COUNTRY BC

CCBC-directed activity can take place under the conditions below. We will monitor the situation and make changes as necessary.

### 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 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 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 (updated) Illness Policy in 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 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 person in charge and/or the CCBC office.

### 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.
- "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.
- ❑ 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.

### **Provincial Camps specifically**

- ❑ Pre-camp, sport organizations should:
  - Clearly communicate expected protocols in advance of camp to both athletes and parents where appropriate
  - Ask individuals to reduce exposure to others and minimize visits to public places for at least one week leading up to the camp
  - Stress the importance of individuals paying attention to their health (proper rest/sleep & nutrition, symptom-screening)
  - Plan travel to minimize interactions with other people where possible
- ❑ In-camp, sport organizations should:
  - Enforce physical distancing, proper hand hygiene, and rest and recovery
  - Require individuals to wear masks when outside the training environment where physical distancing cannot be maintained
  - Form a cohort for the duration of the camp
  - Stay as a cohort as much as possible in order to minimize interactions with individuals outside the training group
- ❑ Post-camp, sport organizations should:
  - Plan travel for returning home to minimize interactions with other people where possible
  - Recommend individuals monitor their health (proper hygiene, symptom screening) and notify public health if symptoms develop

### **Workshops/Courses**

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 info 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.
- Do not share any equipment.
- Ensure there is adequate sanitizer in washroom.
- Follow any additional facility directives.
- A record of participants is maintained.

### **Competitions**

- Cross Country BC is currently working with viaSport on competition hosting guidelines. We will update this section as we learn more.

### **Offices**

- In addition to below, comply with above **General Rules**.
- The Employer is to remind all staff of the rules.
- 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 common touchpoints (e.g., by office door, by photocopier, in washroom).
- Assign one individual to read the info on [cleaning and disinfectants](#) and then to disinfect (e.g., using disinfecting wipes) all common touchpoints (e.g., door handles, light switches, photocopier) at least twice per day.
- Follow any additional facility directives, if any.
- Do not share any equipment if possible.
- Work and meet virtually where possible.

### **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 CCBC office. They will then execute the [Outbreak Plan](#) (pg. 28) provided by viaSport BC.

**APPENDIX A – ILLNESS POLICY** (updated, from viaSport’s 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.

## APPENDIX B – COHORT DETAILS (from viaSport's [Guidelines](#), pg. 23)

### Sport Cohorts

Purpose: Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs.

A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time (e.g., series of events).

In this phase:

- All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.
- Cohorts should be used for activities in which it is not possible to maintain two metres physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised.
- At least two metres distancing should be maintained between all participants when outside of the field of play (e.g., dressing rooms, hallways, team benches, staging areas, etc.). If physical distancing cannot be maintained masks should be worn.
- Cohorts should be made up of individuals/teams of similar age or skill level.
- Each cohort can be comprised of multiple teams in order to form a mini-league. With the use of cohorts, game play can resume between teams within the cohort.
- Cohorts should not exceed the number outlined in Appendix H. [100 for cross country skiing.]
- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people ([see PHO Order](#)).
- Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
- Keep players together in designated cohorts and make sure that cohorts avoid mixing with each other as much as possible.
- Cohorts should remain together for an extended period of time. If looking to change cohorts, implement a two-week break between activities.
- Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with.
- Where officials (if being used) are unable to physically distance, an official(s) should be assigned to a specific cohort and avoid having them interact with multiple cohorts.
- Parents and spectators are not included in the cohort limits. They should continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where play is occurring.