



Return to Sport

Overlander Ski League COVID-19 Safety Protocol

Scope

This policy applies to all persons who participate in the Overlander Ski Club (OSC) programs. This includes, but not limited to coaches, program registrants, parents, guardians and volunteers.

Policy

In order to ensure health and safety of persons participating in group programs at the OSC, the following safeguards and procedures are to be followed:

➤ Facilities

Facility protocols have been developed including, but not limited to the Day Lodge, Rental facility in the basement of the Day Lodge, Trails, Machine Shed, Washrooms, and out houses throughout the trail network. It is the responsibility of users to read, understand, and follow the developed policy for each space. **Masks will be required in all facilities.**

➤ Participation

To participate in group sessions at OSC, 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 TeamSnap self-assessment tool prior to every event and lesson.
- 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.
- Upon arrival park or exit your vehicle in a manner that allows you and your passengers the ability to maintain physical distance from others in the parking lot.
- Everyone must sanitize their hands upon arriving and prior to departure.

- All participants must bring their own equipment, water bottle, mask, and hand sanitizer.
- Comply with physical distancing measures at all times as set by the BC Health Authority. Current minimum distance of 2 meters is required. 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 ski BESIDE others instead of BEHIND.
- Avoid physical contact with others including, but not limited to handshakes, high fives, hugs.
- “Get in, Train, Get out” Athletes arrive ready to go and do not mingle with the group upon arrival or departure.

➤ **Skills Development Program**

- Groups will be limited to the amount of coaches available for each particular level.
- Day Lodge usage will be limited. Occupancy will be limited to 24 people including children. Entry will occur through the front door and exit through the backdoor creating a one way flow. The lodge is strictly for warming up.
- Do not store personal items in the lodge while you are out skiing.
- Staggered start times &/or locations will be established to maintain separation between groups.
- Coaches are to remind all participants of the rules at the beginning of each day.
- A daily record of participants will be maintained and kept on record for 90 days. This will be maintained through TeamSnap.

➤ **First Aid**

- In the event that first aid is required to be administered during an activity, all persons attending to the injured must first put on a mask and gloves. If possible the individual requiring aid should also wear a mask.
- 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-andresources/first-aid-tips/first-aid-protocols-for-an-unresponsive-personduring-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, they must inform the coach. They will then execute the Outbreak Plan provided by viaSport BC (page 29 of the viaSport British Columbia Return to Sport document -

https://www.viasport.ca/sites/default/files/Phase 3 Return to Sport Guidelines web_09-30-2020.pdf)

➤ **Responsibility**

Athletes or Athletes Guardians / Program Registrants

- Athletes should only travel by themselves or with members of their household / bubble or wear a mask.
- Have a mask readily available in your pocket at all times while participating in OSC programs.
- Read and understand the viaSport Return to Sport policy (https://www.viasport.ca/sites/default/files/Phase 3 Return to Sport Guidelines web_09-30-2020.pdf)
- Sign the online Participant Agreement on Zone 4 when registering.
- Perform a participant health check through TeamSnap.
- Indicating your child's presence at lessons is mandatory by using the attendance toggle on Team Snap. This allows for contact tracing.
- Inform your coach if you have any health and safety concerns.
- Inform your coach if you start to feel ill while participating, sanitize your hands, and go straight home.
- Athletes will not share equipment or personal items.
- Parents must carry cell phones and must register their numbers in the TeamSnap account for their child. Coaches must be able to establish immediate contact with parents through phone calls and text messages.

Coaches and Volunteers

- Coaches and volunteers should only travel by themselves or with members of their household / bubble or wear a mask.
- Ensure athletes and program registrants have read and understood this Return to Sport policy and have signed the acknowledgement.
- Perform an individual / family participant check (through TeamSnap).
- Coaches are to remind all participants of the rules at the beginning of each day.
- Ensure adequate supervision so that rules are followed, with reminders as needed to follow health and safety protocols. This may require greater parent participation.
- Each coach is to carry a bottle of hand sanitizer, gloves, and a mask with them at all times.
- If social distance between the coach and athletes cannot be maintained, masks must be worn by the coach and if at all possible by the athlete. This would also include but not limited to correcting physical alignment or assisting an injured athlete.
- Follow all facility COVID-19 directives including, but not limited to OSC.
- Make every effort to discourage sharing of personal items amongst athletes.

➤ **Non-Compliance**

- First non-compliance will be addressed by the coach if minor. If it is deemed serious it will follow the next step.
- Second non-compliance may be addressed by the ski league coordinator & coach. Parents may be asked to attend lessons with their child.
- Third non-compliance may result in the participant being denied access to OSC programs and facilities for 14 days following the incident.
- Fourth non-compliance may result in the participant being notified via phone or email that they will no longer have access to OSC programs and facilities for the 2020 season. No refunds will be issued.

I have read and understood the Overlander Ski League COVID-19 Safety Protocol as written above and agree to its terms.

Parent or Guardian's Name

Parent or Guardian's Signature

Date

Athlete's Name

Athlete's Signature if over the age of 13

Date
