



WCN COVID-19 Safety Plan

All Biathlon BC Member Clubs are required to develop COVID-19 Reopening Safety Plans. These plans are required to explicitly present the measures that will implement and maintain over the coming 12 to 18 months or possibly longer. 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 and/or the Club website.

WCN has created this document, based on Biathlon BC's guidance document. This document has been cross referenced and is aligned with the [ViaSport Return to Sport Guidelines for B.C.](#)

The Provincial Health Officer's direction is that COVID-19 Reopening Safety Plans 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.

The 5 principles from B.C.'s Restart Plan should be used to create COVID-19 Reopening Safety Plans:

To reduce the risk of the virus spreading through droplets in the air, WCN is implementing protocols to protect against identified risks.

Five Principles For Every Situation

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

Club Knowledge and Awareness About COVID-19 risks and public health info

WCN Members are responsible for:

Understanding of the risks of COVID-19, including transmission routes and best practices for limiting spread. WCN has placed the following links on our website here and these will be reviewed daily to ensure we have current information- [Interior Health](#), [BC Centre for Disease Control](#), [Government of Canada-Health Services](#), [Dr. Bonnie Henry & Minister Adrian Dix COVID-19 Updates](#)

Information regarding vulnerable populations will be included on the website and via direct email to all participants prior to their first session.

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

- via links on the WCN Website
- via direct email to participants
- via coach prior to each session

Club Policy Regarding COVID-19

- 2020/2021 WCN Participant Agreement -COVID-19
- All participants must sign a Participant Agreement that contains Acknowledgement of Risk prior to their first session.

Access and Programming

- Everyone must sanitize hands when arriving, and prior to departure.
- Cars will park widely spaced
- Upon arrival participants will be reminded of hygiene protocols, and to utilize the 'Get in, train and get out' principle.
- Coaches will verbally confirm that all participants remain healthy at the end of practice.
- Only Coaches will access the storage sheds to distribute equipment for participants.
- Coaches will remind participants at the start of each session of the training traffic flow pattern
- WCN may limit numbers to 5-6 participants in a group.
- Start times of practice sessions may be staggered to allow small groups to start sequentially
- Equipment (roller skis and rental skis) will be allocated for the training season

Operations

- Coaches will have in person, onsite training about personal safety procedures and physical distancing requirements prior to programming commencing.
 - Participants will have updates and ongoing education at every practice.
- Sandwich board posted at the practice will include Physical Distancing & sanitizing

Hygiene

- Coaches, athletes and volunteers will be required to sanitize their hands before and after practice.

Equipment Cleaning and Sanitization

- All rental equipment will be sanitized with appropriate products (ski, boots, poles require different products). Athlete will be solely responsible for cleaning rental equipment.
- Cleaning procedures will be demonstrated to staff in person, through onsite training.

Safety Equipment

Coach and volunteers have individually assigned personal protective (PPE) equipment as follows:

- Personal masks
- Personal Gloves

Health Monitoring

Participants should note that in COVID-19 they may identify as being in a vulnerable population and at higher risk. Those identified at risk will be informed of information on the websites such as [BC Centre for Disease Control](#).

Vulnerable populations may include-

- older adults
- those with underlying medical conditions and/or compromised immune systems

*Self-screening (at home) must be undertaken daily prior to attending a training session through Teamsnap.

If a program athlete, parent, coach or volunteer are COVID symptomatic they MUST contact WCN President president@wcnbiathlon.com or 604-859-6922

At the start of each training session, coaches will verbally confirm that all participants have done such a check and are symptom-free. Public Health Authority information about screening, possible self-isolation, and quarantine requirements is [available here](#)

WCN will store participants' attendance records on-site for the season. These records include acknowledgement of self-screening and that participants are not COVID-19 symptomatic.

Non-Compliance

Non-compliance will be addressed by the following 3 steps:

1. The first instance, if minor, will be addressed by the participant being required to attend an education session with the club manager or a coach prior to attending another practice. This individual **MUST** leave the premises immediately. If the instance is a major infraction (deliberate refusal to comply) step 2 will apply immediately.

2. The second instance of non-compliance (or first instance if a major infraction) will result in the participant being denied access WCN programs and facilities for 14 days following the incident. Also, during that time the participant will be required to attend an education session with the club manager or a coach prior to resuming training. In order to return the participant must agree in writing to comply with all procedures and policies, and acknowledge that if there is another instance of non-compliance that they will be unable to participate in any WCN programs for the 2020-2021 season or access any WCN facilities, and will not receive refunds for any programming or season passes purchased.

3. If the participant has another instance of non-compliance they will be immediately notified via email that they will be denied access to WCN programs and facilities for the remainder of the 2020-2021 season.

WCN Medical Response Plan

Medical Lead: The President and/or Head Coach will communicate with individual who self-reports COVID-19 symptoms, and with local health authorities.

Communications Lead: The President/Secretary will facilitate all internal communications regarding a suspected or confirmed COVID-19 case.

If there is a suspected or confirmed case of COVID-19 at the club, Management will:

- ☐ Immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at the health authority.
- ☐ Cooperate with local health authorities if contacted by a medical health officer in the course of contact tracing.
- ☐ Immediately close the club and implement enhanced cleaning measure prior to re-opening.
 - Implement your illness policy and advise individuals to:
 - o self-isolate
 - o monitor their symptoms daily,
 - o report respiratory illness and
 - o not to return to activity for at least 14 days
- ☐ use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
- ☐ Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
- ☐ Individuals can learn more about how to manage their illness [here](#)
- ☐ In the event of a suspected or confirmed case WCN Board of Directors and Biathlon BC will be contacted.

If there is a suspected or confirmed case of COVID-19 at the club, the Communications Lead will:

- ☐ Access the club data base where contact details for all participants and staff has been created, including emergency contacts. This list will enable prompt communication should any emergency require connecting with staff and participants.
- ☐ Immediately communicate with all club participants and staff to advise of the situation.
- ☐ Communicate the club closure and cleaning procedures that will be completed prior to the club re-opening.
- ☐ Communicate the importance of daily self-screening for all participants and staff.
- ☐ Ensure that all participants and staff are able to readily communicate with Management.

Approvals and Publishing

WCN's COVID-19 Safety Plan is posted on our website
The motion passed by the WCN Board of Directors is below-

The WCN Board of Directors approved this plan via email on Sunday June 28, 2020