



# RETURN TO SPORT 2020 GUIDELINES

*This document is intended to help BC Alpine member clubs  
create and implement their COVID-19 Safety Plan*

APPROVED BY THE BC ALPINE BOARD

on June 10, 2020

# RETURN TO SPORT GUIDELINES

## DEVELOPING COVID-19 REOPENING SAFETY PLANS

### INTRODUCTION

All BC Alpine member clubs are required to develop a “COVID-19 Return to Sport Plan” that explicitly presents the measures that will be implemented and maintained over the next phase of the pandemic.

Plans must be in compliance with orders and guidance from the Provincial Health Officer and must be made available to the public either by posting on the wall of the organization’s facility or on its website.

BC Alpine has created this document to support member clubs in the development of their “COVID-19 Return to Sport Plan”. This document can be used as a step-by-step tool to create your plan, either by following the bullet points and creating your own plan from scratch, or by altering the additionally provided template for clubs titled “BC Alpine Club COVID-19 RTS Template” which will be available online at BCAlpine.com under the COVID-19 link. The document was created in accordance with the [viaSport Return to Sport Guidelines for BC](#). As this template is a generic one to get you started, we recommend that clubs carefully review this document and make adjustments where required to suit your club, and add additional important items that may pertain directly to your needs.

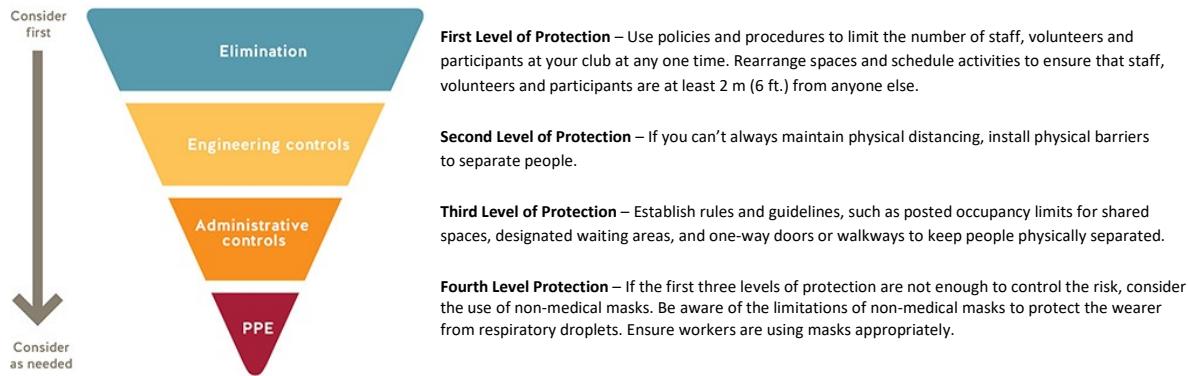
COVID-19 Reopening Safety Plans are **required** to be approved by each BC Alpine member club’s Board of Directors.

The Provincial Health Officer advises that COVID-19 Reopening Safety Plans cover 3 things: **I)** Processes to open safely, **II)** Measures to keep people safe to avoid further outbreaks and **III)** A plan in the event that a case or outbreak should occur. The following 5 principles from BC’s Restart Plan should be used to create your COVID-19 Reopening Safety Plans.

### **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"> <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>

To reduce the risk of the virus spreading through droplets in the air, you must implement protocols to protect against your identified risks. Different protocols offer different levels of protection. Wherever possible, use the protocol that offers the highest level of protection. Consider controls from additional levels if the first level is not practicable or does not completely control the risk. You will likely need to incorporate controls from various levels to address the risk at your club.



***BE ADVISED THAT PERSONAL INFORMATION MUST NOT BE INCLUDED IN THE COVID-19 SAFETY PLAN***

Personal information is any recorded information that uniquely identifies a person, such as name, address, telephone number, age, sex, race, religion, sexual orientation, disability, fingerprints, or blood type. It includes information about a person's health care, education, financial, criminal or employment history. Visit [www.oipc.bc.ca/about/legislation/](http://www.oipc.bc.ca/about/legislation/) for more information.

## STRATEGY FOR CREATING YOUR CLUB'S "COVID-19 RETURN TO SPORT PLAN (RTSP)":

1. Specify the club staff member or volunteer responsible for having a deeper understanding of the risks of COVID-19 and distributing this information as it pertains to club operations to staff and members.
2. Show how the club will share COVID-19 information with all members, including links to appropriate authoritative sources, i.e. BC Centre for Disease Control, BC Government Orders, Notices & Guidance, etc. BC Alpine has provided a more complete list of resources on its website at <https://bcalpine.com/page/c19>
3. Implement the "Sport Participant COVID-19 Agreement" (Appendix A, and available as external document) for all attendees and determine how the club will be collecting and tracking them.
4. Specify within your RTSP that staff and members who are considered "at risk" should not participate in person at this time.
5. State how the club will follow provincial guidelines regarding physical distancing, PPE usage and maximum group sizes. When activities are being hosted at a venue (ski areas, gyms, etc.), include that *their* guidelines must also be followed.
6. Examine every space at your club; what non-essential spaces will no longer be accessible to staff, volunteers and participants? What essential spaces will the club allow to be used and what are the policies governing the use of those spaces, e.g. tuning rooms, kitchens and meeting rooms may be closed entirely, while the parking lot, washrooms, weight rooms and change rooms may have controlled access? How will the club maintain cleanliness and sanitization of accessible spaces?
7. Explain what new measures will be taken by the club to enhance sanitization of club-based activities and how they will be implemented. Specify handwashing guidelines and communal equipment sanitization processes.
8. What, if any, local authorities need to be notified prior to the commencement of activities at your club (i.e. Resort Administration)?
9. Specify your Emergency Action Plan (EAP) for a COVID-19 outbreak or a single case. This should include at least the following points:
  - a. The organizer is responsible for making decisions to cancel, postpone or modify the activity.
  - b. The organizer must communicate the situation to all participants.
  - c. The person/s showing symptoms must self-isolate.
  - d. The person/s with symptoms must self-monitor using the COVID-19 self-assessment tool.  
<https://bc.thrive.health/>
10. Verify that your first aid kit includes masks and gloves, and that anyone administering first-aid understands that they MUST be wearing these items when administering first-aid to a participant.
11. Have your "COVID-19 Return to Sport Plan" approved by your Board of Directors.
12. Make sure that the "COVID-19 Return to Sport Plan" is posted online and/or physically available at the club.



## APPENDIX A) 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: \_\_\_\_\_