

2021/2022



COVID-19 Operational Guidelines

MOUNT WASHINGTON FREESTYLE CLUB

DATE: | December 2021

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Approvals

Version	Prepared by	Reviewed by	Approved by	Date
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2	S. Corrigan	C. Jordan	MWFC Board & Mt. Washington Alpine Resort	December 29, 2021

Preface

The Mount Washington Freestyle Club (MWFC) is committed to putting our people first. With COVID-19 officially listed as a pandemic by the World Health Organization (WHO), and with the situation continuously evolving, we want to document the steps we are taking to ensure our club's safety.

This document reflects our best knowledge at the time of writing and will be continually updated to incorporate new learnings as they surface. All risk remains with the individual club members.

In the guidelines below, you'll find our latest thinking on how MWFC will adapt its practices to ensure that we continue to provide a safe and challenging development program, while also making decisions in a thoughtful manner that prioritizes the safety of our club's members. We ask that you also make responsible decisions in your personal life, which are in alignment with public health guidance and the policies of Mount Washington Alpine Resort

This is an internal document and is not intended for distribution or use outside of the MWFC, and our stakeholders.



Purpose

This guideline is a document designed to provide an overview and reference point for members and supporters of the MWFC. It is not meant to be procedural, rather it is to act as a way of communicating collective expectations for the club to use in providing a safer environment during the COVID-19 pandemic. Guidelines within this document will be followed to the extent possible and practical. The COVID-19 pandemic, associated public health measures, and policies are dynamic and will continue to change. As those changes take place the MWFC Board will make efforts to adapt and to communicate any changes in our posture to the club.

Alignment with Provincial and Mt. Washington Alpine Resort Policies

All athletes, staff, and supporters are expected to act in accordance with the code of conduct and COVID-19 declaration provided upon registration in the MWFC (see Annex A). It is also an expectation that all MWFC athletes, staff, and supporters adhere to all Public Health Orders and Mount Washington Alpine Resort policies related to control of COVID-19. The MWFC Board will remain in communication with Mount Washington Alpine Resort to ensure alignment of policies and to pass on changes to expectations. Further, observed or perceived departures from public health measures will be communicated to the MWFC Board and managed accordingly.

BC restrictions are published on the Government of BC website:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions#travel>

Mount Washington Alpine Resort policies can be reviewed on their website:

<https://www.mountwashington.ca/>

Personal Responsibility and Behaviour

Failure to adhere to expectations for public health will be managed by the MWFC Head Coach and Board on a case by case basis and may result in disciplinary action being taken up to and including expulsion from the MWFC.

The expectations of all participants have been communicated and acknowledgement collected upon registration in the SnowReg system. The information provided is contained in Appendix A of this guideline. Additional communication of expectations will continue weekly through coaching staff to athletes.

COVID-19 Self Check

Athlete Daily Symptom Checks

All athletes are to reflect on their health as related to COVID-19 each day they participate in MWFC sanctioned activities. If an athlete is displaying symptoms of COVID-19 or is at risk of developing COVID-19 they must exclude themselves from the activity until such time as they are cleared by the appropriate medical professionals. This exclusion for participation should be communicated to the MWFC Head Coach on the day of the activity or sooner, if possible. The Government of BC self assessment tool acts as a helpful reference point in determining fitness for participation.

Government of BC Self-assessment Tool: <https://bc.thrive.health/covid19/en>

Coaches Daily Symptom Checks

Workers are no longer mandated to complete a daily health check before entering the workplace. However, health checks and self-assessments conducted by workers are a best practice. All Coaches will be required to self monitor for COVID-19 symptoms. If unfit for work, Coaches will be expected to contact the Head Coach via text or phone.

Vaccination Status

To maintain alignment with Mount Washington Alpine Resort hiring policies and best practices, all coaches are required to provide proof of vaccination for COVID-19 as a condition of employment.

Vaccination status information for all MWFC staff and volunteers will be collected on or before the beginning of the coaching year and maintained securely in the MWFC records.

There is currently no legal requirements for participants in youth programs to be vaccinated. However, it is the position of the MWFC board that members should be vaccinated when an opportunity is made available for their age group.

Certain Mount Washington facilities, such as eating establishments, will require adherence public health measures and presentation of a valid vaccine status card will be required. As an expectation of membership in MWFC, all members shall follow the required public health measures.

Contact Tracing

The club membership list will be maintained and updated with current information. If required, this list will be provided to authorities and used for the purpose of contact tracing.

Schedule and Coach Groupings

Coaching Groups and Ratio

Each training day will have approximately 40 athletes participating. The 40 athletes will be further divided into coaching groups (**Group A** and **Group B**), and individual coaching teams adhering to a 1:6 coach to athlete ratio. This division of coaches and athletes will be used to manage the daily schedule and controlling access to the club house.

Daily Schedule and Clubhouse Procedures

The clubhouse will be opened for coach preparations at 8:30am on each training day.

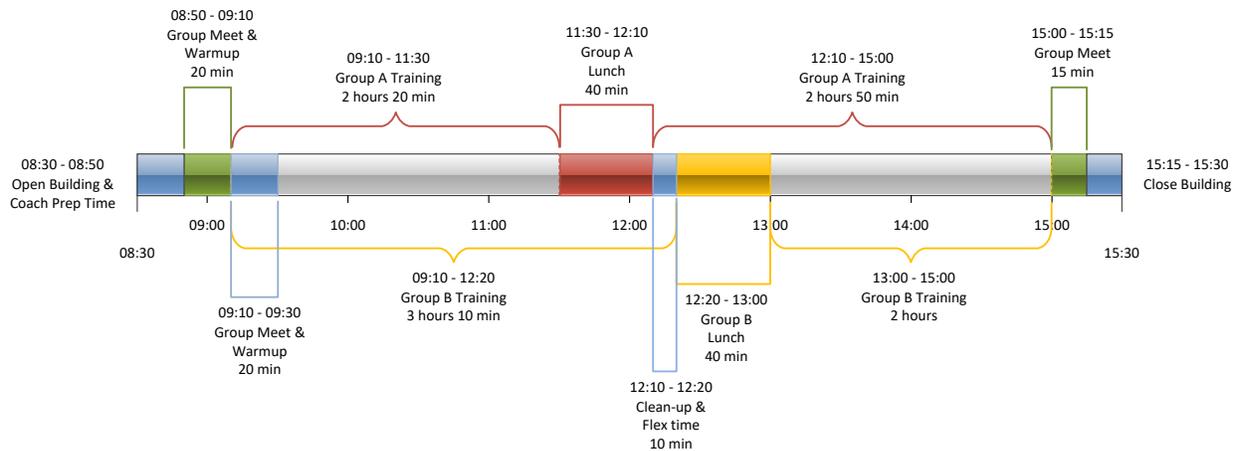
Athletes should arrive as prepared for the day as possible and avoid entering the clubhouse in the morning unless needed. On arrival, athletes will place their property in the coaching group bin at the stairs and proceed to the outdoor reception area. Once the athletes have departed, volunteers will relocate the bins inside the clubhouse for security.

The A and B groups will meet at the outdoor reception area prior to 9:00am to prepare for the day, assemble in their coaching team, and warm up. The morning coaching session will begin at 9:10am.

For lunch, the clubhouse will be managed similarly to a cafeteria and will follow similar COVID rules. Teams are expected to sit with their coaching group and not move between tables or visit other tables. Masks are to be worn when not actively eating or drinking in the clubhouse.

Group A will have access to the clubhouse for lunch beginning at 11:30am. They should leave the clubhouse by 12:10pm. Group B may enter the clubhouse at 12:20 and may leave when ready. Some overlap in lunch periods is expected but Coaching Groups are expected to maintain the schedule to the extent possible.

Coaching teams will end their afternoon coaching sessions at 3:00pm. Athletes may enter the clubhouse at the end of the day if they need to use the facilities or retrieve their belongings. The coaching team bins will be outside waiting for athletes to collect their items. The clubhouse will be locked on time for all participants and supporters to take the last chair at 3:30pm.



Coach and Volunteer time indicated in blue

Group A indicated in red

Group B indicated in gold

Collective time indicated in green

Clubhouse open periods indicated in grey

Facilities Management

Signage

Appropriate signage will be displayed and maintained in and around the MWFC clubhouse to raise awareness of COVID-19 procedures and public health measures to be used. This may include:

- Occupancy Limits: if mandated
- Mask Usage
- Do not Enter if Required to self Isolate
- Hand Hygiene
- Physical Distancing

Examples of these signs and posters are in Annex B of this document.

Clubhouse Use

All people entering the clubhouse will be required to wear a mask unless they are seated and eating at their assigned table.

In addition to acting as a break space the clubhouse will continue to be a safe meeting space for lost or separated athletes and a location to receive minor first aid attention.

Cleaning

Enhanced cleaning will take place in the clubhouse. This will be completed by a volunteer who will wipe tables to remove any debris and use an electrostatic disinfectant sprayer to provide sanitation of all areas of the building. These enhanced cleaning actions will be conducted in addition to normal cleaning practices.

Food

There will be no shared food services available in the clubhouse. This includes dishes and cutlery, microwaves, coffee makers, kettles, and any other device or material related to food preparation and consumption. It is an expectation that all athletes, staff, and parent volunteers use a pack in – pack out process for all food. Any food and garbage brought into the clubhouse should be removed at the end of the day. Cleaning facilities will be available but should be reserved for handwashing or clean up of spilled materials.

Annex A: Club Registration COVID-19 Declaration

Sport Participant COVID-19 Agreement

- It is expected that all memberships (athletes, coaches, parents, and volunteers) read and sign the consent Form in Appendix A.
- Membership should read and understand Appendices B and C.
- Membership acknowledges that there is no participation of anyone who displays any symptoms of COVID-19.
- Should you have any questions, please contact your coach, head coach, or MWFC director.



Appendix A - Acknowledgement of Consent

As a participant, I understand that Freestyle BC has been working closely with its medical staff; the provincial sports organizations, the local health authorities and Freestyle Canada to reduce the risk of transmission of the COVID-19 virus. Knowing they have taken all possible precautions, there is currently no guarantee that I will not somehow be exposed to the virus, and I accept this risk.

As a participant, I agree to the following:

- I will follow the current guidelines as outlined by the local health authority. These include but are not limited to physical distancing, limiting people in a vehicle, self-monitoring of symptoms, etc.
- I have not travelled outside of Canada in the past month. Note: I understand that if I have been outside of Canada in the past month, I must have undertaken self-isolation for the past 14 days (per the recommendations of the local health authority).
Anyone who cannot meet this condition must not participate in club activities until they have followed the COVID -19 risk protocol.
I have not knowingly been exposed to someone suspected of having COVID-19.
Anyone who cannot meet this condition must not participate in club activities until they have followed the COVID-19 risk protocol.
- There will be no sharing of personal items, such as water bottles, ski equipment, gloves, etc.
- I will personally pack all garbage and waste back to my housing.
- If I have any symptoms of COVID-19 or I feel unwell, I will immediately declare this to the coaching staff and take isolation precautions (see Appendix B).

Appendix B – COVID-19 Fact Sheets

The Government of B.C. has provided the following information about COVID-19. In the context of freestyle skiing, athletes should continue to follow the golden rules set forth by the provincial government, but some considerations to consider are:

- Symptoms of COVID-19 can vary from person to person. They may also vary in different age groups. Some of the more commonly reported symptoms include:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or over 38°C
- feeling feverish
- chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache
- gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)
- feeling very unwell

Children tend to have abdominal symptoms and skin changes or rashes. Symptoms may take up to 14 days to appear after exposure to COVID-19. You can infect others even if you aren't showing symptoms

The virus can be spread to others from someone who's infected but not showing symptoms. This includes people who:

- haven't yet developed symptoms (pre-symptomatic)
- never develop symptoms (asymptomatic)

This kind of spread is known to happen among those who are in close contact or are in enclosed or crowded settings.

Think you may have been exposed to COVID-19? Follow the advice on how to quarantine at home when you may have been exposed but have no symptoms (<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms.html>)

Hand-washing guide:

**REDUCE THE SPREAD OF COVID-19.
WASH YOUR HANDS.**

- 1**
Wet hands with warm water
- 2**
Apply soap
- 3**
For at least 20 seconds, make sure to wash:

 - palm and back of each hand
 - between fingers
 - under nails
 - thumbs

- 4**
Rinse well
- 5**
Dry hands well with paper towel
- 6**
Turn off tap using paper towel

1-833-784-4397 @canada.ca/coronavirus phac.info.aspc@canada.ca

Public Health Agency of Canada / Agence de la santé publique du Canada

Canada

The Government of British Columbia has created additional information (below):

Golden rules for everybody

- Practice physical distancing
- Clean your hands
- Stay at home if you're feeling ill - no exceptions
- Increase cleaning at home and at work
- Stay informed
- Cover your cough
- Minimize non-essential travel
- Make spaces safer

COVID-19 IN BC

Appendix C – Additional Information

How the virus spreads: COVID-19 is transmitted through tiny droplets of liquid produced by people who have the virus. These droplets spread by:

- Coughing, sneezing, talking, laughing or touching objects or surfaces the virus has landed on, and then touching your eyes, nose or mouth (towels, kitchen utensils, doorknobs, etc.)
- People who have COVID-19 can spread it to others before they start to feel sick.
- COVID-19 is not airborne, so it doesn't stay in the air long and won't go very far. But if you are too close to someone with COVID-19, you can get sick by breathing in air that contains droplets with the virus.
- Health authorities believe the virus generally only survives for a few hours on a surface or objects. Still, it may be possible for it to survive several days under some conditions.

COVID- 19 Health Risks:

- COVID-19 can cause severe respiratory illness. Because it is a new virus with no treatment or immunity in people, it is critical for people with any symptoms to stay home and self-isolate to keep it from spreading.
- Most people – about 80% – recover without needing special treatment. However, it can cause serious illness in some, and there is a risk of death in severe cases.
- While we are still learning about COVID-19, serious illness appears to develop more often in people who are older or have pre-existing conditions, such as high blood pressure, heart disease, lung disease, cancer or diabetes.

I have read and will adhere to the COVID-19 information in Appendix B and Appendix C

If I feel I have been undertaking risky activities or behavior, I will not participate in club programs. I

understand that every participant is expected to bring the following items for their personal use:

- Non-medical face mask
- Personal hand sanitizer and/or disinfectant wipes
- Personal water bottles (filled to decrease traffic at sinks)

Appendix D – Illness Policy

Illness Policy (Adapted from Allied Golf Association of B.C.)

In this policy, “Team member” includes a coach, volunteer, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. Assessment:
 - Team members must review daily updates from their coach, each morning before their training session to attest that they are not feeling any of the COVID-19 symptoms.
 - Managers/coaches will monitor team members daily to assess any early warning signs as to the status of their health and to touch base on how they are regarding their safety throughout the workday/practice/activity.
 - If Team members are unsure, please have them use the self- assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
3. If a Team Member is feeling sick with COVID 19 symptoms:
 - They should remain at home and contact Health Link BC at 8-1-1.
 - If they feel sick and/or are showing symptoms while at training, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - No Team Member may participate in a practice/activity if they are symptomatic.
4. If a Ski club member (staff/athlete/volunteer/parent) tests positive for COVID-19:
 - The member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus (negative test results)
 - Any members who were in direct contact with the infected club member will also be removed from the workplace/practice/facility for at least 14 days (or a negative test result) to ensure the infection does not spread further.
 - Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially been infected/touched.
1. If a Team Member has been tested & is waiting for the results of a COVID-19 Test
 - As with the confirmed case, the Team member must be removed from the workplace/practice/facility.
 - The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
 - Other Team Members who may have been directly exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately, and any other surfaces that could have potentially been infected/touched.
2. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:

- Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
- Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities.
- Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
- The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

3. Individuals must quarantine or self-isolate if:

- Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine, and self-isolate.
- Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating is not permitted to enter any part of the facility.

Appendix E - Outbreak Plan

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
2. Communicate directly with all persons onsite, or nearby the outbreak, and have them self-isolate for 14 days while monitoring for symptoms.
3. Ensure that all infected persons have access to necessary medical attention, and do not have contact with the remaining membership

Program Directors and/or Head Coaches assume the responsibility of modifying, restricting and postponing team activities. These individuals also assume the responsibility of managing the implementation of the overall breakout plan.

4. If staff (including volunteers) or a participant reports, they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce the risk of transmission, notify the facility right away.
5. Implement your illness policy and advise individuals to:
 - Self-isolate.
 - Monitor their symptoms daily, report respiratory illness and not to return to activity for at least ten days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - Use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if any further assessment or testing for COVID-19 is needed.
 - Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
6. In the event of a suspected case or outbreak of influenza-like- illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
7. If a medical health officer in the course of contact tracing contacts your organization, you must fully cooperate with the local health authorities.

*As we learn more about how COVID-19 is transmitted procedures and requirements may change. You will be responsible for complying with those requirements.

MWFC Member Signature: _____ Date: _____

Parent or Guardian (if under 19): _____ Date: _____

Keep our workplace safe from COVID-19

Please do not enter this workplace if you:

- Have travelled outside of Canada within the last 14 days
- Have been identified by Public Health as a close contact of someone with COVID-19
- Have been told to isolate by Public Health
- Are displaying any of the following new or worsening symptoms:

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

If you are displaying symptoms consistent with COVID-19, refer to HealthLink BC at 811.



Face coverings are now mandatory.



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



SICK OR SELF-ISOLATING? DO NOT ENTER



**DO NOT ENTER
IF YOU ARE SICK
OR REQUIRED
TO SELF-ISOLATE**



Ministry of Health



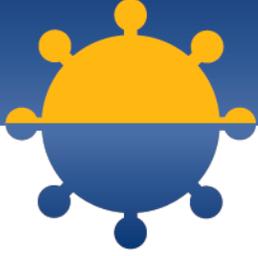
BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

Non-medical inquiries (ex. travel, physical distancing): **1-888-COVID19 (1888-268-4319)** or text **604-630-0300**



IPC V1.1



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Hand Hygiene

SOAP OR ALCOHOL-BASED HAND RUB: Which is best?



Either will clean your hands: use soap and water if hands are visibly soiled.



Remove hand and wrist jewellery

HOW TO HAND WASH



1
Wet hands with warm (not hot or cold) running water



2
Apply liquid or foam soap



3
Lather soap covering all surfaces of hands for 20-30 seconds



4
Rinse thoroughly under running water



5
Pat hands dry thoroughly with paper towel



6
Use paper towel to turn off the tap

HOW TO USE HAND RUB



1
Ensure hands are visibly clean (if soiled, follow hand washing steps)



2
Apply about a loonie-sized amount to your hands



3
Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)

COVID19_JH_001



Ministry of Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

