



RETURN TO SPORT PLAN – CROSS COUNTRY BC

Update – Sep 14, 2021

Cross Country BC has updated its Return to Sport plan (this document) based on the updates from viaSport, found at <https://www.viasport.ca/return-sport>.

For outdoor sports:

- Outdoor sports practices, games, competitions and tournaments are permitted
- Travel for the purpose of sport is allowed within Canada.
- Participants are not required to maintain physical distance on or off the field of play.

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.
- 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.
- Clubs can adapt CCBC's Plan as their situation warrants, but it should align with viaSport and the BC Gov't restrictions (see link 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 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 plan.
- The plan should be posted (e.g., on club website and/or lodge) and reviewed with relevant staff/volunteers/participants.
- For programs, keep participant contact info on file for 30 days for contact tracing purposes.

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 any physical distancing measures, if applicable
- 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:

- 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

- In addition to below, comply with above **General Rules**.
- Coaches are to remind all participants of the rules at the beginning of each day.
- If indoor facilities are used (e.g., gym), follow all additional facility directives in place.
- 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.

Provincial Camps specifically

- Pre-camp, sport organizations should:
 - Clearly communicate expected protocols in advance of camp to both athletes and parents where appropriate
 - 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 mask usage if/where required, proper hand hygiene, and rest and recovery
 - 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 considered. Otherwise, ensure room and tables are set-up so that physical distancing is maintained (2m).
- 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-and-considerations-for-an-ill-or-injured-person-during-covid-19>

APPENDIX A – ILLNESS POLICY

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.