

December 13, 2020

# Nordic Program Return to Sport COVID-19 Protocol

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## 1.0 Background

A return to sport safety plan is required before program training can resume 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 policy that reduces the risk of person-to-person transmission in a 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.

## 3.0 Scope

This Policy applies to all persons who participate in sport programs at the Caledonia Nordic Ski Club including program registrants, coaches, volunteers, and staff in the Cross Country Program, Biathlon Program, and Skill Development Program.

**Note:** A policy specific to Master's and Senior Programs will be developed separately

## 4.0 Safety Plan

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



#### 4.1 Facility

[Facility protocols](#)<sup>1</sup> have been developed including, but not limited to the Lodge, Biathlon Range, Biathlon Technical Building, Cross Country Technical Building, Trails, and Agility Park. It is the responsibility of users to read, understand, and follow the developed policy for each space.

#### 4.2 Participation

To participate in group sessions at CNSC, 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](#)<sup>2</sup>, on a daily basis before arrival
- Stay home if you do not feel well or are displaying symptoms of COVID-19
- Self-isolate for a minimum of 14 days if you have traveled outside of Canada
- Stay home if you live in a household with someone who has COVID-19 or shows symptoms of COVID-19
- Wash your hands before participation
- Bring your own equipment, water bottle, mask, and hand sanitizer
- Comply with physical distancing measures at all time as set by the Health Authority. Current minimum distance of 3 meters is required; and it is suggested this distance be increased with higher speed training activities which result in increased respiration force
- When possible and safe, it is recommended to run/bike/ski BESIDE others instead of BEHIND
- Avoid physical contact with others including, but not limited to handshakes, high fives, hugs
- Leave the field of play or facility after you finish using the “Get in, Get out” directive by viaSport

#### 4.3 Group Sessions

Further to 4.2 Participation, when in group sessions:

- Maintain a group size does not exceed the Health Authorities maximum limit
- Athletes should only travel by themselves or with members of their household



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

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

- In situations where a coach is required to correct the physical alignment of an athlete, masks must be worn by both parties

#### 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-for-an-unresponsive-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 lead coach. The lead coach will inform the Head Coaches, who informs the General Manager, who informs the President and CCBC office and/or Biathlon BC office. They will then execute the [Outbreak Plan](#)<sup>3</sup> (pg. 29) provided by viaSport BC.

#### 5.0 Responsibility

##### Program Registrants

- Read and understood the Return to Sport policy
- Sign the online [Participant Agreement](#)<sup>4</sup> acknowledging acceptance of the risks
- Inform the Head Coach and/or the CCBC office if you have any health and safety concerns
- Follow the [mask mandate order](#)<sup>5</sup>, the [proper use of masks](#)<sup>6</sup> guidelines and understand the risks and benefits of [mask types](#)<sup>7</sup>
- Inform the person in charge, i.e. coach, if you start to feel mildly ill while participating, sanitize your hands, go straight home, and complete the online [self-assessment tool](#)<sup>8</sup>. If severely ill (e.g., difficulty breathing, chest

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<sup>3</sup> [https://www.viasport.ca/sites/default/files/Return\\_to\\_Sport\\_Guidelines\\_web\\_12-3-2020.pdf](https://www.viasport.ca/sites/default/files/Return_to_Sport_Guidelines_web_12-3-2020.pdf)

<sup>4</sup> <https://zone4.ca/register.asp?id=23995&lan=1&cartlevel=1>

<sup>5</sup> [https://www.bclaws.gov.bc.ca/civix/document/id/mo/mo/m0425\\_2020?bcgovtm=20201118\\_GCPE\\_AM\\_COVID\\_1\\_NOTIFICATION\\_BC\\_GOV\\_BCGOV\\_EN\\_BC\\_NOTIFICATION](https://www.bclaws.gov.bc.ca/civix/document/id/mo/mo/m0425_2020?bcgovtm=20201118_GCPE_AM_COVID_1_NOTIFICATION_BC_GOV_BCGOV_EN_BC_NOTIFICATION)

<sup>6</sup> <https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-how-to-use-mask?lang=en>

<sup>7</sup> [file:///C:/Users/Angela%20LeFebvre/Downloads/covid-19-health-safety-selecting-using-masks-pdf-en%20\(2\).pdf](file:///C:/Users/Angela%20LeFebvre/Downloads/covid-19-health-safety-selecting-using-masks-pdf-en%20(2).pdf)

<sup>8</sup> <https://bc.thrive.health/covid19/en>

pain) have the person call 911.

#### Coaches and Administrators

- Ensure Athletes and Program Registrants have read and understood the Return to Sport policy and have signed acknowledgment
- Coaches and administrators are familiar with the Illness Policy (see Appendix B)
- Coaches are to remind all participants of the rules at the beginning of each day
- Coaches follow the [mask mandate order](#)<sup>9</sup> and have trained themselves on the [proper use of masks](#)<sup>10</sup> and understand the risks and benefits of [mask types](#)<sup>11</sup>
- Maintain a record of participants at each session
- Ensure group size does not exceed the Health Authorities maximum limit
- Follow [facility COVID-19](#)<sup>12</sup> directives
- 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](#)<sup>13</sup> and be assigned the task of disinfecting.
- Car shuttles (e.g., roller ski hill workouts) are not used during training sessions
- 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 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
- Coaches should ensure adequate supervision so that rules are followed, with reminders as needed

#### General Manager

- 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 coach staff



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