

December 13, 2020

CANSI COVID-19 Safety Plan

1.0 Background

A COVID-19 safety plan is required before CANSI lessons can resume field trips to CNSC to ensure everyone's health and safety.

The virus that causes COVID-19 spreads in several ways. It can spread in droplets when a person coughs or sneezes. It can also spread if you touch a contaminated surface and then touch your face. The risk of person-to-person transmission increases the closer you come to other people, the more time you spend near them, and the more people you come near. The risk of surface transmission increases when many people contact the same surface and when those contacts happen over short periods of time.

2.0 Purpose

To create and implement a safety plan that reduces the risk of person-to-person transmission in an individual or group program setting against identified risks through controls that follow the guidelines and direction established by Health Authorities, and recommendations from governing sport associations for Return to Sport with the intent to continue to host individuals, families and small groups to empower individuals through sport.

3.0 Scope

This policy applies to all persons who participate in CANSI lessons at the Caledonia Nordic Ski Club including CANSI lesson registrants, CNSC instructors, CNSC volunteers, and CNSC staff.

4.0 Safety Plan

In order to ensure health and safety of persons participating in CANSI lessons at Caledonia Nordic Ski Club, the following safe guards and procedures are to be followed:

4.1 Facility

[Facility protocols](#)¹ have been developed including the Lodge, Biathlon Range, Biathlon Technical Building, Cross Country Technical Building, Trails, Agility Park, and trails. It is the responsibility of users to read, understand, and follow the developed policy for each space.

4.2 Participation

To participate in CANSI lessons, you are required to:

- Consider your own risk; limit or avoid participation if you are at higher risk of experiencing serious illness from COVID-19;
- Complete the [online self-assessment tool](#)², before arrival;
- Stay home if you do not feel well or are displaying symptoms of COVID-19;

¹ <https://www.caledonianordic.com/about-us/covid-19-information>

² <https://bc.thrive.health/covid19/en>

- Self-isolate for a minimum of 14 days if you have travelled outside of Canada;
- Stay home if you live in a household with someone who has COVID-19 or shows symptoms of COVID-19;
- Cleanse your hands with soap and water, or hand sanitizer before participation, and frequently throughout;
- Cough into your sleeve;
- Avoid touching your face;
- Bring your own mask;
- Comply with physical distancing measures at all times as set by the Health Authority. Current minimum distance of 3 meters is required and masks are to be used when 3 meters cannot be maintained;
- Avoid physical contact with others.

4.3 Lessons

Further to 4.2 Participation:

- Lesson groups will be organized according to the Public Health Office orders and recommendations from governing sport associations;
- Stay outdoors as much as possible.

4.4 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-and-considerations-for-an-ill-or-injured-person-during-covid-19>

4.5 Outbreak Plan

If any individual reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, they MUST inform the instructor. The instructor will inform the Ski School Coordinator, who informs the General Manager, who informs the President. They will then execute the [Outbreak Plan](#) (pg 29)³ provided by viaSport BC.

³ <https://www.viasport.ca/sites/default/files/Phase 3 Return to Sport Guidelines web 09-30-2020.pdf>

5.0 Responsibility

Lesson Registrants

- Read and understand the COVID – Safety Plan for CANSI Lessons policy;
- Sign the participant agreement acknowledging acceptance of the risks at registration;
- Inform the instructor if you have any health and safety concerns;
- Follow the [mask mandate order](#)⁴, the [proper use of masks guidelines](#)⁵, and understand the [risks and benefits of mask types](#)⁶;
- Inform the person in charge, i.e. instructor, if you start to feel mildly ill while participating, 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.

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https://www.bclaws.gov.bc.ca/civix/document/id/mo/mo/m0425_2020?bcgovtm=20201118_GCPE_AM_COVID_1_NOTIFICATION_BCGOV_BCGOV_EN_BC_NOTIFICATION

⁵ <https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-how-to-use-mask?lang=en>

⁶ <https://www.worksafebc.com/en/resources/health-safety/information-sheets/covid-19-health-safety-selecting-using-masks>

Ski School Coordinator and CNSC Instructors

- Ski School Coordinator consults schools on an individual level to determine comfort level of program resumption and appropriate steps required to mitigate risks;
- Ski School Coordinator trains and provides resources to CNSC instructors to ensure their safety, and the safety of all participants during programs;
- Ensure Clients, Instructors and Volunteers have read and understood the CANSI COVID-19 Safety Plan for CANSI Lessons policy and have signed acknowledgement;
- Ski School Coordinator are to conduct a safety session to remind all registrants of the CANSI COVID-19 Safety Plan policy, recording all who attended;
- Coaches follow the [mask mandate order](#)⁷, have trained themselves on the [proper use of masks](#)⁸ and understood the [risks and benefits of mask types](#)⁹;
- Maintain a record of participants at each session;
- Ensure group size does not exceed the Health Authorities maximum limit and falls within the Return to Sport recommended group sizes;

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https://www.bclaws.gov.bc.ca/civix/document/id/mo/mo/m0425_2020?bcgovtm=20201118_GCPE_AM_COVID_1_NOTIFICATION_BCGOV_BCGOV_EN_BC_NOTIFICATION

⁸ <https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-how-to-use-mask?lang=en>

⁹ <https://www.worksafebc.com/en/resources/health-safety/information-sheets/covid-19-health-safety-selecting-using-masks>

- Follow [CNSC facility COVID-19](#)¹⁰ safety plans;
- Ensure items are not shared. Where sharing of items cannot be avoided (i.e. surfaces), the shared item must be cleaned/disinfected between users. One individual should be assigned to read the information on [cleaning and disinfectants](#)¹¹ and be assigned the tasks of disinfecting;
- Clean high touch surfaces (door handles, etc.) and washrooms used by school groups at regular intervals;
- Instructors should ensure adequate supervision so that rules are followed, with reminders as needed.

General Manager

- Conduct a safety meeting with staff to ensure understanding on how to follow these safe practices;
- Ensure staff understand and follow this work safe practice;
- Sanitation supplies are available as needed;
- Masks and gloves are available in case first-aid is required;
- Coach staff are certified in First Aid;
- The safety plan is published to the public and communicated to staff.

¹⁰ <https://www.caledonianordic.com/about-us/covid-19-information>

¹¹ http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

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