

RETURN TO SPORT & COVID-19 SAFETY PLAN – BEAR MOUNTAIN NORDIC

CCBC-directed activity can take place under the conditions below. We will monitor the situation and make changes as necessary.

General Rules

For all individuals and for all activities, if you choose to participate, you must follow these rules:

- € 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.
- € If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- € Wash your hands before participating
- € Bring your own equipment, water bottle and hand sanitizer
- € Comply with physical distancing measures at all time
- € Avoid physical contact with others, including shaking hands, high fives, etc.
- € Leave the field of play or facility as quickly as possible after you finish

Furthermore:

- € All individuals have signed the online [Participant Agreement](#) acknowledging their acceptance of the risks.
- € All individuals have completed the online [self-assessment tool](#), on a daily basis before arriving.
- € Coaches and administrators are familiar with the Illness Policy in Appendix A.
- € Consider your own risk. If you are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation for the time being.
- € If you start to feel mildly ill while participating, inform the person in charge (e.g., coach), 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. (And that person should ensure the cleaning and disinfecting of any surfaces that you have come into contact with.)
- € If you have any health and safety concerns, inform the person in charge and/or the CCBC office.

Jackrabbit and Bunnies Skills Development Program

- € In addition to below, comply with above **General Rules**.
- € Coaches are to remind all participants of the rules at the beginning of each day.
- € Outdoors is best and activities are structured so physical distancing is maintained (2m). When possible & safe, it is preferable to ski BESIDE others instead of BEHIND (e.g., on wide trails).
- € If indoor facilities are used (e.g., shop, octagon) follow all additional facility directives in place.
- € A record of participants is maintained each week.
- € "Get in, Train, Get out." Athletes arrive ready to go and do not mingle with the group upon arrival or departure.
- € Nothing is shared. If something must be shared (e.g., surfaces), it is cleaned/disinfected between users (e.g., with disinfecting wipes).
- € Sanitation supplies are available as needed.
- € Masks and gloves are available in case first-aid is required. Coaches have trained themselves on the [proper use of masks](#).

€ Coaches should ensure adequate supervision so that rules are followed, with reminders as needed.

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>

Outbreak Plan

If any individual reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, inform the Coach and/or CCBC office. They will then execute the [Outbreak Plan](#) (pg. 29) provided by viaSport BC.

APPENDIX A – ILLNESS POLICY (from viaSport’s updated [Guidelines](#), pg. 33)

In this policy, “Team member” includes an employee, contractor, volunteer, participant or parent/spectator.

1. **Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19** such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, loss of appetite, nausea or diarrhea.

See BCCDC website for a full list of symptoms: <http://www.bccdc.ca/health-info/diseasesconditions/covid-19/about-covid-19/symptoms>

2. **Assessment**

- a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- b. If Team Members are unsure please have them use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en>.
- c. Managers/coaches may visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.

3. **If a Team Member is feeling sick with COVID-19 symptoms**

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and /or are showing symptoms while within the sport environment, they should be sent home immediately and contact 8-1-1 for further guidance.
- c. No Team Member may participate in a practice/activity if they are symptomatic.

4. **If a Team Member tests positive for COVID-19**

- a. Follow the direction of health officials.

5. **Quarantine or Self-Isolate if:**

- a. You have travelled outside of Canada within the last 14 days.
- b. You have come into close contact with someone who has tested positive for COVID-19.
- c. You have been advised to do so by health officials.

APPENDIX B – COHORT DETAILS (from viaSport's [Guidelines](#), pg. 24)

Sport Cohorts

Purpose: Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs.

A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time (e.g., series of events).

In this phase:

- All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.
- Cohorts should be used for activities in which it is not possible to maintain two metres physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised.
- At least two metres distancing should be maintained between all participants when outside of the field of play (e.g., dressing rooms, hallways, team benches, staging areas, etc.). If physical distancing cannot be maintained masks should be worn.
- Cohorts should be made up of individuals/teams of similar age or skill level.
- Each cohort can be comprised of multiple teams in order to form a mini-league. With the use of cohorts, game play can resume between teams within the cohort.
- Cohorts should not exceed the 100 participants
- Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
- Keep players together in designated cohorts and make sure that cohorts avoid mixing with each other as much as possible.
- Cohorts should remain together for an extended period of time. If looking to change cohorts, implement a two-week break between activities.
- Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with.
- Parents and spectators are not included in the cohort limits. They should continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where play is occurring.