



Covid-19 Exposure Control Plan for Safe Return to Play for Athletes, Coaches, Parents & General Members

This Exposure Plan is designed to allow for safe delivery of our cross-country ski programs in conjunction with general membership using Ski Club trails and facilities. This information will be updated as conditions and restrictions within the NWT change.

Implementation Date: October 26, 2020

Revision Date:

NWT COVID Emerging Wisely Resource:

<https://www.gov.nt.ca/covid-19/en/services/public-health-orders/emerging-wisely>

Guidelines To Attend Ski Programs & Enter Ski Club Buildings

Do not come to the Ski Club if you:

- **are feeling unwell.**
- **have currently been asked to self-isolate for any reason.** As of October 2020, this currently includes:
 - Travel outside of the NWT within the last 14 days
 - Illness with signs and symptoms of COVID, with a COVID test pending OR COVID test declined.
 - Concern regarding exposure to known COVID in the last 14 days

Health Screening: All users must perform self-screening prior to attending the Ski Club.

E.g. <https://www.gov.nt.ca/covid-19/en/student-daily-symptom-screening-tool>

Participants showing signs of illness will be asked to return home, if symptoms and signs are consistent with the NWT Public Health COVID criteria.

Contact Tracing: Attendance and contact numbers will be recorded to allow for efficient contact tracing in event of a COVID case and exposure.

- **Coaches will maintain a daily record of attendance.**
- **All users entering Ski Club buildings must sign in with name, date and time.**

All users are asked to follow Public Health guidelines for healthy respiratory practices:

<https://www.hss.gov.nt.ca/sites/hss/files/resources/healthy-respiratory-practices.pdf>

This includes: staying home and avoiding close contact with others if you are sick, sneezing into your elbow, throwing used tissues in the garbage, washing your hands frequently and cleaning and disinfecting any surfaces you touch while sick.

Programs

Drop-Off and Pick-Up

Travel to and from the Ski Club is encouraged to be by household or “bubble.”

Parents are asked to limit time spent during drop-off and pick-up.

Participants are asked to arrive on time and ready to ski (i.e. with ski boots and ski clothing on).

Additional access points to the ski trails will be identified to prevent congestion.

Participants in our scheduled programs will minimize time spent in the Chalet by meeting up with coaches at designated outdoor areas. Group meeting locations will be divided between the additional access points to the ski trails.

Participants will check in with coaches and be recorded on an attendance sheet before each lesson.

Training and Instruction

The majority of training and instruction will take place outdoors, within “Coaching Zones.” This is 50 or fewer persons during Phase 2 of Emerging Wisely.

- “Coaching Zones”: The immediate vicinity around the area where the athletes engage with the coaches. Examples would include part of the ski stadium, a section of trail, or a designated location within the parking lot.
- Individual “Coaching Zones” will consist of a maximum number of people, including coaches, children, and volunteers. These numbers will follow NWT COVID Emerging Wisely guidelines.

Physical distancing requirements will follow the NWT Public Health COVID Guidelines. Athletes purposely breaking the rules or displaying carelessness will not be tolerated. Removal from ski lessons and training is the appropriate repercussion for repeated infractions.

Participants are asked not to share water bottles, food, towels or other personal items (except in unplanned circumstances or emergencies where failure to do so would result in health concerns e.g. hypothermia, etc).

Any equipment used by multiple participants will be cleaned routinely and at the end of each practice.

Ski club gear (skis, poles, uniforms, biathlon rifles, etc) will be assigned to a single participant for the duration of the ski season.

Programs will follow any additional guidelines issued by Nordiq Canada and Biathlon Canada.

Building Use by Programs

The Chalet will be used by participants for reasons such as: warmth; bathroom usage; storage of skis and personal items; use of the designated wax-room; injuries; or other emergencies, following Public Health Order limits for indoor spaces unless an exemption is granted by the Chief Public Health Officer. When access to the Chalet is required, group use will be staggered and capacity limits maintained.

Sanitize hands when entering the Chalet and Biathlon Building. Sign-in not required for program participants as attendance is recorded.

High Performance and Track Attack program participants will use the Chalet for indoor dryland training when it is too cold for safe outdoor training following a WSCC risk assessment to determine group size limits and mitigation measures based on the space and equipment.

Jackrabbit snack and Track Attack lunch programs will be discontinued until communal food and beverages provisions are allowed under the Emerging Wisely plan.

Access to the Biathlon building will be limited to biathlon program participants and maintenance personnel. Numbers will be limited by the ability to maintain 2m physical distancing.

The Ski Parents program will not be offered until indoor physical distancing restrictions are lifted.

Touch surfaces will be cleaned and disinfected by program volunteers each time a program uses a building. Each cleaning will be recorded on a cleaning log.

General Member Use of Trails and Chalet

Follow physical distancing guidelines while on trails, parking lots, stadium, and within the Chalet. Masks or face coverings are required in circumstances outlined by the NWT COVID Emerging Wisely Plan.

Limit Chalet use, especially during peak times for Ski Club programs (to be shared with membership) and access trails from additional access points to prevent congestion.

Sign in with name, date and time and sanitize hands when entering the Chalet.

Clean and disinfect touched surfaces with provided cleaning supplies before leaving.

Follow posted maximum capacities and additional guidelines per zone or per room (i.e. wax rooms, washrooms).

Communal hot drink stations will not be operational until communal food and beverages provisions are allowed under the Emerging Wisely plan. Members may bring their own food and beverages for personal consumption.

Chalet rentals can continue with user groups who show that they understand and can meet the requirements of the current public health order. Cleaning contractors will be hired to clean and disinfect the rented area after each rental.

Grooming Garage Use

Access to the Grooming Garage will be limited to trails crew and maintenance personnel.

Sign in with name, date and time and sanitize hands when entering the Grooming Garage.

YK Ski Club Banting Tent Facility Use

The YK Ski Club Banting Lake tent facility will be limited to immediate families and their bubbles.

The numbers in each group will not exceed recommendations from Protect NWT for people staying in a personal home.

The names of all members of each visiting group will be recorded for contact tracing purposes.

Groups will be asked to bring their own personal belongings and clean any communal items on arrival and on departure.