



## Return to Sport Introductions

Sport and physical activity play an important role in the physical, psychological, and emotional well-being of students and volunteers in EKAS community. For these reasons, we are all excited to resume snow sport activities. However, the health and safety of all participants and the greater community must remain the number one priority.

This Return to Sport Plan is informed by the viaSport British Columbia provincial guidelines, sport-specific plans by Canadian Adaptive Snowsports, BC Adaptive Snowsports, our local mountain hosts and the provincial health organization recommendations.

EKAS will be carefully monitoring the situation throughout our province. Please bear in mind that we might find ourselves opening and then needing to close some or all programs or change the processes; everything depends on what happens with the numbers of COVID-19 cases within our province. We will need to be flexible to respond to changes in community transmission, and changes in advice from the Provincial Health Officer.

For the purposes of this document, the following definitions are used:

**EKAS** is East Kootenay Adaptive Snowsports

**BCAS** is BC Adaptive Snowsports

**CADS** is Canadian Adaptive Snowsports

**Programs** are defined as any organized activity that is facilitated by EKAS or an BCAS or CADS-sanctioned local and national event.

**Volunteer** is defined as any administrative volunteer, program volunteer, instructor or coach.

**Student** is defined as any participant in a EKAS program or training.

**Caregiver** is defined as any primary support worker, caretaker, guardian, or parent of a student.

**Participant** is defined as anyone involved in EKAS programs including volunteers, students, and caregivers.

## COVID-19 and Transmission

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes, but also may occur when someone is talking in very close proximity to another person. The virus in these droplets can enter the body of another person when that person breathes in the droplets, or when the droplets touch the eyes, nose, or throat of that person. This is referred to as 'droplet' transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment when someone touches a contaminated area, then touches their face without cleaning their hands. The virus does not enter the body through skin. It enters through the eyes, nose, or mouth when the person touches their face. Unfortunately, human beings touch their face often throughout the day, much more than they realize, which is why regular handwashing and cleaning of high-touch surfaces is so important.

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting where there is more space for people to keep physically distanced. However, in the context of sport, risks exist even outdoors, due to high touch surfaces because many sports involve objects that are normally shared among participants.

## Symptoms of COVID-19

COVID-19 symptoms are similar to other respiratory illnesses including the flu and the common cold. These 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, and loss of appetite.

It is also possible that people infected with COVID-19 may experience little or no symptoms. Illness may range from mild to severe.

Some people are more vulnerable to developing severe illness or complications from COVID19, including older people and those with chronic health conditions.

## Resources:

<http://covid-19.bccdc.ca/>

to find current information from the BC Centre for Disease Control.

<https://www.decoda.ca/read-all-about-lit/covid-19-in-plain-language/>

for a plain-language resource to help explain COVID-19.

## Risk Management

B.C. health officials say there are two variables that we need to address in order to reduce the risk of transmission:

1. Contact intensity – how close you are to someone and for how long.
2. Number of contacts – how many people are in the same setting at the same time.

The following levels of protection are listed from highest level of protection to lowest. Use the highest level of protection possible or appropriate for each situation.

- Physical distancing measures – reduce density of group (number and duration of contacts)
- Engineering controls – physical barriers, increased ventilation, traffic flow
- Administrative controls – rules and guidelines
- Non-medical masks (and other Personal Protective Equipment)

Each sport and training program is required to have a Program Safety Volunteer to help mitigate risk.

## Purpose

This plan is intended to help EKAS volunteers, students, caregivers, and staff safely return to in person programs.

EKAS' Return to Sport Plan provides detailed information on expectations, information, and resources that can support decision making and communication within our programs.

The five guiding principles of our return plan are as follows:

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"><li>• Frequent handwashing</li><li>• Cough into your sleeve</li><li>• Wear a non-medical mask</li><li>• No handshaking</li></ul>	<ul style="list-style-type: none"><li>• Routine daily screening</li><li>• Anyone with any symptoms must stay away from others</li><li>• Returning travellers must self-isolate</li></ul>	<ul style="list-style-type: none"><li>• More frequent cleaning</li><li>• Enhance surface sanitation in high touch areas</li><li>• Touch-less technology</li></ul>	<ul style="list-style-type: none"><li>• Meet with small numbers of people</li><li>• Maintain distance between you and people</li><li>• Size of room: the bigger the better</li><li>• Outdoor over indoor</li></ul>	<ul style="list-style-type: none"><li>• Spacing within rooms or in transit</li><li>• Room design</li><li>• Plexiglass barriers</li><li>• Movement of people within spaces</li></ul>

We require all participants of EKAS of to read and understand this plan and sign a copy of the attached "SPORT PARTICIPANT COVID-19 AGREEMENT" prior to involvement in any club event.

The Provincial Health Officer's direction is that Return to Sport Plans should cover three things:

- 1 Processes to open safely
- 2 Measures to keep people safe to avoid further outbreaks
- 3 A plan in the event that a case or an outbreak should occur

## 1. Process to Open Safely

1.1 To ensure a safe opening we will not allow participation by the following individuals or groups:

- a) People who are currently infected with COVID-19.
- b) Anyone who is under quarantine or who has symptoms of respiratory infection: such as fever, sore throat, runny nose, cough, shortness of breath or loss of sense of smell; or general symptoms such as headache, muscle aches, fatigue, loss of appetite, nausea, vomiting or diarrhea.
- c) People who are immunocompromised or believed to be at-risk for COVID-19.
- d) Any participants that do NOT have a current BCAS membership.
- e) Members who do not submit a properly signed "Sport Participant COVID-19 Agreement".
- f) Members who do not follow the instructions or guidelines provided in this Return to Sport Plan and/or the Sport Participant COVID-19 Agreement.

1.2 Every club activity will have a designated responsible organizer who will maintain a complete list of participants which will be made available to our club's COVID-19 RTS primary contact person.

1.3 Club facilities have been thoroughly cleaned and new cleaning regimes have been put in place to maintain a high level of sanitization. There may be new signage further explaining these procedures, as well as changes to maximum occupancy, and we ask that all members read and abide by the new rules.

1.4 High risk activities will be avoided. We will be focusing on skill development during this time.

1.5 There must be good hygiene practices in connection with the activity, e.g. access to hand sanitizer, routine hand washing and thorough cleaning of sports equipment before and after the activity.

1.6 We ask that any person/s participating monitor potential symptoms and use the COVID-19 self-assessment tool found at <https://bc.thrive.health/>

1.7 When an activity is being held at a facility (e.g. ski resort), our members must also agree to follow the venue's guidelines.

## 2. Measures to keep people safe to avoid further outbreaks

2.1 All types of training and program activities must be carried out in a way that ensures the Government of BC's recommendations on distance between people and group gathering are complied with, i.e. keeping a 2-meter (6 feet) distance between participants at all times.

2.2 No sports activity or training involving a group of more than 50 people shall be carried out if at least 2 meters of distance between individuals cannot be properly maintained.

2.3 Participants are recommended to only use their own equipment. Any shared equipment needs to be properly sanitized immediately after each use.

2.4 Physical contact is not permitted.

2.5 In activities for children and adolescents, an adult who can ensure the activity is carried out in accordance with the requirements and recommendations of public health authorities and special sporting COVID-19 rules must be present.

2.6 Everyone attending an activity will have easy access to hand washing with soap and water or hand sanitizer.

## 3. Our Plan in the event that a case or outbreak should occur

3.1 If someone shows symptoms of COVID-19 they must immediately let the program coordinator know at the number below and isolate themselves.

3.2 We will make decisions to cancel, postpone or modify any activity if one or more cases of potential infection are reported.

3.3 We will promptly communicate all information regarding reported cases at any event with everyone who has participated or been involved. An individual's privacy will be maintained throughout these communications.

3.4 Any person(s) showing symptoms must self-isolate as per BCCDC guidelines.

## Communication Plan

Contact Heather Watson at the contact info below regarding:

BCAS, Facility, Forms & Tracking, BCAS registration, Waivers, Session check-in, Contract completion

Everyone is responsible for their own Hygiene, PPE, Equipment Sanitation

Instructors will check for adherence and ensure EKAS equipment is properly sanitized

# SPORT PARTICIPANT COVID-19 AGREEMENT

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

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

- I agree to daily symptom screening checks and will let club coaches know if I have experienced any 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 entering and exiting any training facility, with soap or sanitizer.
- I agree to sanitize the equipment I use during my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to follow social distancing protocols by staying at least 2m away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all the club COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, I may be asked to leave the club 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 the temporary suspension of my club membership.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

## Participant Signature

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

## Parent / Guardian Signature (If participant is a minor)

Date: \_\_\_\_\_ Signature: \_\_\_\_\_