

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 (e.g. WhistlerBlackcomb), all Participants must follow that venue's protocols.

If Participants show symptoms of COVID-19 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.

BY PARTICIPATING IN WMSC ACTIVITIES, ALL ATHLETES, COACHES, MEMBERS, VOLUNTEERS, PARTICIPANTS, AND FAMILY MEMBERS OF PARTICIPANTS ACKNOWLEDGE AND AGREE AS FOLLOWS:

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 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.

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

Reduced Capacity

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

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

Supervision	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
Machines/Gear	There will be at least 2 meters between each athlete within stations to ensure physical distancing
Gym and Studio	Marked workstations, waiting areas, flow directions with masking tape
Ground Floor Entryway/Hall	No gathering is permitted in the ground floor entry and on arrival athletes must immediately transit into the gym.

Safety & Health

Screening/Monitoring	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”
Signage	There will be signs posted: <ul style="list-style-type: none"> • Indicating Room Capacity • Reminding athletes, they must not enter if they show COVID-19 Symptoms • BC Health Poster- Wash Hands • Station #s (as designated prior to session start)
Cleaning and Disinfecting	<ul style="list-style-type: none"> • We will provide hand sanitizer and hand washing stations (main floor bathrooms)

	<ul style="list-style-type: none"> We will provide athletes with disinfectant sprays to use for equipment and surfaces Coaches/Staff will ensure we are using disinfectants effective against COVID-19 Coaches will be responsible for disinfecting and moving equipment in and out of stations for athletes
Attire and gear	<ul style="list-style-type: none"> Athletes must arrive in workout clothes to avoid changing rooms (bathrooms) use Athletes must bring their own filled water bottles. (Kitchen and upper floors will be blocked closed)
Face Mask	<ul style="list-style-type: none"> 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
Thorough Cleaning and disinfecting protocols	<ul style="list-style-type: none"> 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.

Building Signage

Stairs, 2 and 3 Floor Closures	Stairs will be blocked off with ribbons to close the 2 and 3 floors access.
Bathrooms-main floor	Hall and sink doors will always be open during scheduled sessions, and notices tape to doors with cleaning expectations
Lobby outside Gym	Queue barriers will be set up marking the traffic directions
Entrance and Exit	Signs to mark entrance by the main door and exit by the back door in the Gym
Studio	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.