

Covid Risk Mitigation Plan for Stake Lake Trails

Prepared by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Lee Card, Trails manager

 Chelsea Francis, Trails Manager

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Alan Vyse, for Trails Committee

Approved by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vesta Giles, President

Draft prepared July 11th 2020

Last Revised December 6th 2020

**Background**

Overlander Ski Club operates the Stake Lake Ski and Snowshoe Trails under a Partnership Agreement with Recreation Sites and Trails BC. The agreement requires the club to provide groomed cross country ski trails and associated warming cabins and shelters within the period of November 1st to April 30th each year. The club has been operating the Trails since 1991, and since 2013 under the current agreement which expires in 2023.

The club sets out management goals in an operating plan before each season commences. The goals for the most recent ski season (2019-20) were:

1. To operate the Stake Lake Ski and snowshoe Trails in such a way that our customers, regardless of ability, enjoy a safe high quality experience each and every time they use the trails;
2. To promote the use of the ski and snowshoe trails by Kamloops residents, other area residents, and visitors to the area;
3. To improve the ski and snowshoe facilities and trail maintenance equipment through volunteer efforts, public fund raising, and reinvestment of operating surpluses in order to raise the quality of the skiing experience in the coming year and in future years.

In addition to these goals, Overlander Ski Club strives to provide facilities and programs that are a clear benefit to the Citizens of Kamloops and the surrounding area, and to our many visitors from afar. Our facilities are available to anyone regardless of age, ability, ethnicity, gender, religion, income or sexual orientation. The club also engages in long term planning to ensure that our programs and facilities are sustainable for the next generation.

**Covid 19 threat to health**

COVID 19 has been declared a global pandemic and poses a threat to the health of the world’s population. To mitigate the threat of the virus, British Columbia’s government has issued a series of public health orders, some of which directly affect the operation of Stake Lake Ski Trails. In response to these orders Cross Country BC, Overlander Ski Club’s sport governing body, and our insurance arranger, has issued a directive with respect to reopening club operations in the coming 2020-21 season.

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. This directive covers all of OSC’s operations including Stake Lake Trails.

In short OSC is required to develop a Covid Safety Plan, to ensure that the plan is reviewed and approved by the Board of Directors and to communicate the plan to all our members and customers

In addition, as an employer, OSC is required by WorksafeBC to develop a COVID-19 Safety Plan that outlines the policies, guidelines, and procedures that have been put in place to reduce the risk of COVID-19 transmission. Every employer is required to have a COVID-19 safety plan that assesses the risk of exposure at their workplace and implements measures to keep their workers safe. The plan must be developed in concert with frontline workers and supervisors. WorkSafeBC will review plans of individual employers during their inspections of workplaces. The plan **must be posted** at the worksite in accordance with the order of the Provincial Health Officer.

**COVID-19 Safety Plan for Stake Lake Trails**

This Covid Safety plan for the Stake Lake Trails Operations has been prepared by the Club Director responsible for the operation of Stake Lake and the Trails Manager, with contributions from the former and prospective front line workers, Stake Lake Trails Committee members and other OSC Directors. It does not cover the operation of any programs that the club may offer in the coming season.

OSC 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.
* the WorkSafeBC COVID-19 Safety Plan Checklist
* the Nordiq Canada Risk Assessment and Mitigation Checklist Tool
* the CCBC Reopening directives

Basic principles

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.

In addition there are several principles from B.C.’s Restart Plan that should be used to create COVID-19 Reopening Safety Plans. They incorporate aspects of personal hygiene and personal responsibility for preventing virus spread, and modifying business operations to increase cleaning and allow members and customers to maintain safe social distancing.

**Applying the principles to Stake Lake Ski Trails**

The Ski Trails comprise 60 km of ski trails, 10k of snowshoe trails, a day lodge with two floors, a washroom building, a ticket booth, a small teaching and race administration building, a metal storage shed, a fuel storage shed, a machine service shed and numerous pieces of equipment for maintaining the trails in winter and summer. The upper floor of the day lodge is used by skiers and the lower half is used for ski rentals and a first aid room. There are also numerous pit toilets around the trails and several simple shelters open on one side.

The trails open when snow conditions are suitable and close in late March. Over that period, the club will record 16,000 user days at the trails. Customers buy day passes, or a season’s pass. Day passes are bought at the trailhead and Season’s passes are purchased on line. Season’s pass holders automatically become OSC members and OSC has about 900 members each year. The club employs a staff of 6 to 7 employees and two contractors to run operations and programs at the trails.

The operations at the trails have been divided into several areas of concern with respect to mitigating the risk of virus infection.

* Trail maintenance in summer
* Trail maintenance in winter
* Trailhead operations
	+ Parking
	+ Washrooms
	+ Pit toilets
	+ Rentals
	+ Ticket booth
	+ Day lodge
	+ Rescue operations and first aid
* Staff

Each of these areas of concern is addressed in the virus infection mitigation plan.

The plan will be revised as public health orders change and advice from public health officials and the sport governing body changes.

**Covid infection mitigation plan**

**General actions to reduce risk of infection for all trail operations**

Communications with the public will be given high priority. The Mitigation Plan will be posted on line and all members will be directed to read the plan. Members will also be reminded of their personal responsibility if they choose to come to the trails:

• If you don’t feel well or are displaying symptoms of COVID-19, you must stay home.

• If you have traveled outside of Canada, you must self-isolate for a minimum of 14 days and you cannot ski or snowshoe at the trails

• If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-9, please stay home.

• Wash your hands before arriving at the trails or at one of the hand washing stations

• Bring your own equipment, if possible, and a water bottle and hand sanitizer

• Comply with physical distancing measures at all times

• Avoid physical contact with others, including shaking hands, high fives, etc.

Signs reminding the public of key mitigation measures will be placed at strategic locations in the trail head area, and in machine service area and on buildings in the stadium area.

The staff will carry out a full disinfection at start of morning, and afternoon shift change. All high touch areas will be cleaned at least every 2hrs (door knobs, sinks, trash can lids, toilet seats and flushers, baby change table). Tables and chairs will be wiped between groups. Sleds, tablets and other 'work' gear cleaned at start of shift.

In the event staff members are informed by public health of a Covid contact, the club membership and general public will be told of the details and dates by through the commonly used social media channels. The Trail facilities will be closed for a full day to allow for deep cleaning. Staff will remain on site to monitor trails activity and to provide rescue capability if necessary.

**1. Trail maintenance in summer**

Trail maintenance in summer has two components. Individuals and small groups of club members drive to the trails, park and then walk the trails removing wood debris, rocks and small trees from the trail surface using hand tools. Vegetation that cannot be removed using hand tools is treated by second, much smaller, group of volunteers operating brush saws.

The risk associated with these activities is low because the volunteers are working in the open air and are well separated. The biggest risk is likely in shared transportation. We will manage the risks by contacting all volunteers before work starts and remind them of the basic principles of hygiene and social distancing. We will advise that the size of groups should be limited to 10 people and that transportation should not be shared unless the vehicle occupants are in a social “bubble”. Tools should not be shared. Club brush saws will be sanitised after use. Volunteers using club equipment will be encouraged to use the following best practices:

* Use sanitary wipes provided to sanitize chainsaw and brush cutter handles, gas and oil caps,starter recoil rope handles and gas can caps after use.
* Use sanitary wipes provided to sanitize hard hats and face shields after use.
* Use hand sanitizer supplied as needed.
* Wear a supplied face mask if social distance of 2m cannot be maintained.[i.e. when driving to work site]
* Use a "one machine, one person" system when operating the brush cutters or the chainsaws and avoid using multiple machines.
* Encourage volunteers to use their own PPE (chaps, hard hats, eye and hearing protection) for use with saws and other equipment to limit use of club PPE.

All volunteers will be asked sign the on line participation agreement before starting work.

These actions will maintain the risk for volunteers at a low level.

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Risk before actions** | **Actions** | **Risk after actions** |
| Trail maintenance hand tools |  | hand hygiene, distancing, no tool sharing, communication;  |  |
| Trail maintenance power tools |  | hand hygiene, distancing, sanitize saws, communication |  |

**2. Trail maintenance in the winter**

Ski trail maintenance is carried out by about 20 volunteers who are all ski club members. Their centre of operations is the Machine service shed which is about 700 m from the main parking lot and day lodge. Most of the trail maintenance is carried out at night or in early morning and consequently there is rarely interaction between skiers and maintenance crews. The trail maintenance crews also maintain the machines conducting regular jobs and taking care of any equipment failures. The risk of virus infection is low because the group almost never meets together and communication between members is excellent.

The following protocols are intended to reduce the low level of risk that exists:

* Post signs reminding all volunteers basic hygiene instructions, stay home if sick and follow social distancing.
* Restrict number of people in service shed to 5 people at one time.
* Restrict entrance to authorised volunteers only.
* Ask all volunteers to use sanitary wipes provided to sanitize door handles, office desk draw handles, tool box draw handles and any tools used, microwave oven controls, radio controls and any other high touch surfaces before leaving the building.
* Use hand sanitizer supplied as needed.
* Wear a supplied face mask if social distance of 2m cannot be maintained.

When working on the trails, volunteers will be asked to follow basic rules when working with the snowcat and the snowmobiles.

SNOWCAT.

* Use sanitary wipes provided to sanitize snowcat door handles, in cab operation controls [i.e.switches and joy sticks] fuel filler cap, engine access panel handle and latch lever and oil dip sticks and any other high touch surfaces after use.
* Use hand sanitizer provided as needed.
* If operating the snowcat with a partner both driver and passenger should wear a supplied face mask.
* When driver and passenger change places contact surfaces must be sanitized using sanitary wipes provided.

SNOWMOBILE.

* Use sanitary wipes provided to sanitize snowmobile handlebars, switches, throttle lever, hood release latches ,oil dip sticks, fuel filler cap and any other high touch surfaces after use.
* Use hand sanitizer provided as needed.

The activities will reduce the risk for volunteers from medium to low.

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Risk before actions** | **Actions** | **Risk after actions** |
| Machine maintenance  |  | hand hygiene, distancing, sanitize tools, communication  |  |
| Trail grooming |  | hand hygiene, distancing, sanitize saws, communication |  |

1. Trailhead operations
* Parking

Trail customers arrive by car or bus. Cars angle park in the ploughed lot and are spaced approximately two car widths apart. Members and day visitors will be asked to maintain appropriate social distancing on the web page and on signs at the entrance to the parking lot. Buses park parallel to the edges of the lot. Bus passengers will be reminded of social distancing protocols. The risk of infection in the parking lot is low and the proposed actions will keep the level low for both staff and public.

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Risk before actions** | **Actions** | **Risk after actions** |
| Parking  |  | Signs requesting distancing, communication  |  |

* Washrooms

Washrooms present a moderate infection risk to customers and staff. There is one wide entrance, a vestibule with benches and a drinking fountain, a mechanical room, men’s and women’s toilet facilities and a family/disabled room with toilet.

Signs will be posted with reminders of hand hygiene and social distancing. A handwashing station will be placed in the vestibule. The maximum occupancy will be restricted to 6 people by closing one stall and one sink in each washroom. The drinking fountain will be closed but the associated water bottle filler station will be retained. No storage will be permitted. Entrance to the mechanical room will be locked and restricted to staff. If more than one staff member is in the mechanical room all will wear masks. Pit toilets at the trail head will be signed and walkways maintained. Masks will be mandatory for staff and customers in the building at all times.

Toilets will be cleaned at the beginning of each shift and high touch areas will be cleaned every two hours at minimum.

The proposed actions should reduce the risk of infection to a low level for the public and staff.

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Risk before actions** | **Actions** | **Risk after actions** |
| Washrooms  |  | Signs, hand hygiene, close stalls to improve distancing, more frequent sanitizing, communication, masks at all times |  |

* Pit toilets

The risk of infection at the pit toilets to staff and customers is low. Signs with reminders of hand hygiene and social distancing will be posted on each toilet building round the trails.

Hand sanitizer will be placed in each toilet close to the trail head. Access to those toilets through the snow will be maintained as necessary. Signs from the Ministry have been placed on all toilets throughout the system.

The proposed actions will maintain the risk level at Low for both staff and the public.

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Risk before actions** | **Actions** | **Risk after actions** |
| Pit toilets  |  | Signs, hand hygiene  |  |

* Rentals

Ski equipment is rented from the basement of the day lodge. Customers pay for rentals at the rental desk. The rental desk has been modified with a barrier and a plexi glass shield as well as a high output ventilation fan for improved air circulation. The risk of infection in this component of the trails operation to the staff is high, and the risk to the customers is medium.

Occupancy of the rental area will be limited to 2 staff and 2 adult customers in a single group. Masks will be required. Signs will be posted reminding staff and customers of distancing and hygiene advice. Staff and customers will wear masks. Clean gear will be handed to customers. Gear that does not fit will be placed in the used section for cleaning. Hand washing station will be available for staff and for customers.

There are government recommended cleaning solutions for both hard surfaces and fabric for the rentals skis boots and poles and gear will be disinfected and held for an hour to ensure proper sanitation.

No customer storage will be permitted.

Signs with standard Covid advice and occupancy limits will be posted outside and inside the rental area.

Stop 'loaner' sunglass offerings

Night rentals will be handled in the same way as day rentals. This may require one extra staff member for the first part of the night (until 7pm?)

These actions will reduce the Covid risk from High to Medium for staff and from medium to low for customers

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Risk before actions** | **Actions** | **Risk after actions** |
| Rentals  | staff |  | hand hygiene, distancing, masks, separate customers and staff communication  | staff |  |

* Ticket booth

The ticket booth is the main point of contact between staff and customers and thus is a high risk point for staff in trail operations. A staff member greets every vehicle that enters the parking lot and on a very busy day might encounter 150 vehicles. Regular customers with season’s passes are provided with information on the trail condition and current hazards and waved through. There is no physical contact. Customers who have six day passes, hand over the pass to be punched and have it returned, while receiving trails information. If customers must purchase day passes or six day passes, they pay either cash or use the electronic POS system. Customer numbers are recorded in the ticket booth

The risk to staff is high and to customers low.

Signs explaining Covid precautions will be placed on the ticket booth, and reminders for staff will be posted in the booth.

No more than two staff members will work in the booth at any one time and masks will be required. Volunteers and customers will be discouraged from entering.

A hand wash station will be installed in the booth.

Customers will be encouraged to use credit or debit cards. The POS machine will be passed to each customer using the Stake Lake Canadarm and disinfected regularly.

Groups that arrive by bus will be requested to pay as a group.

All rental payments will take place at the rental location.

These actions will reduce staff exposure significantly. Public exposure will not change significantly

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Risk before actions** | **Actions** | **Risk after actions** |
| Ticket booth  | staff | public | hand hygiene, distancing, limit cash, single payment for groups, on line payment? communication  | staff | public |

* Day lodge

The upper portion of the day lodge is used by customers as a place to warm up, eat lunch, greet friends, change clothes, store gear and is used by the club as a location for disseminating information. Staff enter the lodge during the day in order to tend the wood stove and to clean tables and chairs as necessary. The space can be heavily used and very crowded. The Covid risk to staff and public is high.

Signs with reminders of basic COVID etiquette will be posted at several locations.

Customers and staff will enter the building through the front door and exit through the back door creating a one way flow.

Occupancy will be limited to 24 people including children. Six tables with a maximum of 4 chairs each will be available, each 6 ft apart or more. There will be signs on the table indicating if the table has been disinfected or if it requires cleaning.

Basement access will be locked and the staircase will be barricaded. Customers will be asked not to store personal effects while they are skiing.

Hand cleaning stations will be placed at the entrance and the exit. A Board indicating all lodge rules has been posted at the front entry as well as a sanitation station at the entrance and exit.

The back porch will be repaired and new door handles installed on the back door and basement door.

Ski racks outside the day lodge and washrooms will spaced out to allow for social distancing.

These actions will reduce risk of infection of staff and public to a low level.

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Risk before actions** | **Actions** | **Risk after actions** |
| **Upper floor day lodge**  | **staff** | **public** | **hand hygiene, distancing, reduce occupancy; one way flow; communication**  | **staff** | **public** |

* Rescue operations and first aid treatment

Rescue calls requiring first aid and transport are dealt with by trained staff. Members of the public often assist. Although the frequency of rescue calls is low, there is a high risk to staff and low risk to the public with each call.

To minimise physical contact, all trail pick-ups will be done with rescue toboggan. Members of the public will not ride on the snowmobiles. If two staff members are required to attend, they may ride tandem but only with masks. Staff will be trained in Worksafe Covid First Aid protocols.

OSC members or members of the public who assist in rescues will be advised when first contact is made to wear gloves and a mask.

Examination on location or in the first aid area will be done wearing personal protective equipment as required (gloves and mask or faceshield).

These actions will reduce infection risk for staff from high to medium

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Risk before actions** | **Actions** | **Risk after actions** |
| **Rescue and first aid**  | **staff** | **public** | **hand hygiene, distancing, reduce occupancy; one way flow; communication**  | **staff** | **public** |

* Waste disposal:

Waste conections Canada picks up trash every two weeks until the end of march when the bin will be removed for the season.

1. **Staff safety**

Safety of our staff is the highest priory for our operation. To protect the staff, Worksafe BC has instructed employers to develop a safety plan for their workers. OSC is required to assess risks at the workplace and implement protocols to reduce the risks and a checksheet is provided to guide the process. The Worksafe checksheet for Stake Lake is provided in Appendix 1.

In addition to modifying our operations to reduce the risk of infection to staff and the public we will increase staffing to ensure that there are 2 staff on duty at all times during day time hours with 1 in ticket booth and 1 responsible for rentals and sanitizing public spaces. Rentals will not be offered at night except by pre orders. During peak times (weekends, holidays, christmas break) 3 staff will be on duty with 1 ticket booth, 1 rental, 1 lodge host (who will maintain lodge capacity and cleaning). Staff duties and preliminary schedules are shown in Appendix 2.

OSC will develop a staff sickness policy which is shown in Appendix 3

OSC will acquire FRS radios for staff to communicate between buildings to a maintain social distancing and avoid use of OSC 1/2 channels

**Public communication**

Overlander undertakes to keep our members and public well informed about the steps we are taking to mitigate Covid risk at the trails. This plan and subsequent updates will be made available on the Club website along with any other relevant material about cross country skiing and Covid.

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

* links on the OSC website
* Social Media
* direct email to members and program participants
* signage at the Trails

**Ski Skool Protocols**

Ski Skool will be held on Mondays, Wednesday and Fridays starting January 4th and ending March 15. Only January and February will be booked to allow for rescheduling.

Ski Skool will only be skiing this year, there will be no snowshoe component in the afternoon. Students will arrive in only one class a day, maximum 30 people and a maximum of 3 additional adults. Students will not have any indoor access and will not be eating lunch at the trails.

Schools must provide heights and shoe sizes for students so that gear can be ready outside. Benches will be put outside for ski boot sizing. All students personal items must be kept on the bus.

Ski Skool will last 2.5 hours from when students arrive. Ski Skool will not run if the temperature is below -15. Masks must be worn by all students when inside washroom facility.

Gear will be sanitized with provided government compliant solutions upon return by our ski skool instructors.

Programs are organized to maintain safe social distance between all participants at all times.

Cross Country Skiing has been deemed low risk by the school board, if this should change we will have to modify and or cancel the program. We continue to communicate with the school board and meet their needs and expectations.



**Scope**

**Return to Sport
Overlander Ski League COVID-19 Safety Protocol**

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.
* •  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-protocls-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 -

• Comply with physical distancing measures at all times as set by the BC Health Authority. Current minimum distance of 3 meters is required. It is suggested this distance be increased with higher speed training activities which result in increased respiration force.

https://www.viasport.ca/sites/default/files/Phase\_3\_Return\_to\_Sport\_Guidelines\_we b\_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.

* + •  Follow all facility COVID-19 directives including, but not limited to OSC.
	+ •  Make every effort to discourage sharing of personal items amongst athletes.

• 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.

¬ **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

**Private Lesson Protocols**

Private Lessons run on Friday Evenings and Saturdays all day

They are taught by CANSI and NCCP certified instructors. We keep record of these certifications.

All lessons will begin and end at the lodge.

Social Distancing will be maintained between coach and instructor at all times (3M)

If rentals are required they will be dealt with outside the building and organized in advance.

Lessons will be cancelled with a full refund should either coach or participant answer yes to any of the covid screening health questions.

First aid protocols are the same as ticketbooth policies, instructor must carry a radio and call ticketbooth attendant should any injury big or small require assistance.

Semi Private lesson participants should not drive up together if not from the same household.

Participants should have clean trip kit with them including sanitizer and mask.

Participants will be sent a copy of our policies in advance regarding covid.

All participants in club programs must sign a Participant Agreement that contains Acknowledgement of Risk prior to their first session. All members must sign the current Nordiq Canada waiver however it is not clear what we have to do with day pass purchasers as of July 23rd. Nor is it clear how we should deal with Private lessons.