

SLNC COVID-19 Programs Safety Plan

Introduction

All Cross Country BC Member Organizations are required to develop COVID-19 Reopening Safety Plans that explicitly present the measures that will implement and maintain over the coming 12 to 18 months. Plans must be in compliance with orders from the Provincial Health Officer and must be made available to the public either by posting on the wall of the organization's facility or on its website.

SLNC has created this document, based on Cross Country BC's guidance document. This document has been cross referenced and is aligned with the [ViaSport Return to Sport Guidelines for B.C.](#) document, the [WorkSafeBC COVID-19 Safety Plan Checklist](#) and the [Nordiq Canada Risk Assessment and Mitigation Checklist Tool](#).

The Provincial Health Officer's direction is that COVID-19 Reopening Safety Plans should cover 3 things:

- (1) Processes to open safely,
- (2) Measures to keep people safe to avoid further outbreaks, and
- (3) A plan in the event that a case or outbreak should occur.

The 5 principles from B.C.'s Restart Plan should be used to create COVID-19 Reopening Safety Plans:

To reduce the risk of the virus spreading through droplets in the air, SLNC is implementing protocols to protect against identified risks.

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 |

Club Knowledge and Awareness About COVID-19 risks and public health info

The SLNC General Manager and Head Coach are responsible for having a deeper understanding of the risks of COVID-19, including transmission routes and best practices for limiting spread. SLNC has placed the following links on our website here and these will be reviewed daily to ensure we have current information- [Interior Health](#), [BC Centre for Disease Control](#), [Government of Canada-Health Services](#), [Dr. Bonnie Henry & Minister Adrian Dix COVID-19 Updates](#)

Information regarding vulnerable populations will be included on the website and via direct email to all participants prior to their first session.

COVID-19 information will be shared with participants and staff as follows:

- ⇒ via links on the [SLNC website](#)
- ⇒ via direct email to participants
- ⇒ via a mandatory Zoom meeting prior to first practice
- ⇒ via coach prior to each session

Club Policy Regarding COVID-19

Ski Program Protocols:

- ⇒ SLNC Participant Agreement -COVID-19
- ⇒ All participants must sign a Participant Agreement that contains Acknowledgement of Risk prior to their first session.
- ⇒ SLNC COVID-19 Safety Reopening Plan
- ⇒ SLNC members must sign the current Nordiq Canada and/or Biathlon Canada waiver.

Access and Programming

- Everyone must sanitize hands when arriving, and prior to departure,
- Cars will park widely spaced when possible,
- Upon arrival participants will be reminded of hygiene protocols, and to utilize the 'Get in, train and get out' principle.
- Coaches will verbally confirm that all participants remain healthy at the start of practice.
- Only staff will access the lodge/storage/sheds to distribute equipment for participants.
- Coaches will remind participants at the start of each session of the training traffic flow pattern
- SLNC may limit participation numbers to 10 participants in a group.
- Start times of practice sessions may be staggered to allow small groups to start sequentially
- Equipment (roller skis and rental skis) will be allocated for the training season

Operations

- Prior to reopening, SLNC will communicate the COVID-19 Reopening Safety Plan to staff and participants via email, Protocols via a Zoom meeting, and on the SLNC website under the Staff Resources Section.
- Staff will have in person, onsite training about personal safety procedures and physical distancing requirements prior to programming commencing.
- Participants will have updates and ongoing education at every practice.
- Identified touch points at SLNC such as washrooms, doors, kitchen area will be cleaned by staff as per the daily cleaning schedule.
- Signage posted at the club will include Physical Distancing, Hygiene and COVID-19 symptom list.
- SLNC will send a weekly email to participants and staff. This will contain reminders of key areas of safety in COVID-19, to enable feedback and identify concerns and any perceived gaps.

Hygiene

- All Lodge High Traffic Touch-Points will be cleaned and sanitized by staff every 30 minutes with full facility cleaning occurring twice per day. A daily record will be kept onsite of all cleaning. All cleaning supplies will be kept in the Staff Storage Rooms.
- Staff and participants will be required to sanitize their hands both when entering and leaving the site.

Equipment Cleaning and Sanitization

- All rental equipment will be sanitized with appropriate products (ski, boots, poles require different products). Staff will be solely responsible for cleaning rental equipment.
- Point of Sale (POS) terminals will be sanitized between each transaction as necessary.
- Cleaning procedures will be demonstrated to staff in person, through onsite training.

Safety Equipment

Staff have individually assigned personal protective (PPE) equipment as follows-

- Personal masks
- Personal Gloves
- Individual radios for call outs that will be cleaned between each use.
- Personal Staff Shirts

Health Monitoring

Participants should note that in COVID-19 they may identify as being in a vulnerable population and at higher risk. Information regarding vulnerable populations will be included on the [SLNC website](#) and via direct email to all participants prior to their first session. Those identified at risk will be informed of information on the websites such as [BC Centre for Disease Control](#).

Vulnerable populations may include-

- older adults
- those with underlying medical conditions and/or compromised immune systems

*Self-screening (at home) must be undertaken daily prior to attending a training session. Here is a link to the [Self Assessment Tool](#)

If a program participant or staff member are COVID symptomatic they MUST contact the SLNC General Manager or Head Coach as soon as possible.

At the start of each training session, coaches will verbally confirm that all participants have done such a check and are symptom-free. Public Health Authority information about screening, possible self-isolation, and quarantine requirements is [available here](#)

Non-Compliance

Non-compliance will be addressed by the following 3 steps:

1. The first instance, if minor, will be addressed by the participant being required to attend an education session with the club manager or Head Coach prior to attending another practice. This individual **MUST** leave the premises immediately upon being given the verbal reprimand. If the instance is a major infraction (deliberate refusal to comply) step 2 will apply immediately.
2. The second instance of non-compliance (or first instance if a major infraction) will result in the participant being denied access to SLNC programs and facilities for 14 days following the incident. Also, during that time the participant will be required to attend an education session with the club manager or a coach prior to resuming training. In order to return the participant must agree in writing to comply with all procedures and policies, and acknowledge that if there is another instance of non-compliance that they will be unable to participate in any SLNC programs for the season or access any SLNC facilities, and will not receive refunds for any programming or season passes purchased.
3. If the participant has another instance of non-compliance they will be immediately notified via email that they will be denied access to SLNC programs and facilities for the remainder of the season.

SLNC Medical Response Plan

Medical Lead: Troy Hudson (General Manager) will communicate with individual who self-reports COVID-19 symptoms, and with local health authorities, if required.

Communications Lead: Dudley Coulter will facilitate all internal communications regarding a suspected or confirmed COVID-19 case.

If there is a suspected or confirmed case of COVID-19 at the club, Management will:

- ⇒ Immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at the health authority.
- ⇒ Cooperate with local health authorities if contacted by a medical health officer in the course of contact tracing.
- ⇒ Immediately close the club and implement enhanced cleaning measure prior to re-opening.

Implement your illness policy and advise individuals to:

- self-isolate
 - monitor their symptoms daily,
 - report respiratory illness and
 - not to return to activity for at least 5 days
- ⇒ use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
- ⇒ Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
- ⇒ Individuals can learn more about how to manage their illness [here](#)
- ⇒ In the event of a suspected or confirmed case, Nordiq Canada and Cross Country BC, and SLNC Board of Directors will be contacted.

If there is a suspected or confirmed case of COVID-19 at the club, the Communications Lead will:

- ⇒ Access the club data base where contact details for all participants and staff has been created, including emergency contacts. This list will enable prompt communication should any emergency require connecting with staff and participants.
- ⇒ Communicate with all club participants and staff to advise of the situation.
- ⇒ Communicate the club closure and cleaning procedures that will be completed prior to the club re-opening.
- ⇒ Communicate the importance of daily self-screening for all participants and staff.
- ⇒ Immediately close access to ALL outbuildings and lodge facilities
- ⇒ Ensure that all participants and staff are able to readily communicate with Management.

Approvals and Publishing

SLNC's COVID-19 Safety Plan is posted on our website [here](#)
The motion passed by the SLNC Board of Directors is below-

The SLNC Covid-19 Task Force (a sub Committee of the SLNC Board of Directors) approved this Return to Sport policy effective January 13, 2022 and will be brought before the Board of Directors for full approval at the January meeting.