

Whistler Mountain Ski Club  
Developing Champions in Life and in Sport  
**WMSC COVID-19 Policy – Return to Sport Plan**



Whistler Mountain Ski Club has adopted this Return to Sport Plan, following guidelines set out by BC Alpine in accordance with the viaSport Return to Sport Guidelines for BC.

WMSC has appointed the Club's Office Manager **Blanca de la Rosa** as the Club's primary point of contact regarding our COVID-19 Return to Sport Plan. Please direct questions or communications regarding this Plan, including reports of cases of COVID-19 among **Participants** in our activities, to Blanca.

Club facilities have been thoroughly cleaned and new cleaning regimes have been put in place to maintain a high level of sanitization. There is new signage further explaining these procedures, as well as changes to maximum occupancies, and we require that all Participants read and abide by the new rules.

To ensure a safe opening we will not allow participation by:

- persons who are not Club Members, Staff or Athletes;
- persons who are under quarantine or who have symptoms of respiratory infection such as fever, sore throat, runny nose, cough, or general disorders, persons who are immunocompromised or persons who are believed to be at-risk for COVID-19; or
- persons who do not strictly follow the instructions provided in this Return to Sport Plan or the instructions of staff.

Every Club activity will have a designated responsible **Organizer** who will record a list of Participants and transmit this to the Office Manager. High risk activities will be avoided. We will be focusing on skill development and fitness during this time. Participants are encouraged to avoid the use of public transport to and from sports activities. We ask that any Participants monitor potential symptoms and use the COVID-19 self-assessment tool found at <https://bc.thrive.health/>

When an activity is being held at a outside venue all Participants must follow that venue's protocols (e.g. [WhistlerBlackcomb | Winter Experience](#) ).

Participants must **call 811** for personal medical advice if they are experiencing symptoms of COVID-19 and they must immediately let the Organizer know and isolate themselves. We will make decisions to cancel, postpone or modify any activity if one or more cases of potential infection are reported. We will promptly communicate all information regarding reported cases at any event with everyone who has participated or been involved. Any person/s showing symptoms must self-isolate as per BCCDC guidelines.

**ALL ATHLETES, COACHES, MEMBERS, VOLUNTEERS, PARTICIPANTS, AND FAMILY MEMBERS OF PARTICIPANTS HAVE ACKNOWLEDGED AND AGREED AT REGISTRATION TO THE FOLLOWING:**

1. I agree to daily symptom screening checks and will let club coaches know if I have any symptoms in the last 14 days.
2. I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 Symptoms.
3. I agree to sanitize my hands upon entering and exiting any training facilities, with soap or hand sanitizer.
4. I agree to sanitize the equipment and facilities I used during my activity with the approved cleaning products provided by the Club (shared and personal equipment).
5. I agree to follow physical distancing protocols by staying at least 2m (6ft) away from others, and acknowledge that physical contact is not permitted.

6. I agree to not share any equipment during practice times.
7. I agree to abide by this WMSC COVID-19 Policy.
8. I understand that if I do not abide by this WMSC COVID-19 Policy, I may be asked to leave the Club for up to 14 days to help protect myself and others around me.
9. I acknowledge that continued violation of this WMSC COVID-19 Policy may result in the suspension of participation in Club activities.
10. I acknowledge that there are risks associated with entering WMSC facilities and/or participating in Club activities, and that the measures taken by the Club and participants, including those set out above and under this WMSC COVID-19 Policy, will not entirely eliminate those risks.

**ALL MEMBERS MUST REGISTER ONLINE FOR THE 2020-2021 SEASON PRIOR TO THEIR ATHLETE PARTICIPATING IN ACTIVITIES, WHICH INCLUDES SIGNING THE CLUB'S WAIVER FORM. ATHLETES WILL NOT BE PERMITTED TO PARTICIPATE IN ACTIVITIES UNTIL THEY HAVE DELIVERED TO THEIR COACH THEIR SIGNED AND PARENT CO-SIGNED TEAMSHIP VALUES AND ATHLETE CODE OF CONDUCT.**

### **On-Snow Training Protocols**

These procedures apply to WMSC staff during the COVID-19 Pandemic. All other existing WMSC policies and procedures are still in effect.

#### **Training Formation**

- WMSC Athletes will be divided into 4 Program Groups to up to 60 athletes each and they will be based on age category:  
U12 | U14|U16 |U18/U21
- Within each Program Group, we will create training bubbles with a ratio of 1 coach per 8 athletes. We will try to maintain the same training bubbles during the whole 2020-2021 season based on number of days enrolled to train per week, attendance and travelling to limit exposure and facilitate contact tracing in case of a positive case of COVID-19.
- We will maintain our Training Bubbles (1:8 Coach: Athletes ration) during free skiing training or to move around the mountain.

#### **Registration and Contact Tracing**

- We have created an on-line registration and health checks system to facilitate contact tracing and limit potential exposure.
- Daily Online advanced registrations to on-hill training and dryland sessions will be required for all athletes in all Age categories and different training programs (U12-U18/U21 and Core to Extended)
- Daily On-line symptom screening and temperature checks will be required to participate in any on-hill and/or dryland sessions.
- Daily attendance will be taken at morning meetings.

## Loading chair lifts and Gondolas

- Face coverings (covering mouth and nose) will be required to access the WB mountains and must always be worn while waiting on lift lines, loading, unloading and riding on chairlifts and gondolas.
- Buffs are warmers and will be accepted as face covering when worn properly. A single layer buff must be folded to create at least 2 layers and if held up to the light, you must not be able to see through. The buff must cover nose and mouth.
- Staff and Athletes will maintain 2m (6ft) physical distancing at chairlifts lines from people outside their family members and follow the traffic flow and procedures of the maze/corral queue set ups.
- WMSC Athletes will choose to ride on chairlifts unless riding a gondola is the only option.
- Coaches and athletes will always ride the lift with the bars down for safety
- WMSC athletes will follow the standard Whistler Blackcomb protocols for riding with guests outside family members. [WB Gondolas, Chairlifts & Lift lines](#)

## Meeting Locations and procedures

Whistler Mountain Ski Club will take into consideration the following to determine meeting locations, storage, and warming spots

- ❖ Whistler Blackcomb Guidelines
- ❖ Weather and snow conditions. We will monitor daily and delay start times accordingly
- ❖ Availability of Training Terrain (DMNTC, Gandy/Ross's Gold and Free Skiing)

- All meeting locations will be outdoors to control capacity and physical distancing.
- WMSC will stagger the start times for each Program Group, they will gather into training bubbles (1:8) and maintain a 2m (6ft) within and between training Bubbles. Each Program Group will meet in different venues (this will vary according to races or training terrain)

Early Load begins at 7:15 for Coaches setting environments

Remaining Coaches escort the athletes at the times below

7:30 U18/U21 | 7:40 – U16 | 7:50-U14 | 8:00- U12

- Staff will perform daily health checks for signs of COVID-19 and check for face coverings at the beginning of each morning meeting. Extras face covering will be available at Garbo Hut in case athletes lose theirs during the day.
- Each training bubble will be together during the morning meeting to layout the plan of the day and for warm up with appropriate physical distances.
- Staff and athletes will arrive to the meeting location dressed and ready to start their training (there will be no access to indoor facilities for changing and Gondolas must not be used for such purposes)
- Backpacks will be stored outdoors at the meeting place for each Program Group. Backpacks will not be stored in WB indoor facilities
- After morning debrief and warm up, training bubbles will move to their training environment/venue

## Training environments / venues

- Staff and Athletes must wear a face covering all the time except during free skiing, training on course and moving around the mountain.
- When training gates, there will be a coach at the start gate to ensure protocols are followed, the start will be marked with poles and the lineup will be marked with brushes with a minimum of 2m (6ft) distance. Athletes and Coaches must have a face covering on until they are in the start gate and 2m (6ft) away from other coaches and athletes
- Staff will be bringing their own equipment: radios, drills, cameras, timing, measuring tape, range finder, others, and they will not be sharing with other staff or volunteers
- Any shared equipment will be sanitized after on-snow training sessions. Products used include and are not limited to the approved hard -surface disinfectants Lysol and Clorox disinfecting wipes and saber (DIN 02362562) diluted in a ratio of 1:16 with water.
- Training venues include start, training course and finish areas. We will stagger our Program Groups throughout the whole day to ensure there are never more than 100 athletes spread out throughout any venue at the same time.

### Lunches and breaks

- Staff and athletes will not be using indoor WB facilities for lunches. Athletes and staff will be snacking throughout the day following a pack it in, pack it out mode
- Athletes and staff will only go indoor WB facilities to use washrooms

### Warming Locations

- Warming location will have Hand Sanitizer available.
- On extreme weather days (Cold or rain) we will use the Garbo Hut as a shelter spot. The building will be divided into 3 sections: Lounge section with a maximum of 10 athletes maintaining a 2m (6ft) distance; gear section and Back section will be accessible only to coaches with a maximum of 4 coaches per room with a 2m (6ft) distance.
- Signs with room capacity, physical distancing, wearing masks and hygiene will be posted in the building.
- The building will be sanitized after each use, door handles, surfaces, light switches, etc. Products used include and are not limited to the approved hard -surface disinfectants Lysol and Clorox disinfecting wipes and Saber (DIN 02362562) diluted in a ratio of 1:16 with water.

### General Recommendations

- Staff and Athletes should agree to limit non-essential community exposure and abstain from taking part in large group gathering, social events, attending parties, eating at restaurants, etc to minimize risk of COVID-19 spread.
- Staff and Athletes should carry and use hand sanitizer to thoroughly sanitized hands prior to leaving the training area.
- Athletes must leave immediately after training and not linger, chat or socialize at the training area
- Athletes, Members and Staff should stay informed and keep up to date with the changing guidelines of [Health LinkBC](#) and [BC Centre for Disease Control](#) for all on and off snow training activities.

**Dryland and Fitness Training**

NOTE: Operation of Dryland Fitness Training Centre contingent upon approval by Vancouver Coastal Health

Some of the measures we will be taking to re-open our WMSC gym, studio and outdoor activities are:

- Submit Online Health screening the night before participation
- All WMSC Workout fitness programs will be designed for no physical interaction among participants (Samples attached)

**Reduced Capacity**

<b>Gym</b>	6 Participants plus 1 coach
<b>Studio</b>	6 Participants plus 1 coach - access via ramp only
<b>1<sup>st</sup> Floor Bathrooms</b>	Maximum one person
<b>2<sup>nd</sup> and 3<sup>rd</sup> Floor (ex Studio)</b>	Will be closed until further notice

**Physical Distancing – minimum 2m apart/physical contact not permitted**

<b>Supervision</b>	There must always be at least one Coach/Staff on the floor to supervise physical distancing. Coach/Staff must wear gloves and non-medical face masks
<b>Machines/Gear</b>	There will be at least 2 meters between each athlete within stations to ensure physical distancing
<b>Gym and Studio</b>	Marked workstations, waiting areas, flow directions with masking tape
<b>Ground Floor Entryway/Hall</b>	No gathering is permitted in the ground floor entry and on arrival, athletes must immediately transit into the gym.

**Safety & Health**

<b>Screening/Monitoring</b>	At the start of every session, there will be screening/monitoring for any symptoms of COVID-19, to make sure athletes and coaches are “fit to workout”
<b>Signage</b>	There will be signs posted: <ul style="list-style-type: none"> <li>• Indicating Room Capacity</li> <li>• Reminding athletes, they must not enter if they show COVID-19 Symptoms</li> <li>• BC Health Poster- Wash Hands</li> <li>• Station #s (as designated prior to session start)</li> </ul>
<b>Cleaning and Disinfecting</b>	<ul style="list-style-type: none"> <li>• We will provide hand sanitizer and hand washing stations (main floor bathrooms)</li> <li>• We will provide athletes with disinfectant sprays to use for equipment and surfaces</li> <li>• Coaches/Staff will ensure we are using disinfectants effective against COVID-19</li> <li>• Coaches will be responsible for disinfecting and moving equipment in and out of stations for athletes</li> </ul>
<b>Attire and gear</b>	<ul style="list-style-type: none"> <li>• Athletes must arrive in workout clothes to avoid changing rooms (bathrooms) use</li> </ul>

	<ul style="list-style-type: none"> <li>Athletes must bring their own filled water bottles. (Kitchen and upper floors will be blocked closed)</li> </ul>
<b>Face Mask</b>	<ul style="list-style-type: none"> <li>Coaches/Staff and athletes should wear a non-medical mask when they are unable to maintain proper physical distance from others and for all information sessions</li> </ul>
<b>Thorough Cleaning and disinfecting protocols</b>	<ul style="list-style-type: none"> <li>Coaches/Staff will set up, clean and disinfect work areas prior and after workouts. Sessions will have a duration of 2 hours including 30 minutes following session end to clean/sanitize/ prepare for next session.</li> </ul>

**Building Signage**

<b>Stairs, 2 and 3 Floor Closures</b>	Stairs will be blocked off with ribbons to close the 2 and 3 floors access.
<b>Bathrooms-main floor</b>	Hall and sink doors will always be open during scheduled sessions, and notices tape to doors with cleaning expectations
<b>Lobby outside Gym</b>	Queue barriers will be set up marking the traffic directions
<b>Entrance and Exit</b>	Signs to mark entrance by the main door and exit by the back door in the Gym
<b>Studio</b>	Studio will be available as a warmup/waiting room at the discretion of the leading coach. Access via ramp only. Using the studio in this capacity will require the same protocols of physical distancing and Safety and Health.

**UNTIL FURTHER NOTICE THE CLUB CABIN IS OPEN FOR FITNESS PROGRAMS ONLY, IN THE GYM AND STUDIO. ATHLETES ARE NOT PERMITTED TO USE THE CLUB CABIN AS A TRANSITION ZONE BETWEEN ACTIVITIES.**