



## Vancouver Island Society for Adaptive Snowsports (VISAS)

Filberg Centre, 411 Anderton Ave., Courtenay, B.C. Canada V9N 6C6

Ph: 250.218.1157, Fax: 250.338.0980

[www.visasweb.ca](http://www.visasweb.ca)

## VISAS Return to Sport (RTS) Plan and Guidelines

### COVID-19 Emergency Health Measures

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**EXECUTIVE SUMMARY** - The following 8 pages plus Appendix A, detail the Return to Sport Plan for Vancouver Island Society for Adaptive Snowsports' (VISAS) operation in 2020-21. Basically, participants agree to respect the BC Provincial Health Officer (BCPHO), Mount Washington Alpine Resort (MWAR) and VISAS protocols in order to participate in VISAS snowsports instruction. This includes maintaining physical distancing of 2 M at all times, wearing a mask while on MWAR property including during lessons, not interacting with anyone outside your family bubble and respecting MWAR staff controls of limited numbers of people in any area of MWAR facilities. Individuals should not go to MWAR if they are ill or present any of the medical symptoms of COVID-19. If any of these conditions or requirements cannot be understood or respected, the individual will be asked to leave MWAR and will not participate in any VISAS instruction until cleared by medical authority.

## WHO SHOULD READ THIS DOCUMENT?

This document is intended for use by VISAS members, including students/athletes, caregivers, instructors, volunteers, personal assistants, and the broader VISAS community and partners. Together, we all play a critical role in combating the spread of COVID-19, both on and off the slopes. This document is MANDATORY reading for all VISAS instructors, volunteers, participants and/or guardians.

Getting the most skiing in for the most people this season depends on everyone:

- a. following ALL the COVID rules with no exceptions; and,
- b. if in doubt (about your health) - please do not come out!

Getting the most skiing in for everyone this winter depends on it. Our season can be cancelled at any time so - do not be part of the reason ...for an early end to the season!

## SECTION 1 - INTRODUCTION

VISAS is committed to the health and safety of its members and emphasizes the importance to comply with the BC PHO and ViaSport guidelines. According to Public Health Canada, people with medical conditions including respiratory or cardiac disease, hypertension, coagulopathies, diabetes, obesity, severe asthma, and immunosuppression due to disease, chronic condition or medication may be at increased risk of severe COVID-19 infection. BC Centre for Disease Control outlines priority populations who may be at risk which includes children with immune suppression and medical complexity. It is the responsibility of each member to undertake their own personal risk assessment and determine whether they are willing to return to sport and adhere to the guidelines set out in this document. This plan has been compiled from documents published by the BC PHO (BCPHO) and guidelines set out by BC viaSport and BC Adaptive Snowsports, as well as MWAR. The information presented in this document is currently understood as best practices for participation in Adaptive Skiing and Snowboarding for the general population. VISAS will continue to update this plan as we progress through the various stages of the COVID-19 pandemic.

The ministerial order, found [HERE](#), protecting sport organization, their employees and volunteers from damages resulting directly or indirectly from COVID-19, remains in place for Phase 3. This order is in place as long as sport organizations follow applicable guidance (e.g. BCPHO orders, viaSport RTS guidelines). If BCAS/VISAS become aware of changes to this order, members will be notified immediately. M183/2020 - protecting Non-profit sports organizations extends 90 days beyond the end of the state of emergency.

This plan is subject to human rights law. Nothing in this plan is intended to take away anyone's rights under applicable human rights legislation. In no circumstance will this plan apply so that any person is entitled to less than they would be entitled to under human rights law. In the event of any inconsistency between this plan and human rights law, human rights law will prevail.

## SECTION 2 - GENERAL OVERVIEW AND RECOMMENDATIONS FOR ALL MEMBERS

**It is the responsibility of each participant and instructor to undertake their own personal risk assessment and determine whether they are willing and able to return to sport at any time.**

- Check all guidance that has been published by the BC PHO, especially concerning physical distancing and hygiene and any athletic specific guidance (via Sport).
- Be aware guidance can change quickly and more restrictive rules may be applied.

All participants/instructors/volunteers/ must sign all forms on their Snowline Profile that are included in the FORM and AGREEMENTS tab at the time of registration. These Include, but not limited to, the forms listed below:

- NATIONAL ILLNESS POLICY (Snowline)
- CODE OF CONDUCT (Snowline)
- NATIONAL WAIVER – ASSUMPTION OF RISK, RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT (Snowline).

Prior to participating in any VISAS activities, all participants/instructors/volunteers/ must sign the COVID DELARE NOW document found on their Snowline Profile. This document is to be completed each day prior to the scheduled lesson or activity.

AS PER BRITISH COLUMBIA PROVINCIAL HEALTH OFFICER (BCPHO) ORDERS, THE FOLLOWING INDIVIDUALS ARE NOT PERMITTED TO ATTEND VISAS LESSONS, TRAINING OR ACTIVITIES:

- Any person exhibiting or experiencing the COVID-19 symptoms listed in the BC COVID-19 Assessment Tool. (See <https://bc.thrive.health/covid19/en> for up to date list of symptoms). If these symptoms begin while participating in a VISAS activity, the individual must leave immediately and contact their physician for advice on further management. The individual must also inform the VISAS Program Manager and/or Instructor, who will then inform MWAR and BCAS. More information on reporting symptoms can be found in the VISAS Illness Policy on Snowline and the VISAS Outbreak Response Protocol (Appendix A).
- Any person who receives a diagnosis of COVID-19; (they must comply with the current mandated self-isolation policy).
- Any person who has been told to self-isolate at home.
- Any person who lives in a home with someone with symptoms of COVID-19.
- Any person who has been in close contact with someone who has been told to self-isolate at home.
- Any person who has arrived in Canada from outside of the country within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.

## MINOR ATHLETES (UNDER 18 YEARS OF AGE)

- All guidance applicable to instructors and participants in this document is relevant to minor athletes.
- A Self-Assessment form will be required prior to every training/lesson activity.
- As part of the routine Ask Observe Test (AOT) part of lessons, all instructors will ask a series of questions and make observations to confirm how the participants are feeling throughout the lesson.

## VULNERABLE/AT-RISK POPULATIONS

The Public Health Agency of Canada recognizes that some individuals are more at risk of getting COVID-19 and developing severe complications due to their health, social and economic status. Participants that are considered higher risk should follow any medical guidance they have been given about ensuring their health and welfare. If there are further concerns, please consult with your family physician or Nurse Practitioner before participation.

## PHASED APPROACH

VISAS will follow a phased approach in its return to sport programming. Transition between levels will be informed by BC's Restart Plan and the viaSport Sport information but is ultimately at the discretion of VISAS's Board of Directors.

- VISAS may stay within a level or revert back to a previous level if it is deemed necessary to mitigate risk of transmission within our program.
- The health and safety of our participants, instructors, staff and community remain at the core of all decisions related to training levels. Any regression of the Provincial Phases will result in review of and possible cancellations and reversion to previous programming levels.
- This document is specific to BC Level 3. Updates will be provided as appropriate before transitioning to another level.
- VISAS scope of activities may seem restrictive at the beginning of the season. However, it is felt that the restrictions are in the best interest of everyone's health and will be reviewed regularly and more activities may be added if/when warranted.

### SECTION 3 - SETTING UP A SAFE TRAINING ENVIRONMENT – REQUIREMENTS FOR VISAS INSTRUCTORS

It is the responsibility of VISAS and MWAR to undertake a risk assessment prior to the resumption of activities. It is important to remember that while mitigation measures can reduce the risk of COVID-19 infections, they cannot completely eliminate the threat.

#### VISAS

VISAS is committed to continually improve practices, policies, and procedures in effort to reduce the spread of COVID-19. In order to achieve this, VISAS will:

- Provide all instructors with specific training on COVID-19 Protocol during the annual Refresher Training in Dec. 2020 before VISAS accepts student lessons in Jan. 2021.
- Appoint the Daily Duty Supervisor (DDS) as a Medical Liaison/Safety Officer to be present at training sessions and/or lessons and be responsible for enforcing and regularly reminding participants of health recommendations. Responsibilities of the VISAS Safety Officer include, but are not limited to:
  - Keeping up to date on all Local/Provincial Health Guidelines and working with MWAR to comply with any municipal or local regulations.
  - Communication with all VISAS members and/or facility users of any training restrictions, regulations, and recommendations.
  - Listening to feedback from participants, caregivers, or instructors about issues with training protocols.
  - Ensuring that the participants, caregivers, and instructors feel comfortable in their lessons and training events and confident when coming forward with concerns.
  - Confirming that daily symptom screening, in accordance with the VISAS COVID-19 Declaration on Snowline is occurring and a record of attendance is retained.
  - Immediately reporting all suspected and/or confirmed cases of COVID-19 to BCAS and MWAR in accordance with the VISAS Outbreak Response Protocol (Appendix A). The Outbreak Response Coordinator (ORC) will inform MWAR and the Public Health Authority.
- Implement a process for routine daily symptom screening for all instructors and participants to be completed before each lesson/training activity.

- Implement an attendance process at every VISAS event to help with contact tracing should a COVID-19 case be suspected/confirmed. This listing should include all staff, participants, instructors, volunteers, etc. and should be retained for a minimum of two weeks and forwarded to BCPHO/BCAS/MWAR if/as requested.
- Ensure Physical Distancing and Hygiene measures are being implemented and upheld.
- Implement a lesson schedule using staggered start times; training groups will be limited to one instructor and five participants. Students and instructors will meet on the snow for all parts of the lesson/training.
- Work with VISAS Board and MWAR staff to adjust training plans as needed.
- Keep the bottom of the Dutch door to the VISAS room closed with the upper Plexiglas divider installed at all times except when permitting an instructor to enter. Students and caregivers will remain outside the room. There will be no more than 5 persons in the VISAS room at any time, including the DDS.
- Regularly clean and disinfect frequently touched surfaces (i.e. between uses and before and after lessons/training sessions). Keep a log of cleaning times and areas.
- Ensure that wash stations or hand sanitizer stations are available in the VISAS room.
- Ensure all equipment is cleaned and disinfected after each use. Keep a log of when and how equipment was cleaned and sanitized.
- When possible, keep the window open to assist in air flow.
- Ensure Personal Protective Equipment (PPE) (i.e. Masks, Gloves & Eye Protection) is available onsite to be donned by instructors in case of injury if assistance needed.
  - **Ski goggles are considered appropriate eye protection for this purpose.**
  - **No latex gloves are to be used due to the prevalence of latex allergies which may result in anaphylactic shock; use alternative gloves.**
- Participants and instructors will use masks or PPE while attending lessons/training sessions and must ensure they are properly discarded or cleaned after use.
- Instructors/individuals cleaning any equipment will use masks or PPE and wash/sanitize their hands often.
- Track attendance. DDSs must ensure that the Snowline lesson scheduling program is updated to reflect any change to scheduled student/instructor assignments. Accuracy is critical to being able to provide full contact tracing information should it be required. Records must be accurate and will be retained on Snowline. However, to facilitate passing this info to BCPHO, should there be a need; a short version manual log will also be retained.

## EQUIPMENT/FACILITY

In order to maintain a healthy environment, VISAS will task the Program Manager, DDS and Equipment Manager to:

- Manage the use of Equipment and ensure it is cleaned before, during and after use.
- Ensure that facilities have prominently posted appropriate signage for Personal Hygiene and Protection against COVID-19 outside entrances to the VISAS room:
- Ensure that facilities are conducting frequent cleaning throughout the day including cleaning, sanitation, and disinfecting of all common areas, especially high traffic areas such as counter surfaces, tables, door handles, equipment, and more.
- Ensure that all equipment is cleaned before and after use and a log of what/when and where is updated. Equipment manager will devise a system to ensure that fabric material is quarantined for 48 hours after cleaning.

## INSTRUCTORS

- Each Instructor will be required to sign a VISAS COVID-19 Declaration Form on Snowline the morning of any booked lesson or activity.
- Ensure routine daily symptom screening and COVID-19 Declaration/Attestation for all clients/students, volunteers, personal assistants, and fellow instructors is conducted.
- Instructors will ensure that everyone (participant/volunteers/personal assistants) declares they have conducted a daily health check and will require self-certification by all individuals that they are in good health and not experiencing any symptoms.
- Ensure that all participants who report symptoms are advised to follow up with their physician or local public health officials for a medical assessment. Participants will be advised to seek clearance from their physician before returning to strenuous exercise regardless of their COVID-19 status. If participants have a confirmed case of COVID-19, they MUST have written medical clearance before returning to a VISAS lesson.
- Remind participants and their caregivers that their health and safety, and of those around them, are of the utmost importance.
- There should be no sharing of training equipment between participants within a training session.
  - Equipment that belongs to VISAS must be cleaned thoroughly before/after training sessions.
- Appropriate PPE must be carried by all instructors for use in the event of an athlete injury where they may need to attend to the injured party. VISAS will provide this PPE kit.

## SECTION 4 - OPERATING IN A NEW TRAINING ENVIRONMENT – RECOMMENDATIONS FOR PARTICIPANTS AND CAREGIVERS

- It is recommended to consult with your family physician or Nurse Practitioner before participation (Medical Waivers are provided in the Snowline Registration Portal).
- Ensure that all arrangements have been made prior to leaving home so that any advice on physical distancing and wearing of masks, as examples, can be maintained in the facilities and during lessons. Lessons must be pre-booked with VISAS; no drop-in lessons will be accommodated.
- Participants (and caregivers) should ensure that any risk has been assessed in carrying out their activity.
  - Ensure you are prepared and have planned for circumstances where injuries or other accidents may occur. Have a plan in place to resolve the issue while maintaining all government guidance.
- It is not mandatory to send your child to lessons if you do not feel comfortable with current MWAR and VISAS guidelines and risk mitigation strategies currently in place.

## BEFORE THE LESSON

- All program registration will be completed online.
- Registration fees (BCAS Membership) must be paid online before lesson request are submitted. Fees for lift tickets will be paid to MWAR on the day of the lesson via credit or debit, no cash will be accepted.

- All participants (or their caregivers for participants under 18) will be required to sign all Waivers and forms at the time of registration on Snowline.
- All participants (or their caregivers for participants under 18) will be required to sign a VISAS COVID-19 Declaration Form on Snowline the morning of any booked lesson or activity.
  - All participants must complete a personal health attestation each time they attend a lesson. Form is found on the Snowline registration portal with each lesson confirmation and verbally before the start of each lesson.
- All individuals (coaches/athletes/volunteers) will be required to practice good hygiene as per BCPHO guidelines.

## PREPARING FOR LESSONS

- Each Instructor will be required to sign a VISAS COVID-19 Declaration Form on Snowline the morning of any booked lesson or activity.
- Instructors are to ensure that each student/caregiver declares they have conducted a daily health check and will require self-certification by all individuals that they are in good health and not experiencing any symptoms.
  - Screening forms to be provided by VISAS.
- Before each training session, instructors will remind their athletes to ensure they are beginning their session with sanitized hands and equipment.
- Participants should arrive at the training location on the snow close to their allotted starting time, dressed to train, and should leave immediately after the lesson.

## WHILE TRAINING or DURING LESSONS

- Instructors will wash or sanitize their hands as well as all club equipment before and after lessons/training.
- Attendance in all programs will be tracked diligently and will include:
  - Date of lesson including Start/end time of session.
  - Name of individual collecting information.
  - Attendees first & last names and phone number.
- Avoid all physical contact, for example: handshakes, hugs, high fives, fist bumps, etc.
- Immediately discard any soiled items in appropriate receptacles.
- No spitting or clearing of nasal passages except into a disposable tissue that is to be hygienically disposed of immediately in appropriate receptacles.
- Maintain 2 metre physical distance where possible and follow the VISAS Chairlift/Carpet spacing direction as follows:

VISAS Instructors will adhere to the following rules while riding the Chairlifts and using the Magic Carpets:

Masks are always to be worn on all chairlifts and carpets, no exceptions.

A minimum of 2 (two) metres distancing to be maintained between Instructor(s), Students and Resort Guests while lining up to load all Resort lifts and during unload.

Hawk Chairlift - maximum of 3 riders during current Pandemic (6 person lift during non-pandemic situations).

- The chair maybe loaded by two (2) Instructors and one (1) Student, allowing for maximum space between all.
  - Student in the middle and an Instructor on each side
- The chair maybe loaded by One (1) Instructor and one (1) Student

- Student on one side of the chair, Instructor on other side, middle empty

Eagle and Sunrise Chairlifts - maximum of 2 riders during current Pandemic (4 person lift during non-pandemic situations).

- The chair will be loaded by one (1) Instructor and one (1) Student only
  - Student on one side of the chair, Instructor on other side, middle empty.
  - A second Instructor to follow on the next chair loading as per the Resort policies.

Whiskey Jack Chairlift - maximum of 1 rider during current Pandemic (3 person lift during non-pandemic situations).

- The chair maybe loaded by one (1) Instructor.
- The next chair maybe loaded by one (1) Student.
- A second Instructor to follow on the next chair loading as per the Resort policies.

Magic Carpet ground lifts.

- A minimum of 2 metre spacing between Resort Guest, Instructors and Students while loading, riding and exiting the carpets.

Ski School Lift Access Lines: If a student has difficulty maintaining spacing in crowds, VISAS instructors with a student, may use the Ski School access line for loading the chair.

## AFTER TRAINING/LESSONS

- Make sure all your personal belongings and individual training equipment (gloves, tubes, straps, bands, etc.) are taken home with you.
  - Do not congregate after training. Do not socialize with anyone outside your bubble. Leave the training area and venue as soon as it safe and responsible to do so.
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## APPENDIX A

### VISAS OUTBREAK RESPONSE PROTOCOL

1. The purpose of the Outbreak Response Protocol is to aid in the contact tracing of those individuals who may have come into contact directly or indirectly with an infected individual and help prevent the community spread of COVID-19. The early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. VISAS is fully committed to the health and safety of its members and will be implementing the following action plan to limit exposure:
2. Every CADS sanctioned program, event and ongoing administration must follow the Return to Sport guidelines approved by the VISAS Board of Directors. In the case of an outbreak, the attendance list for every lesson or training session will be essential to follow the Outbreak Protocol and ensure that contact tracing can take place.
3. VISAS has designated the Program Manager as the Emergency COVID-19 Outbreak Response Coordinator. Backup individuals for this position are the daily Duty Day Supervisors.
4. All Individuals must follow the VISAS Illness Policy. If an outbreak at a VISAS program, event or office is confirmed, in addition to the Illness Policy, the following Outbreak Protocol must be adhered to:
  - a. The Outbreak Response Coordinator (ORC) will ensure that MWAR and the Public Health Authority has been notified of the outbreak as soon as possible. The list of Public Health Authority contacts will be provided to the ORC by MWAR before VISAS commences activities at Mount Washington.
  - b. The ORC will obtain the attendance list and contact information of all attendees and provide this to the MWAR and the Public Health Authority to facilitate contact tracing.
  - c. The ORC will notify the program/event/office attendees that an outbreak has occurred so that they may follow the VISAS Illness Policy. They will not provide information as to who has become ill.
  - d. The ORC will notify the facility contact (MWAR) to ensure appropriate disinfection is completed. In the case of VISAS, partner organizations such as BCAS will be notified of the outbreak.
  - e. The Program/Event/Office activity will be suspended until such time as the ORC and President, together with the MWAR and the Public Health Authority can determine if the program/event/office will be shut down for a period of time (i.e. minimum of 14 days) due to the outbreak and any further steps that may be necessary.
  - f. The VISAS Communication Director will be notified to manage any necessary communication response to the outbreak.
  - g. The program/event/office activities will resume under the guidance of, and with the permission of, the Public Health Authority, MWAR and the VISAS President.
  - h. Individuals may only return to programs/events/office if they have followed the VISAS Illness Policy and in the case of a positive test, have been cleared by their physician to return. Documentation will be required indicating the individual is cleared to return and/or has a negative test result.

