

BC Adaptive Snowsports

Return to Sport Guidelines

Approved September 10, 2020



INTRODUCTION & PURPOSE

BC Adaptive Snowsports (BCAS) is committed to the health and safety of those involved in our community, including our participants, volunteers, and community club members. Together, we are all eager to get back on the snow for the upcoming 2020-2021 season and deliver on our vision to *provide everyone with the opportunity to experience snowsports*. In doing so, we will adapt our programs and under the guidance of our Municipal, Provincial, and Federal authorities. With this in mind, this document is based on guidelines established by the Provincial Health Officer (PHO) of British Columbia as well as viaSport, with the purpose to provide the following information:

1. Process to open safely:

- The mandatory orders and guidance from the PHO that must be adhered to for all adaptive snowsport activity in BC;
- Information on the current phase and allowable activity, as determined by viaSport's Return to Sport (RTS) Guidelines for BC.

2. Measures to keep people safe to avoid further outbreaks:

- Adaptive snowsport-specific guidance for volunteers, participants, caregivers, and clubs;
- Guidance for clubs in implementing their RTS plans for a safe return to programming.

3. A plan in the event that a case or an outbreak should occur:

- Outbreak action plan to aid in tracing and help prevent the spread of COVID-19.

This document may be updated as the COVID-19 pandemic changes. Updated information will be communicated direct to our club leaders, through the BCAS newsletter and website (www.bcadaptive.com).

CONTENTS

| | |
|---|---|
| 2 | Introduction & Purpose |
| 3 | British Columbia's Phased Return Approach to Sport |
| 4 | BC Adaptive Snowsports - Specific Guidelines & Considerations |
| 5 | Positive Case Protocols - Outbreak Action Plan |
| 5 | Key Definitions |

BRITISH COLUMBIA'S PHASED RETURN APPROACH TO SPORT

The BC Government's Restart Plan takes a phased approach to mitigating against the impacts of COVID-19 while providing PHO guidance for individuals, businesses, and organizations (such as BCAS) as they re-open and operate under a "new normal". Sport sector-specific guidance is provided by viaSport, the provincial amateur sport authority in BC. To guide sport organizations in developing their own sport-specific RTS plans, viaSport has developed RTS Guidelines for BC. Accordingly, the BCAS RTS adopts all recommendations published by the PHO and viaSport. For more information on PHO and viaSport guidance and plans, please click the following links:

[B.C.'s Restart Plan](#)

[PHO Orders, Notices & Guidance](#)

[viaSport Return to Sport Guidelines for B.C.](#)

Principles

Please always keep in mind the following five principles from B.C.'s Restart Plan, all of which have been used to guide viaSport and BCAS RTS documents:

| 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 |

Current Phase

As of August 24, 2020, BC has moved to the "Progressively Loosen" [Phase 3 of the Restart Plan](#). The following elements of Phase 3 are important to plan for when managing risk and implementing adaptive snowsport programs for the 2020-2021 season:

- It is imperative clubs collaborate with their facility operators before any programming takes place. Under [ministerial order](#), facility operators will have policies that also need to be adhered to, including the need to collect information for tracing purposes.
- The [ministerial order](#) protecting sport organizations, their employees and volunteers from damages resulting directly or indirectly from COVID-19 currently remains in place for Phase 3. This order is in place as long as sport organizations follow applicable guidance (e.g. PHO orders, viaSport RTS guidelines). If BCAS becomes aware of changes to this order, club leaders will be notified immediately.
- Guidance for facility access and use, facility operations, cleaning protocols, participants, and emergency response within [viaSport RTS](#) guidelines still applies in Phase 3.
- In Phase 3, sports are divided into four categories based on contact within their sport. BCAS is classified as "Group A – Individual sports that can maintain physical distancing". Within this classification it is acknowledged there may be incidents where physical distancing is not possible. Additional guidance in these situations is provided below (see "Anticipate circumstances where contact with participants is required"). For the application of Phase 3 guidelines across sport types, see Appendix A and H of the [viaSport RTS](#).

BC ADAPTIVE SNOWSPORTS-SPECIFIC GUIDELINES & CONSIDERATIONS

In addition to PHO, viaSport RTS and facility operator guidelines, the following considerations and guidelines are specific to the volunteers, participants, caregivers, and clubs involved with adaptive snowsport related programming in BC.

Pre-Activity Guidelines

- **Register with BCAS:** All volunteers and participants must be registered with BCAS. For any questions or concerns regarding registration visit bcadaptive.com.
- **Ensure pre-screening for all:** Ensure volunteers, participants and caregivers declare they have conducted a daily health check, are in good health, and not experiencing any symptoms of COVID-19. For routine daily screening all are encouraged to complete the [BC COVID-19 Self-Assessment](#);
- **Consider additional forms:** Additional waivers, declarations, attestations, agreements, etc. are considered best practice. See Appendix D of the [viaSport RTS](#) for an example. It is possible facility operators will require additional forms that refer directly to the risks associated with COVID-19.
- **Have a logistics game plan:** Wherever possible, communicate with volunteers, participants and caregivers in advance of arriving at the facility to establish a game plan for drop-off, pick-up, adaptive equipment, and any additional assistance required for the participant.
- **Anticipate circumstances where contact with participants is required:** Some participants will require assistance for participation such as; guiding for participants with a visual impairment, assistance for transferring participants, or handling equipment. Where this assistance can be provided by members of the participant's home residence, no extra precautions are necessary. However, if this assistance is provided by a someone outside of the participant's home residence (e.g. a volunteer instructor) the following is required of the individual(s) providing the assistance and the participant:
 - Wear appropriate PPE, including facemasks;
 - Take extra precautions to ensure all are symptom free, have not traveled in the last 14 days, and have not come into contact with a known or suspected case of COVID-19 in the last 14 days;
 - Make best efforts to ensure the same assistant(s) is matched with the same participant on an ongoing basis;
 - Encourage participants to sanitize and bring their own equipment if possible;

- Due to the nature of their disability, some participants will be considered higher risk for a more severe course of COVID-19. Where participants are considered higher risk, they are to follow any medical guidance they have been given about ensuring their health and welfare;
- If there are any further concerns, consult with provincial health organizations, family physician, or nurse practitioner before participation.

Additional Considerations and Guidelines for Clubs

Clubs affiliated with BCAS will activate an RTS plan for the 2020-2021 season, and prior to any adaptive snowsport programming taking place. All club RTS plans must include the following:

- Integration and acknowledgement of the PHO, viaSport and BCAS guidelines.
- A plan to work with their facility operator(s) to ensure the club integrates facility guidelines, including a plan for tracing all involved with club activities.
- A communication plan outlining roles and responsibilities for club staff and / or volunteers to address considerations affiliated with COVID-19 for the 2020-2021 season. Acknowledging this may include additional responsibilities and volunteer appointments, areas of additional support for the 2020-2021 season should include:
 - BCAS liaison
 - Facility liaison
 - Hygiene lead
 - PPE
 - Equipment sanitation
 - Forms and tracking coordinator
 - BCAS registration
 - Waivers, session check-in, contract tracing, etc.
 - Adaptive snowsport rooms and storage lead (where applicable).

Club leaders are encouraged to reach out to BCAS staff as may be required in developing their RTS plans. BCAS staff will support and guide clubs as requested, and to the best of their ability.

POSITIVE CASE PROTOCOLS – OUTBREAK ACTION PLAN

The Purpose of the “Outbreak Action Plan” is to aid in the contact tracing of those individuals who may have come into contact directly or indirectly with an infected individual. It is the responsibility of the entire adaptive snowsport community in British Columbia to ensure we are keeping accurate records of those individuals for whom you are coming into contact with to help keep us all safe. As such, please ensure:

- All participants and volunteers are registered and active members of their club and BCAS to ensure current and up-to-date contact information is on file;
- In collaboration with local facility operators, clubs are asked to keep record of the date program sessions are held, along with a listing of all who attended the sessions;
- Any individual experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath) or who have been advised to self-isolate are not be permitted to attend any programming. Current symptoms that may suggest a COVID-19 infection include:

| | | | |
|--|------------------------|-----------------------|---------------------|
| Fever | Chills | Cough | Barking cough/croup |
| Shortness of breath | Sore throat | Difficulty swallowing | Runny nose |
| Congested nose | Loss of taste or smell | Pink eye | Headache |
| Nausea, vomiting, diarrhea, stomach pain | Muscle aches | Extreme tiredness | Falling down often |

If symptoms begin during adaptive snowsport sessions, the individual must leave immediately and contact their local public health office for recommendations.

KEY TERMS

Caregiver: Primary support worker, caretaker, guardian, or parent of a participant.

Clubs: Community organizations providing adaptive snowsport programs for participants across BC.

Facilities: All on-snow (e.g. chairlifts) and off-snow (e.g. club rooms, restaurants) spaces and places that together constitute the area adaptive snowsport programming is delivered.

PPE: Personal protective equipment (PPE) items worn to provide a barrier to help prevent potential exposure to infectious disease.

Participant: Individual for which the adaptive snowsport program is designed to accommodate.

PHO: Provincial Health Officer (PHO) is the senior public health official for BC responsible for monitoring the health of the population of BC and providing independent advice to ministers and public officials on public health issues.

Program: Organized activities facilitated by adaptive snowsport clubs affiliated with BCAS.

RTS: Return to Sport (RTS) refers to the process of developing and implementing guidelines for sport organizations to operate safely in BC during this pandemic. RTS plans are unique to each sport.

viaSport: Provincial government’s lead delivery agency for amateur sport programs.

Volunteer: Administrative volunteer, program and club volunteer, or volunteer instructor involved with adaptive snowsport programs.