



COVID SAFETY PLAN

The health and safety of our members, visitors, staff and community is our highest priority at Larch Hills Nordic Society. We understand that this year will be different, but our Larch Hills Nordic Society executive are working hard to find solutions to keep our skiers, staff, and community safe during this dynamic time.

It is our intention to operate our facility and programs this winter following the guidelines set out by the government and public health authorities, provincial sport organizations and WorkSafeBC. The following principles from BC's Restart Plan have been used to guide this document.

Five Principles for Every Situation

Personal Hygiene:	Stay Home if you are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
Frequent handwashing Cough into your sleeve Wear a non-medical mask No handshaking	Routine daily screening No handshaking Anyone with any symptoms must stay away from others Returning travellers must self-isolate	More frequent cleaning Enhance surface sanitation in high touch areas Touch-less technology	Meet with small numbers of people Maintain distance between you and people Size of room: the bigger the better Outdoor over indoor	Spacing within rooms or in transit Room design Plexiglass barriers Movement of people within spaces

This season, you will notice some operational differences: including changes to our Chalet with a focus on keeping our programs outside and on-snow. We appreciate your patience and understanding of the process. We feel strongly that we can provide a healthy, active outdoors lifestyle by complying with this COVID Safety Plan. However, as long as the virus is present in our community, it is impossible to completely eliminate the risk and each participant must make their own decision as to whether it is in their best interest to participate in any activity at Larch Hills Nordic Society.

To take part in activities participants must read and complete [the Participant Agreement form](#) through Zone 4 and have completed the daily screening questionnaire. The agreement and daily screen tool are described in APPENDIX C.

LATEST UPDATES: Updated 2021 January 29

The Geezer group has updated the Appendix F-3 on the last page of this safety plan.

- Adults (now defined as ages 22+) can now gather outdoors in groups of up to 4, with 3m spacing. This would be applicable to group lessons, Masters programs, etc.
- Multiple individuals or groups can access a facility at one time provided there are no gatherings occurring.
- As before, programs for children/youth (ages 21 and under) can continue, with 3m spacing.
 - o Parent volunteers are allowed (e.g. to accompany Bunnyrabbits if necessary).
 - o Informal time trials within the club setting are allowed if officials and extra volunteers are not necessary.
- The link to the FAQ is here:
https://www.viasport.ca/sites/default/files/FAQ_Provincial_Order_12-24.pdf

Updated 2020 November 9

- All adult group activities have been suspended. With this in mind CCBC regulation stipulates adult groups can be no more than 3 and social distancing of 3 metres is mandatory.
- Youth indoor and outdoor sports must now follow **viaSport's Return to Sport Phase 2** guidance instead of Phase 3.
 - o Sport for children or youth is permitted if the following conditions are met:
 - o participants maintain a physical distance of **three metres from one another and do not engage in handshaking, high fives, hugging or similar behaviour**;
 - o the focus is on activities that have a low risk of COVID-19 virus transmission;
 - o there are no spectators unless the presence of a spectator is necessary in order to provide care to a child or youth.
- Athletes should travel to their 'home club' only.

General Rules

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

- € You must stay home if you do not feel well or are displaying symptoms of COVID-19
- € You must stay home if you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19.
- € If you have traveled outside of Canada, you must self-isolate for a minimum of 14 days.
- € Complete the COVID Self Assessment on a daily basis (see Illness Policy – Appendix A).
- € Wash your hands before participating, when entering and exiting the buildings
- € Bring your own equipment, water bottle and hand sanitizer
- € Wear a mask in any inside spaces.
- € Comply with physical distancing measures at all times
- € Avoid physical contact with others, including shaking hands, high fives, etc.
- € Leave Larch Hills Nordic facility as quickly as possible after you finish
- € 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.
- € For the purpose of contact tracing:
 - o Members should keep track of when they visit the hill.
 - o Day users will need to sign in with full name and telephone #
 - o All users should keep track of guests who accompany them to the Nordic Center

Parking Lot and Trail Heads

Physical distancing starts in the parking lot. Stay in your car until there is room to be 2 metres from other people. If 2m physical distancing is not possible, skiers are encouraged to wear a mask in high traffic areas, including outside at trailheads. We are asking members and visitors to maintain proper physical distancing with those outside their 'bubble' and to refrain from congregating and socializing at trailheads or elsewhere on the trail system.

Trail passing etiquette

- o Our trails are wide, so use the space to keep 2 metres apart during passing.
- o Skaters passing or being passed should move to a classic track and double pole.
- o If you are approaching from behind, call out "Passing" to warn others you want to pass.

Traffic Flow in Stadium Area

Some of the biggest challenges for physical distancing are between the parking lot, kiosk, and chalet areas. The way skiers move to and from the parking lot will be more directed than in the past, to minimize people passing in close proximity. One-way traffic flow will be encouraged past the kiosk and inside the chalet.

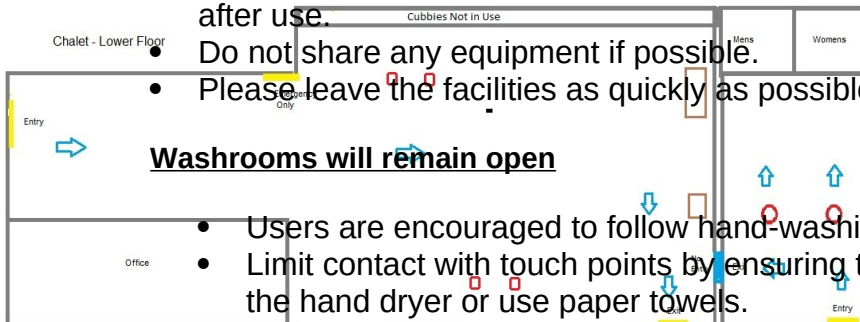
Chalet

Hours will be 9 am – 6 pm – We suggest a maximum stay time of 30 minutes.

The following safety precautions will be implemented in the chalet:

- Skiers and programs are expected to minimize their use of the chalet.
- Leave your belongings in the car. Cubbies will not be in use.
- All skiers entering the chalet are expected to wear a mask.
- Anyone entering the chalet is expected to use the hand sanitizer available.

- All common touchpoints will be cleaned and disinfected at least twice a day
- Only 7 people are allowed on each floor of the chalet at a time. This will be self-monitored: If you look in and the addition of your group exceeds the maximum of 7, do not enter.
- Upstairs, entry will be through the front doors and exiting through the side door continuing down the south steps.
- Downstairs, entry will be through the front doors and exiting through the side door beside the machine room.
- Seating is limited and tables upstairs will be restricted to one bubble.
- The kitchen is closed until restrictions ease.
- Users will be asked to wipe down any contact points with disinfectant provided after use.



- Do not share any equipment if possible.
- Please leave the facilities as quickly as possible.

Washrooms will remain open

- Users are encouraged to follow hand-washing procedures
- Limit contact with touch points by ensuring they do not touch the surface of the hand dryer or use paper towels.
- Entry to the washrooms will only be through the side door beside the Handicapped washroom.
- Exit will be through the side door beside the machine room.
- A maximum of 2 people in the bathroom at one time
- No more than 1 person for each bathroom waiting in the foyer to enter the bathroom.

Traffic flow patterns as follows:

The outhouses will be open. Three additional porta-potties will be available near the Chalet.

Cec' Cabin

- Day use only permitted for the 2020-21 season. No overnight stays will be permitted.
- Maximum of 2 people at allowed.

Pentti's Shelter

- Maximum of 2 people at a time allowed.

First Aid and Safety Hosts

- Safety Hosts will be issued their own arm band.
- Individual face shields will be available to those Safety Hosts wishing additional protection over their mask.
- Hand-held radios must be sanitized after use.
- All emergency pick-up will be done with the rescue toboggan. Members of the public will not ride on the snowmobiles.
- If two Safety hosts are required to attend, they may ride tandem but only with masks.
- In the event of first aid to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.
- 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 LHNS 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 number outlined in Appendix H. [100 for cross country skiing.]
- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people ([see PHO Order](#)). [No longer accurate due to new PHO order.]
- 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.
- Where officials (if being used) are unable to physically distance, an official(s) should be assigned to a specific cohort and avoid having them interact with multiple cohorts.
- 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.

APPENDIX C - Larch Hills Nordic Society – Participant Agreement

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at LHNS and member club activities (“Participants”)

All Participants of LHNS agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response Plan and RTO Protocol::

- I agree to complete a COVID-19 symptom screening check using the [online self-assessment tool](#) on a daily basis before participating, and will let LHNS know if I have experienced any of the symptoms in the last 14 days.

- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.

- I agree to sanitize my hands upon arrival and departure at the facility/activity, with soap or sanitizer.

- I agree to continue to follow social distancing protocols of staying at least 2m away from others.

- I agree to not share any equipment during practice times.

- I agree to abide by all LHNS COVID-19 policies and guidelines.

- I understand that if I do not abide by the policies and guidelines, that I may be asked to leave for up to 14 days to help protect myself and others around me.

- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension from the activities.

- I acknowledge that there are risks associated with entering club facilities and/or participating in club/LHNS activities, and that the measures taken by the LHNS and participants, including

those set out above and under the Return to Sport Plan, will not entirely eliminate those risks.

COVID Self-Assessment

Everyone who comes to Larch Hills Nordic Society should complete the Self-Assessment below by answering these questions on a daily basis when participating in any activities at LHNS

1. Are you experiencing any of the following:
 - Severe difficulty breathing (struggling to breathe, speaking in single words)
 - Severe chest pain
 - Having a very hard time waking up
 - Feeling confused
 - Losing consciousness If you are experiencing any of these symptoms, please call 9-1-1 or go directly to your nearest emergency department.

2. Are you experiencing any of the following:
 - Mild to moderate shortness of breath
 - Inability to lie down because of difficulty breathing
 - Chronic health conditions that you are having difficulty managing because of difficulty breathing If you are experiencing any of these symptoms, please consult your family doctor or nurse practitioner.

3. Are you experiencing cold, flu or COVID-19-like symptoms, even mild ones?
 - Symptoms include: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.If you are experiencing any of these symptoms, please get assessed for a COVID-19 test, and self-isolate for at least 10 days.

4. Have you travelled to any countries outside Canada (including the United States) within the last 14 days?
 - If you respond yes to this question, please self-isolate for 14 days and self-monitor.

5. Did you provide care or have close contact with a person with confirmed COVID-19?
 - This means you would have been contacted by your health authority's public health team. If you respond yes to this question, please self-isolate for 14 days and self-monitor

APPENDIX D Safety Plan for Athletes and Coaches

- Every participant will need to read and complete a Participant Agreement when registering for one of the Larch Hills Nordic Skills Development Programs.
- Complete the COVID Self assessment each day.
- A record of participants is maintained. Maximum group size is 50.
- Coaches are to remind all participants of the rules at the beginning of each day and ensure adequate supervision so that rules are followed with reminders as needed.
- Physical distancing is maintained (2m). Increase distance with higher speed training activities. When possible it is preferable to ski BESIDE others instead of behind.
- In a situation where a coach is required to correct the physical alignment of an athlete, both parties must wear masks.
- Where it is difficult to maintain physical distancing and/or team members are not able to keep 2m from opposing teams, a cohort should be introduced.
- Keep skiers together in designated cohorts. Avoid mixing, remain together for an extended period of time and implement a two-week break if looking to change cohorts.
- Wherever possible, training sessions are held outdoors.
- “Get in, Train, Get out.” Athletes arrive ready to go and do not mingle with the group upon arrival or departure. Athletes do not congregate, including in parking lots and stadiums.

Equipment

- Equipment and surfaces are sanitized between users or not shared at all.
- Club equipment, skis, boots, or other equipment is assigned to an individual skier for the duration of public health measures and kept separate from other skiers and their equipment (i.e., brought home.)
- Food and beverages are not shared.

Transportation

- Athletes only travel with members of their household/bubble or everyone wears a mask. Public transportation is avoided.

APPENDIX D-1– Jackrabbits

In addition to the guidelines set out in Appendix D the following considerations are added:

- Participants are required to complete a screening questionnaire before each practice.
- Drop-off and pick-up protocols must facilitate physical distancing.
- Participants will arrive ready to go and remain outside. NO ACCESS TO THE CHALET
- Attendance is logged to help with contact tracing.
- Groups are divided into smaller numbers where necessary.
- There are enough leaders for the number of groups and children.
- For young children who have difficulty physically distancing, two metres between groups of gathered children is ensured.
- Equipment sharing is limited. Where sharing happens, equipment is disinfected after every use.
- One or two individuals will be assigned to bring equipment outside.
- One or two people will be responsible for set up and take-down of equipment to minimize the number of contact points.
- Individual bathroom breaks are favoured over group bathroom breaks, maintaining required supervision.
- There is a “no sharing” food and drink policy, and potluck style meals are avoided. Children/youth bring filled water bottles or drink belts and their own snacks.
- Practice duration accounts for limited or no access to indoor spaces/warming facilities.
- There is a dedicated person to oversee coronavirus safety and ensure good communication.

APPENDIX D-2– School Host Program

In addition to the guidelines set out in Appendix D the following considerations are added:

- School groups will register on line through Zone 4.
- Two separate cohorts will be permitted to participate at the same time with different meeting areas.
 - o An example of this is a school can bring 2 classes (in the same cohort) and ski with a host while a second school can bring 2 classes (in their same cohort) and ski without a host.
- It is assumed the participants have completed a screening questionnaire at the school
- Drop-off and pick-up protocols must facilitate physical distancing.
- Participants will arrive ready to go and remain outside. NO ACCESS TO THE CHALET
- Attendance is logged to help with contact tracing.

Updated 2021 January 29
Look for LATEST UPDATES

- Snacks will be eaten on the bus.

APPENDIX E – Track setters

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

- To assist with contact tracing, please sign in with name, phone # and time
- Restrict number of people in service shed to 5 people at one time.
- Restrict entrance to authorised volunteers only.
- Maintain 2 metre physical distancing at all times

Bunker:

- Wear mask inside the building
- Sanitize your hands as you enter and exit the building
- Sanitize the door handle after locking up the building.

Equipment

- Sanitize any tools used after use
- Hand held radios must be sanitized after use.

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

PB and KUBOTA

- Use sanitary wipes provided to sanitize 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 machine with a partner both driver and passenger should wear a 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.
- You are encouraged to wear your own helmet. If you need to use the helmets provided, please wipe the inside prior to use and when you return it to its shelf.

Fuel shed

- Sanitize all contact points after use.

APPENDIX – F Group Activities

F-1 Skeezers

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

- Every participant will need to read and complete a Participant Agreement when registering for one of the Larch Hills Nordic Skills Development Programs.
- Complete the COVID Self assessment each day.
- A record of visitors who participate is maintained.
- Physical distancing is maintained (2m). Increase distance with higher speed training activities. When possible it is preferable to travel BESIDE others instead of behind.

2020 Nov 11 Update

Under the most recent direction from the PHO:

Allowed activities: Going for a walk (Hike/Ski) You must make sure a walk does not turn into a group of people meeting outside.

Skeezers does turn into a 'group of people meeting outside' and in view of the escalating number of infected people, it is best practice to do everything possible to eliminate COVID spread by reducing contacts. At this time Skeezer group gatherings will not be a planned activity.

F-2 Wenchers

- No additional information provided. Following general COVID plan.

F-3 Geezers

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

- Every participant will need to read and complete a Participant Agreement when registering for one of the Larch Hills Nordic Skills Development Programs.
- Complete the COVID Self assessment each day.
- A record of visitors who participate is maintained.
- Physical distancing is maintained (3m). Increase distance with higher speed training activities. When possible it is preferable to travel BESIDE others instead of behind.
- A maximum of 3 adults skiing in groups

Individual Geezers, in couples or to a maximum of 4. continue to ski and explore the Backcountry and report conditions on the Trail Report.

No planned group activities are happening, but they leave tracks and others may follow those tracks.

As always, people who go anywhere on the ski system need to be prepared to look after themselves, with appropriate safety supplies.