



COVID 19 Return to Sport Guidelines

Dryland Return to Sport Guidelines

Following recommendations and guidelines developed by ViaSport and BC Alpine, Cypress Ski Club is outlining below the guidelines and protocols by which our activities will be governed.

Assessing the risks

- We have identified areas where people gather
- We have identified situations and processes where individuals are close to one another or members of the public.
- We have identified the equipment that may be shared by individuals

Implement protocols to reduce the risk

Elimination - Social Distancing protocols

- All our programs and activities are run in outdoor spaces
- 2m social distance for slow activities (hiking/walking) – 4m social distance for fast activities (running)

Administrative Controls – Rules and Guidelines

Our policies ensure that workers and others showing symptoms of COVID-19 are prohibited from participating in sport activities

Staff

- Do not come to work with signs/symptoms of any illness
- If staff have a reasonably held belief that their work is unsafe, they have the right to refuse work

Staff training

- Staff Training – 2 days prior to the session start
 - Practice Covid-19 procedures and processes – refine as required
 - Review/Dry run of all activities to ensure compliance with COVID 19 protocols

Participants:

- All participants must sign the Sport Participant Covid-19 Agreement
- Participants/families will be required to take reasonable steps to minimize social contact outside of camp for the 2 weeks prior to training sessions.
- Prepare your family for additional social contacts and take precautionary measures for at risk individuals in your family.
- Participants will avoid all personal contact examples of which include handshaking, sharing food/beverages, high fives, etc.



- Participants that show any sign of illness will not be allowed to participate and will be sent home
- Do not attend training sessions if:
 - ⇒ you have signs/symptoms of illness
 - ⇒ you have been in contact with someone who is showing sign/symptoms of illness within the last 14 days
 - ⇒ You have been in contact with someone diagnosed with Covid-19 within the last 14 days
 - ⇒ You or a member of your family has travelled internationally within the last 14 days or to somewhere that has been identified as a Covid-19 hotspot.

Volunteers

- For the U12/U10 groups, Parents may volunteer to assist in the dryland activities
- Parents will need to indicate their participation via TeamSnap by adding a note when signing up their child(ren).
- The club has the right to limit parent participation depending on the number of participants and the ability to maintain social distancing
- Parents are required to abide by the same protocols that will apply to staff
- Protocols and instructions will be provided to volunteers prior to each activity

Parents

- Orientation
 - ⇒ Review training session site/features
 - ⇒ Protocols
 - ⇒ Drop-off/Pick up procedures
 - ⇒ Sign COVID 19 participant agreement

Registration

- Online only on Team Snap. Deadline to register is at 10pm one day before the session, to allow for scheduling the adequate number of coaches and volunteers. To be clear, if the session is scheduled for Saturday, sign-up deadline is Thursday at 10pm
- No drop-in participation

Cancellation

- Coaches can cancel training due to weather 2 hours before the training session. This is due to the impossibility of providing indoor training.

Arrival/Departure

- Walk/bike, drive individually or with family members – maintain 2m separation between non-family groups
- Health questions using BC COVID 19 Self-Assessment Tool <https://bc.thrive.health/covid19/en>
- Personal belongings to be located 2 meters apart in an area designated by the coaches
- Signage will be provided to help parents and participants follow appropriate practices

Ongoing

- Keep alert to signs/symptoms of illness / Covid 19 in participants and/or staff



- ⇒ If symptoms are witnessed provide immediate self-isolation for the individual and inform all parents by the end of the day of the situation which may require early pickup.
- ⇒ Sick workers or others will be isolated and required to wash or sanitize their hands, provided with a mask, and if possible, sent home.
- ⇒ If symptoms are observed, a risk evaluation will be made to determine whether the training session can continue for the remainder of the day, should be modified, or should be cancelled.
- ⇒ Any individual exhibiting symptoms will be required to report to public health officials to enable contact tracing if required.

Masks and other PPE

- IMPORTANT INFORMATION
 - ⇒ Masks do NOT protect the wearer, they protect the community as it limits the spread of droplets by the wearer. "My mask protects you, your mask protects me"
- We have reviewed the information on selecting and using masks and instructions on how to use a mask. We understand the limitations of masks to protect the wearer from respiratory droplets. We understand that masks should only be considered when other control measures cannot be implemented. We will train individuals on the proper use of masks.
- Non-medical masks will be used when it is not possible to maintain 2 meters of social distance
 - ⇒ Helping participants with taking equipment on/off or adjusting
 - ⇒ In the event of an emergency/first aid
- Participants must provide a minimum of two non-medical masks to be used if requested by staff
- Staff will be provided with masks and other PPE as required

Effective cleaning and hygiene practices

Staff and Participants

Hand washing – Clean and disinfection station

- Supply hand sanitizer and single use paper towels
- Disinfect – at arrival and departure
- Disinfect prior to and after eating
- Disinfect – prior to and following use of any equipment
- Disinfect – prior to and following use of the washroom

Equipment

- Equipment will be cleaned by staff using appropriate disinfectant while wearing appropriate PPE
- All equipment cleaned and disinfected prior to the start of training session.
- Cleaned and disinfected before/after each user
- Participants will be required to put on, take-off and put away their own equipment.
 - Leaders will help if necessary, using appropriate PPE and handwashing

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