



RETURN TO SPORT PLAN – CROSS COUNTRY

BC Update – April 6, 2021

CCBC has updated its Return to Sport plan (this document) based on the below updates from the BC Gov't and viaSport. (The intent of the PHO Order is to significantly reduce social interactions and travel.)

- BC Gov't restrictions: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions>
- viaSport FAQ: https://www.viasport.ca/sites/default/files/FAQ_Provincial_Order_02-5.pdf
- Feb 5 viaSport update: <https://www.viasport.ca/news/february-5-2021-updates-province-wide-restrictions>

Pertinent points for cross country skiing:

- For programs for children and youth (ages 21 and under), all participants must maintain 3m on the field of play, and 2m off the field of play. Keep groups under 50 people.
 - For SDP tips, videos of games, and a list of no-touch games, check out <https://covid.nordiqcanada.ca/youth/>
 - Parent volunteers are allowed (e.g. to accompany Bunnyrabbits if necessary).
 - Informal time trials within the club setting are allowed if officials and extra volunteers are not necessary. Maintain 3m at all times.
- Adults (defined as age 22+) can gather outdoors for sport in groups of up to 10, 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.
- Individuals can only travel to their home club.
- Individuals should not carpool with other participants who are not in their household.
- Spectators are not allowed.
- See viaSport links above with regards to exemptions for CSI-P targeted athletes.

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-9, please stay home.
- Wash your hands before participating.
- Bring your own equipment, water bottle and hand sanitizer.
- Comply with physical distancing measures at all times.
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play as quickly as possible after you finish.

Our Return to Sport Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Sport Plan.

Background:

- **Return to Sport (RTS) definition** (from viaSport): Return to Sport refers to the process of developing and implementing guidelines for sport organizations to operate safely in B.C. during this pandemic. Return to Sport Plans will be unique to each sport and must follow Provincial Health Office orders and recommendations. One set of guidelines will be created for each sport by its respective Provincial Sport Organization (PSO), and the PSO and affiliated club sanctioned activities should follow this set of guidelines.
- **COVID-19 Safety Plan:** All organizations in BC (including clubs) must develop and post a COVID-19 Safety Plan, as per the Provincial Health Officer. Clubs can adapt Cross Country BC's to suit their own needs. viaSport has also provided a useful [checklist](#) (pgs. 38+).
- Clubs can adapt CCBC's Plan as their situation warrants, but it should align with viaSport and the BC Gov't restrictions (see links on first page). Note that neither Cross Country BC nor viaSport needs to subsequently approve club plans. It must be recognized that clubs have very different and unique situations (e.g., some do not own/manage their own facilities, some have extremely limited facilities/programs, some have landowner complexities, clubs have various lodge/kiosk layouts if any, payment processing systems if any, rental equipment scenarios if any, washroom facilities, etc.).

For clubs:

- viaSport strongly recommends that 1) clubs acknowledge the risks of restarting, 2) clubs align with CCBC's updated Plan, and 3) club boards approve their club's latest COVID-19 Safety Plan.
- The plan should be posted (e.g., on club website and/or lodge) and reviewed with relevant staff/volunteers/participants.
- Participants in club-directed activities should be asked to complete a Participant Agreement acknowledging their acceptance of the risks. (See [sample](#) on pg. 34). CCBC has created an online [Participant Agreement](#) that may suit your needs. (Registrant names are public.)
- Relevant staff, coaches, volunteers and participants should complete the online [Self-Assessment Tool](#) on a daily basis when participating in group activities. Link: <https://bc.thrive.health/covid19/en>
- For programs, keep participant contact info on file for 30 days for contact tracing purposes.
- For details on kids/youth programming and adult sport groups, see first page.

RETURN TO SPORT & COVID-19 SAFETY PLAN – CROSS COUNTRY BC

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.

Group Training for kids/youth programs

- ☐ 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 (3m). Increase distance with higher speed training activities (e.g., roller skiing, running). When possible & safe, it is preferable to run/bike/ski BESIDE others instead of BEHIND (e.g., on closed roads, wide trails).
- ☐ If indoor facilities are used (e.g., gym), follow all additional facility directives in place.
- ☐ Athletes should only travel with members of their household.
- ☐ A record of participants is maintained.
- ☐ "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). Assign one individual to read the info on [cleaning and disinfectants](#) and to do the disinfecting.
- ☐ 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.
- ☐ CSI-P targeted athletes who are already training in B.C. may train, compete and travel for that purpose if they follow the COVID safety protocols of their respective provincial or national sport organization. Camps are arranged so that accommodation, transportation, and meals are structured to follow health and safety protocols.

Provincial Camps specifically, for CSI-P targeted athletes

- ☐ Pre-camp, sport organizations should:
 - Clearly communicate expected protocols in advance of camp to both athletes and parents where appropriate
 - Ask individuals to reduce exposure to others and minimize visits to public places for at least one week leading up to the camp
 - Stress the importance of individuals paying attention to their health (proper rest/sleep & nutrition, symptom-screening)
 - Plan travel to minimize interactions with other people where possible
- ☐ In-camp, sport organizations should:
 - Enforce physical distancing, proper hand hygiene, and rest and recovery
 - Require individuals to wear masks when outside the training environment where physical distancing cannot be maintained
 - Form a cohort for the duration of the camp
 - Stay as a cohort as much as possible in order to minimize interactions with individuals outside the training group
- ☐ Post-camp, sport organizations should:
 - Plan travel for returning home to minimize interactions with other people where possible
 - Recommend individuals monitor their health (proper hygiene, symptom screening) and notify public health if symptoms develop

Workshops/Courses

Background: Workshops/Courses typically have between 6 and 12 adult participants.

- ☐ In addition to below, comply with above **General Rules**.
- ☐ Learning facilitators or course conductors are to remind all participants of the rules at the beginning of each day.
- ☐ For in-class sessions, virtual is strongly considered. If not possible, ensure room and tables are set-up so that physical distancing is maintained (2m). Mask are mandatory.
- ☐ Assign one individual to read the info on [cleaning and disinfectants](#) and then to disinfect (e.g., using disinfecting wipes)
 - each workspace before starting;

- all common touchpoints (e.g., door handles, light switches) at least twice per day.
- ☐ Do not share any equipment.
- ☐ Ensure there is adequate sanitizer in washroom.
- ☐ Follow any additional facility directives.
- ☐ A record of participants is maintained.

Offices

- ☐ In addition to below, comply with above **General Rules**.
- ☐ Work and meet virtually where possible.
- ☐ The Employer is to remind all staff of the rules.
- ☐ Ensure workspaces are set-up so that physical distancing is maintained (2m) or that barriers are adequate (e.g., cubicle walls).
- ☐ Ensure there is sanitizer available at common touchpoints (e.g., by office door, by photocopier, in washroom).
- ☐ Assign one individual to read the info on [cleaning and disinfectants](#) and then to disinfect (e.g., using disinfecting wipes) all common touchpoints (e.g., door handles, light switches, photocopier) at least twice per day.
- ☐ Follow any additional facility directives, if any.
- ☐ Do not share any equipment if possible.

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.