



## **COVID-19 Phase 3 Return to Sport & Safety Plans**

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- V. Whistler Adaptive: Phase 3 COVID-19 Safety Plan for Indoor Squamish Land Sport**
- VI. Whistler Adaptive: Phase 3 COVID-19 Safety Plan: Swim**
- VII. Whistler Adaptive: Phase 3 COVID-19 Safety Plan; Equipment Rentals**
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**Appendix A Participant Agreement**

**Appendix B Participant Wellness Check**

**Appendix C Illness Policy**

**Appendix D Phase 3 Return to Sport Member Communication**

**Appendix E Rule of Two Release**

**Appendix F Sample Site/Room Specific Safety Plan**

**Whistler Adaptive will be adhering to the viaSport Return to Sport Guidelines as outlined here: <https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>**

## I. General Return to Sport Plan

### COMMUNICATION OF RETURN TO SPORT PLAN

- Return to Sport Plan posted on our website
- Link embedded in Volunteer Onboarding Slide Deck
- Social Media posts are created and uploaded to announce our return to sport plan
- Return to Sport Member Communication is emailed to active members/participants including a copy of our Return to Sport Plan and Participant Agreement
- A signed copy of the Participant Agreement is collected prior to participation
- Return to Sport Plan is reviewed with staff, volunteers, partners and participants and safety plans posted at each worksite

### REGISTRATION FOR PROGRAMS

- Where feasible all participant registration will be done online, including collection of payment.
- We will limit the use of cash and limit the handling of credit cards by allowing customers to pay online
- Program staff will take attendance and keep a record of all participants in case of an outbreak

In Phase 3 we will continue to focus on skill development or low risk activities

- o Activities should be those typically done in practice and/or training environments
- o Individuals will have had limited exposure to physical activity for the last 6+ weeks while confined to their homes. Ensure that activities consider their ability that day (not where they previously may have been) and have injury prevention top of mind

We will remain community focused and stay within the home sport community.

**FIRST AID** In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a medical grade mask and medical grade gloves. We will follow the guide for employers and Occupational First Aid Attendants: [listed here](#)

We will also follow the first aid protocols for an unresponsive person during COVID-19: [listed here](#)

**PROVINCIAL/MUNICIPAL FACILITY, THIRD PARTY VENUES AND PARK** protocols will be adhered to throughout our Return to Sport Plan including those in the Resort Municipality of Whistler, District of Squamish, Village of Pemberton, BC Parks and the Squamish-Lillooet Regional District.

**STAFF:** The term staff used throughout this plan includes contractors and volunteers. All staff, contractors and volunteers will sign an agreement that they have read and understood our [Staff and Volunteer](#) on-boarding package that includes our written standard operating procedures.

**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 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. Staff or volunteers must notify the Executive Director or a designated Board member if a case or outbreak is reported. The Executive Director has the authority to modify, restrict, postpone or cancel activities and will seek Board input and approval when appropriate.
2. 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 risk of transmission. If we are not the facility operator, notify the facility right away.
3. 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 10 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 further assessment or testing for COVID-19 is needed.
    - o Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
    - o Individuals can learn more about how to manage their illness here:  
<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about>
4. In the event of a suspected case or outbreak of influenza-like-illness, we will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at our local health authority. We will implement our Illness Policy (Appendix C) and our enhanced measures.
5. If our organization is contacted by a medical health officer in the course of contact tracing, we will cooperate with local health authorities.

For more information on cleaning and disinfecting: [http://www.bccdc.ca/Health-InfoSite/Documents/CleaningDisinfecting\\_PublicSettings.pdf](http://www.bccdc.ca/Health-InfoSite/Documents/CleaningDisinfecting_PublicSettings.pdf)

**KEY CONTACTS:**

**Chelsey Walker, Executive Director**, cell 604-935-9406 email: [cwalker@whistleradaptive.com](mailto:cwalker@whistleradaptive.com)

**Daniel Rubin, Athlete Coordinator**, cell 604-928-8309 email: [info@whistleradaptive.com](mailto:info@whistleradaptive.com)

**Designated Board Member:** Sue Hargrave, cell 604-817-4560, email: [fundraising@whistleradaptive.com](mailto:fundraising@whistleradaptive.com)

TEAM MEMBERS BY RETURN TO SPORT ROLES:

BCAS, CCBC, Partner and Venue Liaison: Chelsey Walker

Facility liaison: Chelsey Walker

Hygiene lead: Chelsey Walker

- PPE: Squamish: Alanna Poole, Whistler/Pemberton: Adria Flor
- Equipment sanitation: Alanna Poole, Whistler/Pemberton: Adria Flor

Forms and tracking coordinator:

- Athletes: Daniel Rubin
- Staff and Volunteers: Alanna Poole, Whistler/Pemberton: Adria Flor

BCAS, CCBC, Partner registration:

- Athletes: Daniel Rubin
- Staff and Volunteers: Alanna Poole, Whistler/Pemberton: Adria Flor

Waivers, session check-in, contract tracing, etc.

- Athletes: Daniel Rubin
- Staff and Volunteers: Alanna Poole, Whistler/Pemberton: Adria Flor

Adaptive programming facilities and storage lead:

- Squamish: Alanna Poole
- Whistler: Adria Flor
- Pemberton: Adria Flor

## II. Whistler Adaptive: COVID-19 Safety Plan Nordic Skiing and Snowshoeing in Whistler and Pemberton

### Risk Assessment

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces.	Spotting on trails, staff needing to assist athletes with sit-ski fitting or other equipment issues
We have involved frontline workers, supervisors, and the joint health and safety committee	Yes
Identify areas where people gather	<p>No use of indoor spaces unless physical distancing can be maintained.</p> <p>Meeting location (XC connection, Whistler Olympic Park and various locations in Pemberton) - meet outside, we will comply with sport and venue facility protocols.</p> <p>Washrooms used as needed following park, venue and municipal protocols and sanitization guidelines.</p> <p>Maintain physical distancing at trailheads and trail sides. Use lower traffic trails where possible.</p>
Identify job tasks and processes where workers are close to one another or members of the public.	Physical distancing enforced at all times when encountering public on trails.
Identify the tools, machinery, and equipment that workers share while working.	<p>Limited sharing of equipment for drills and skills development.</p> <p>No one is to touch another person's sit-ski or other Nordic/snowshoe equipment unless they are in the participant's bubble (ie carer, family member or assistant) or a dedicated coach in PPE and only in an outdoors environment.</p>
Identify surfaces that people touch often	Coaches and participants own equipment/season long Nordic rentals will be used or our program equipment will be used with daily sanitization or sanitization between participant sessions.

	Para-Wax Cabin at Whistler Olympic Park or Mons container to be sanitized before and after each session using a disinfectant fogger and a sanitization product such as Vital Oxide.
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Protocols Implemented to Reduce Risks

Frontline workers, supervisors are included in creating the risk management plan	Yes
Elimination Protocols	Stay using online programming only if physical distancing cannot be maintained by the athlete/participant
Engineering Protocols	Divide Para-Wax cabin into two sections using tape on the floor. Each group staying to its own section.
Administrative Protocols	<p>Sport and Venue specific protocols will be adhered to:</p> <p><a href="#">Cross-Country BC Return to Sport Plan Phase 3</a></p> <p><a href="#">Whistler Olympic Park Venue Safety Plan</a></p> <p>Whistler Olympic Park Sport Safety Plan (see attachment)</p> <p>RMOW Lost Lake and Passive Haus Safety Plan (link to be inserted)</p> <p>Waivers to be administered using physical distancing or collected digitally and administered through Zoom.</p> <p>Physical distancing enforced  2-1 , 2-2 - no large groups but maintaining responsible coaching protocols/rule of 2, same coaches to participants each session where possible - limited switching of staff. Coaches will stay in their home community or coach participants and athletes from their home community wherever possible (Whistler, Squamish, Pemberton). Start times will be staggered for lessons so that we don't have mixing of athletes/COVID bubbles.</p>

	<p>Participants and athletes to be scheduled into same weekly slots per week where possible to create stable COVID cohorts and ease of contact tracing in the case of an outbreak.</p> <p>Only outdoor programming</p> <p>Staff, volunteers and athletes must wear a 3 layer 100% cotton facemask if physical distancing cannot be maintained</p> <p>Physical distancing enforced</p> <p>Screening staff, volunteers, and athletes before they attend for symptoms</p> <p>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.</p> <p>If there are any further concerns about an athlete's participation, we will consult with provincial health organizations, family physician, or nurse practitioner before their participation.</p> <p>Participants to sign off on COVID-19 policies agreement (Appendix A)</p> <p>Conduct daily symptom screenings for all participants by having them answer a wellness questionnaire</p> <p>Zero tolerance policy for 'playing while sick' - ensure that participants do not participate if they are symptomatic.</p> <p>Implement enhanced hygiene protocols for participants:</p> <ul style="list-style-type: none"> <li>• Frequent and proper handwashing or sanitization (Health Canada Guidelines)</li> <li>• Avoid touching eyes, nose and mouth</li> <li>• Cough into your sleeve</li> </ul> <p>Only limited sharing of equipment for drills and games. Equipment to be sanitized between</p>
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	<p>sessions.</p> <p>Staff, volunteers and athletes to follow all other written standard operating procedures.</p>
<p>PPE Protocols</p>	<p>Staff, volunteers and athletes must wear a 3 layer 100% cotton facemask where physical distancing cannot be maintained or if mandated by the facility and/or PHO health orders.</p> <p>Staff, volunteers and athletes will be supplied a sanitation kit that must have a sanitization kit with them (hand sanitizer, gloves, 3 layer 100% cotton facemask, wipes) Staff to wear 3 layer 100% cotton facemask, medical grade gloves, and eye protection when cleaning and fogging facilities and equipment</p> <p>Use of a sanitization fogger where possible to sanitize equipment at the start and end of each day in our Para-Wax Cabin storage area.</p> <p>Bin/bag for proper disposal of PPE will be available.</p>
<p>Current policies in place to reduce exposure</p>	<p>Our workplace policies ensure that workers and others showing symptoms of COVID-19 are prohibited from the workplace.</p> <p>Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache. Anyone directed by Public Health to self-isolate.</p> <p>Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.</p> <p>Visitors are limited in the workplace.</p> <p>First aid attendants have been provided OFAA protocols for use during the COVID-19 pandemic.</p> <p>We have a work from home policy in place (if needed).</p>



<p>Falling sick at work policies</p>	<p>Sick workers to be asked to wash or sanitize their hands, provided with a medical/surgical facemask, and isolated. Ask the worker to go straight home. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self- isolation.]</p> <p>If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911.</p> <p>Clean and disinfect any surfaces that the ill worker has come into contact with.</p>
<p>Everyone entering the workplace, including workers from other employers, knows how to keep themselves safe while at your workplace.</p>	<p>We have a training plan to ensure everyone is trained in workplace policies and procedures.</p> <p>All workers have received the policies for staying home when sick.</p> <p>Signage is posted at the workplace, including occupancy limits and effective hygiene practices.</p> <p>Signage is posted at the main entrance indicating who is restricted from entering the premises, including visitors and workers with symptoms.</p> <p>Supervisors have been trained on monitoring workers and the workplace to ensure policies and procedures are being followed.</p>
<p>We have a plan in place to monitor risks. We make changes to our policies and procedures as necessary.</p>	<p>We will review our plan in our weekly staff meetings and in an all staff meeting</p>
<p>Workers know who to go to with health and safety concerns.</p>	<p>Our Executive Director also acts as our health and safety representative. All staff will be directed to contact her.</p>
<p>We have a training plan for new staff.</p>	<p>Preventing COVID-19 and other communicable diseases is included in our staff and volunteer onboarding document.</p>
<p>We have a training plan for staff taking on new roles or responsibilities.</p>	<p>Staff taking on new responsibilities will be trained on the safety protocols for their new responsibilities.</p>

### III. Whistler Adaptive: COVID-19 Safety Plan Indoor Land Sports in Whistler & Pemberton (including Buddy Programs)

#### Risk Assessment

<p>Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces.</p>	<p>Follow municipal facility protocol for indoor spaces. Washrooms used as needed following municipal protocols.</p> <p>Maintain physical distance in indoor spaces using cones/stations. Use lower traffic entries and exits where possible. Parents and carers to meet athletes and participants outside the indoor space unless needed to provide physical support or care.</p>
<p>We have involved frontline workers, supervisors, and the joint health and safety committee</p>	<p>Yes</p>
<p>Identify areas where people gather</p>	<p>Drop off and pick up points located outside of indoor space. Parents, carers, participants and athletes to be asked to social distance at drop off and pick up locations.</p>
<p>Identify job tasks and processes where workers are close to one another or members of the public.</p>	<p>Everyone will be 2m apart will encounter public in common areas of the indoor facilities.</p>
<p>Identify the tools, machinery, and equipment that workers share while working.</p>	<p>Limited sharing equipment for drills and skills development</p> <p>Exercise equipment used (ie. cones) will be cleaned by lead staff. Cleaning logs will be kept.</p>
<p>Identify surfaces that people touch often</p>	<p>Limited equipment will be shared to for drills and skills. All equipment to be cleaned ahead of and after each session.</p>

Protocols Implemented to Reduce Risks

<p>Frontline workers, supervisors are included in creating the risk management plan</p>	<p>Yes</p>
<p>Elimination Protocols</p>	<p>Maintain using online programming only if physical distancing cannot be maintained by the athlete/participant</p>
<p>Engineering Protocols</p>	<p>None</p>
<p>Administrative Protocols</p>	<p><a href="#">RMOW COVID-19 Safety Protocols (to be linked)</a>  <a href="#">Village of Pemberton Safety Protocols (please see attached)</a></p> <p>Waivers to be administered using physical distancing or collected digitally and administered through Zoom.</p> <p>Physical distancing enforced                  2-1, 2-2 - no large groups but maintaining responsible coaching protocols/rule of 2, same coaches to participants and athletes each session - no switching of staff. Coaches will stay in their home community wherever possible (Whistler, Squamish, Pemberton) or coach athletes from their home community.</p> <p>Participants and athletes to be scheduled into same weekly slots per week where possible to create stable COVID cohorts and ease of contact tracing in the case of an outbreak.</p> <p>Start times will be staggered for lessons so that we don't have mixing of athletes/COVID bubbles.</p> <p>Only in spaces where physical distancing can be maintained and following each room maximum capacity where physical distancing can be maintained (listed by room, by facility).</p> <p>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.</p>

	<p>If there are any further concerns about an athlete’s participation, we will consult with provincial health organizations, family physician, or nurse practitioner before their participation.</p> <p>Staff, volunteers and athletes must wear a 3 layer 100% cotton facemask if physical distancing guidelines from viaSport cannot be maintained Physical distancing enforced Participants sign letter agreeing to COVID-19 policies (Appendix A) Screening staff, volunteers, and athletes before they attend for symptoms through wellness questionnaire (Appendix B)</p> <p>Zero tolerance policy for ‘playing while sick’ - ensure that participants do not participate if they are symptomatic.</p> <p>Implement enhanced hygiene protocols for participants:</p> <ul style="list-style-type: none"><li>• Frequent and proper handwashing or sanitization (Health Canada Guidelines)</li><li>• Avoid touching eyes, nose and mouth</li><li>• Cough into your sleeve</li></ul> <p>Limited sharing of equipment. Surfaces and equipment that are highly touched should be cleaned at least twice per day. All other equipment cleaned after use.</p> <p>Staff, volunteers and athletes must wear a 3 layer 100% cotton facemask where physical distancing cannot be maintained or if mandated by the facility and/or PHO health orders.</p> <p>Staff, volunteers and athletes must have a sanitization kit with them (hand sanitizer, gloves, 3 layer 100% cotton facemask, wipes). WAS will provide staff and volunteers with sanitization kit</p> <p>Staff to wear 3 layer 100% cotton facemask, gloves, and eye protection when cleaning</p> <p>Staff, volunteers and athletes to follow all other written standard operating procedures.</p>
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<p>PPE Protocols</p>	<p>Staff, volunteers and athletes must wear a 3 layer 100% cotton facemask if physical distancing protocols are not able to be maintained or if mandated by the facility and/or PHO health orders.</p> <p>Staff, volunteers and athletes must have a sanitization kit with them (hand sanitizer, gloves, 3 layer 100% cotton facemask, wipes)</p> <p>Staff to wear 3 layer 100% cotton facemask, medical grade gloves, and eye protection when cleaning</p>
<p>Current policies in place to reduce exposure</p>	<p>Our workplace policies ensure that workers and others showing symptoms of COVID-19 are prohibited from the workplace.</p> <p>Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.</p> <p>Anyone directed by Public Health to self-isolate.</p> <p>Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.</p> <p>Visitors are strictly limited in the workplace except in extenuating circumstances.</p> <p>First aid attendants have been provided OFAA protocols for use during the COVID-19 pandemic.</p> <p>We have a work from home policy in place (if needed).</p>
<p>Falling sick at work policies</p>	<p>Sick workers should be asked to wash or sanitize their hands, provided with a surgical/medical facemask, and isolated. Ask the worker to go straight home. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self- isolation.]</p> <p>If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911.</p>

	<p>Clean and disinfect any surfaces that the ill worker has come into contact with.</p>
<p>Everyone entering the workplace, including workers from other employers, knows how to keep themselves safe while at your workplace.</p>	<p>We have a training plan to ensure everyone is trained in workplace policies and procedures.</p> <p>All workers have received the policies for staying home when sick.</p> <p>Signage is posted at the workplace, including occupancy limits and effective hygiene practices.</p> <p>Signage is posted at the main entrance of each facility indicating who is restricted from entering the premises, including visitors and workers with symptoms.</p> <p>Supervisors have been trained on monitoring workers and the workplace to ensure policies and procedures are being followed.</p>
<p>Everyone entering the workplace, including workers from other employers, knows how to keep themselves safe while at your workplace.</p>	<p>We have a training plan to ensure everyone is trained in workplace policies and procedures.</p> <p>All workers have received the policies for staying home when sick.</p> <p>Signage is posted at the workplace, including occupancy limits and effective hygiene practices.</p> <p>Signage is posted at the main entrance of each facility indicating who is restricted from entering the premises, including visitors and workers with symptoms.</p> <p>Supervisors have been trained on monitoring workers and the workplace to ensure policies and procedures are being followed.</p>

<p>We have a plan in place to monitor risks. We make changes to our policies and procedures as necessary.</p>	<p>We will review our plan in our weekly staff meetings and in an all staff meeting</p>
<p>Workers know who to go to with health and safety concerns.</p>	<p>Our Executive Director also acts as our health and safety representative. All staff will be directed to contact her.</p>
<p>We have a training plan for new staff.</p>	<p>Preventing COVID-19 and other communicable diseases is included in our staff and volunteer onboarding document.</p> <p>Train staff on cleaning protocols, 3 layer 100% cotton facemask usage and on how to avoid cross-contamination when removing gloves.</p>
<p>We have a training plan for staff taking on new roles or responsibilities.</p>	<p>Staff taking on new responsibilities will be trained on the safety protocols for their new responsibilities</p>

**PENDING APPROVAL**

**IV. Whistler Adaptive: COVID-19 Safety Plan Alpine Snowsports in Whistler**

Risk Assessment

<p>Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces.</p>	<p>Tethering and other adaptations, staff needing to assist athletes with sit-ski fitting or other equipment issues, lifts and gondolas, access to the indoor space in the Harbers Centre including washrooms, storage space, quiet room and equipment maintenance spaces</p>
<p>We have involved frontline workers, supervisors, and the joint health and safety committee</p>	<p>Yes</p>
<p>Identify areas where people gather</p>	<p>No use of indoor spaces unless physical distancing can be maintained by members outside the participants immediate carers/family/Covid-19 bubble.</p> <p>Meeting location Harbers Centre - meet outside where ever possible: participants, coaches, and carers only in the facility.</p> <p>Washrooms used as needed and sanitized per PHO and Worksafe BC guidelines.</p> <p>Maintain physical distancing wherever possible on ski runs and trail sides. Use lower traffic trails where possible.</p> <p>3 layer 100% cotton facemasks to be worn at all times including lift lines, on closed lifts (gondolas), open air chairlifts and t-bars and magic carpets. 3 layer 100% cotton facemasks also mandatory in WB facilities including food and beverage, rental retail, first aid and other facilities.</p> <p>Gondolas and lifts will only be ridden with members of one’s own party and wearing PPE.</p>



<p>Identify job tasks and processes where workers are close to one another or members of the public.</p>	<p>Physical distancing enforced at all times when encountering public from outside the WAS session on trails.</p>
<p>Identify the tools, machinery, and equipment that workers share while working.</p>	<p>No one will share any personal equipment such as water bottles, one's one ski or snowboard and other equipment.</p> <p>No one is to touch another participants sit-ski or other equipment unless they are in the participant's bubble (ie carer, family member or assistant) or if no other carer is available is a coach in PPE and is outside – not indoors in the Harbers Centre or any other WB facility.</p> <p>Limited sharing of equipment for skills and drills.</p>
<p>Identify surfaces that people touch often</p>	<p>One's own equipment, WB rental equipment or our program equipment. Equipment that is used and sanitized twice daily and in-between participants.</p> <p>Harbers Centre to be sanitized at the beginning and end of each day.</p>

## Protocols Implemented to Reduce Risks

Frontline workers, supervisors are included in creating the risk management plan	Yes
Elimination Protocols	Stay using online programming only if physical distancing cannot be maintained by the athlete/participant and their carers
Engineering Protocols	N/A
Administrative Protocols	<p>Sport and Venue specific protocols will be adhered to:</p> <p><a href="#">BCAS Return to Sport Plan Phase 3</a></p> <p><a href="#">Whistler Blackcomb Snow School Safety Plan</a></p> <p><a href="#">Vail Resorts Safety Operating Plan Adaptive Programs</a></p> <p>Waivers to be administered using physical distancing or collected digitally and administered through Zoom.</p> <p>Physical distancing enforced, 2-2 - no large groups but maintaining responsible coaching protocols/rule of 2, same coaches to participants each session where possible - limited switching of staff. Participants and athletes to be scheduled into same weekly slots per week where possible to create stable COVID cohorts and ease of contact tracing in the case of an outbreak.</p> <p>Coaches will stay in their home community or coach participants and athletes from their home community wherever possible (Whistler, Squamish, Pemberton), start times will be staggered for lessons so that we don't have mixing of athletes. We will make best efforts to ensure the same coach and volunteers are matched with the same participant on an ongoing basis.</p> <p>Programming to take place only outdoors. Half day lessons are recommended as to not be indoors while eating and to allow for sanitation by fogging all equipment between participants and parties.</p>

	<p>Harbers Centre occupancy will be maximum 9 people on the upper floor and 6 people on the lower floor to a maximum of 15 at a time.</p> <p>Directional arrows will flow traffic in an out of the building with the exception of where access is limited for those with a mobility restriction and only can exit from the same entrance if one of the accessibility lifts are out of service.</p> <p>Staff, volunteers and athletes must wear a 3 layer 100% cotton facemask if physical distancing cannot be maintained or if mandated by the facility and/or PHO health orders. Physical distancing enforced. Screening staff, volunteers, and athletes before they attend for symptoms Participants to sign off on COVID-19 policies agreement (Appendix A) Conduct daily symptom screenings for all participants by having them answer a wellness questionnaire</p> <p>Bin/bag for proper disposal of 3 layer 100% cotton facemasks will be available.</p> <p>Zero tolerance policy for 'playing while sick' - ensure that participants do not participate if they are symptomatic.</p> <p>Implement enhanced hygiene protocols for participants:</p> <ul style="list-style-type: none"><li>• Frequent and proper handwashing or sanitization (Health Canada Guidelines)</li><li>• Avoid touching eyes, nose and mouth</li><li>• Cough into your sleeve</li></ul> <p>Only limited sharing of equipment for drills and games for those who can maintain physical distancing. Equipment to be sanitized between sessions.</p> <p>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.</p>
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	<p>If there are any further concerns about an athlete’s participation, we will consult with provincial health organizations, family physician, or nurse practitioner before their participation.</p> <p>Staff, volunteers and athletes to follow all other written standard operating procedures.</p>
<p>PPE Protocols</p>	<p>Staff, volunteers and athletes must wear a 3 layer 100% cotton facemask where physical distancing cannot be maintained.</p> <p>Staff, volunteers and athletes will be supplied a sanitation kit that must have a sanitization kit with them (hand sanitizer, gloves, 3 layer 100% cotton facemask, wipes) Staff to wear 3 layer 100% cotton facemask, medical grade gloves, and eye protection when cleaning</p> <p>Use of a sanitization fogger where possible to sanitize equipment at the start and end of each day in our storage areas.</p>
<p>Current policies in place to reduce exposure</p>	<p>Our workplace policies ensure that workers and others showing symptoms of COVID-19 are prohibited from the workplace.</p> <p>Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache. Anyone directed by Public Health to self-isolate.</p> <p>Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.</p> <p>Visitors are limited in the workplace.</p> <p>First aid attendants have been provided OFAA protocols for use during the COVID-19 pandemic.</p> <p>We have a work from home policy in place (if needed).</p>

<p>Falling sick at work policies</p>	<p>Sick workers to be asked to wash or sanitize their hands, provided with a surgical/medical facemask, and isolated. Ask the worker to go straight home. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self- isolation.]</p> <p>If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911.</p> <p>Clean and disinfect any surfaces that the ill worker has come into contact with.</p>
<p>Everyone entering the workplace, including workers from other employers, knows how to keep themselves safe while at your workplace.</p>	<p>We have a training plan to ensure everyone is trained in workplace policies and procedures.</p> <p>All workers have received the policies for staying home when sick.</p> <p>Signage is posted at the workplace, including occupancy limits and effective hygiene practices.</p> <p>Signage is posted at the main entrance indicating who is restricted from entering the premises, including visitors and workers with symptoms.</p> <p>Supervisors have been trained on monitoring workers and the workplace to ensure policies and procedures are being followed.</p>
<p>We have a plan in place to monitor risks. We make changes to our policies and procedures as necessary.</p>	<p>We will review our plan in our weekly staff meetings and in an all staff meeting</p>
<p>Workers know who to go to with health and safety concerns.</p>	<p>Our Executive Director also acts as our health and safety representative. All staff will be directed to contact her.</p>
<p>We have a training plan for new staff.</p>	<p>Preventing COVID-19 and other communicable diseases is included in our staff and volunteer onboarding document.</p>
<p>We have a training plan for staff taking on new roles or responsibilities.</p>	<p>Staff taking on new responsibilities will be trained on the safety protocols for their new responsibilities.</p>

**V. Whistler Adaptive: COVID-19 Safety Plan for Squamish Indoor Land Sport  
(including Leisure Buddies)**

Risk Assessment

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces.	Shared equipment for physical literacy games, use of municipal washroom facilities
We have involved frontline workers, supervisors, and the joint health and safety committee	Yes
Identify areas where people gather	Outside of program facilities. We will follow Brennan Park and other facility guidelines on drop-off and pick up procedures as well as ask our athletes, families and carers to maintain social distancing when waiting to enter the facility.
Identify job tasks and processes where workers are close to one another or members of the public.	Programs are conducted in public spaces (Brennan Park and other facilities)
Identify the tools, machinery, and equipment that workers share while working.	Sports equipment for physical literacy games
Identify surfaces that people touch often	Equipment and high touch surfaces ie door handle and light switches.

Protocols Implemented to Reduce Risks

Frontline workers, supervisors are included in creating the risk management plan	Yes
Elimination Protocols	Conduct programming online through Zoom
Engineering Protocols	Conduct programming in outdoor setting when weather permits.
Administrative Protocols	<a href="https://squamish.ca/assets/000-Recreation-Services/COVID-Field-Users/159c5bfa09/BPRC-Facilities-Safety-Plan.pdf">Brennan Park COVID-19 Safety Plan https://squamish.ca/assets/000-Recreation-Services/COVID-Field-Users/159c5bfa09/BPRC-Facilities-Safety-Plan.pdf</a> Each athlete will be provided their own

	<p>equipment (ball, hula hoop, skipping rope, bean bags, balloon).</p> <p>Limited equipment sharing for drills and skill development.</p> <p>Use cones to separate athletes (2 m at all times) and show barriers</p> <p>All programming will be with 2 coaches and small athlete groups/COVID bubbles - maintaining rule of 2/responsible coaching</p> <p>Participants and athletes to be scheduled into same weekly slots per week where possible to create stable COVID cohorts and ease of contact tracing in the case of an outbreak.</p> <p>Coaches will stay in their home community or coach participants and athletes from their home community wherever possible (Whistler, Squamish, Pemberton), start times will be staggered for lessons so that we don't have mixing of athletes. We will make best efforts to ensure the same coach and volunteers are matched with the same participant on an ongoing basis</p> <p>Participants sign letter agreeing to COVID-19 policies (Appendix A)</p> <p>Screening staff, volunteers, and athletes before they attend for symptoms through wellness questionnaire (Appendix B)</p> <p>Zero tolerance policy for 'playing while sick' - ensure that participants do not participate if they are symptomatic.</p> <p>Implement enhanced hygiene protocols for participants:</p> <ul style="list-style-type: none"><li>• Frequent, proper handwashing and hand sanitization when entering the facility (Health Canada Guidelines)</li><li>• Avoid touching eyes, nose and mouth</li><li>• Cough into your sleeve</li></ul> <p>Staff, volunteers and athletes to follow all other written standard operating procedures.</p>
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<p>PPE Protocols</p>	<p>If equipment has been used cleaning is necessary</p> <p>Clean all highly touched points/items at least twice per day. All other equipment cleaned after use.</p> <p>Wear necessary PPE, such as eye and face covering, as well as disposable gloves</p> <p>Wash all high touch points with neutral detergent with cold water and hard scrubbing</p> <p>Then sanitize, honouring dwell time needed of disinfectant. Cleaning logs will be kept.</p>
<p>Current policies in place to reduce exposure</p>	<p>Our workplace policies ensure that workers and others showing symptoms of COVID-19 are prohibited from the workplace.</p> <p>Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.</p> <p>Anyone directed by Public Health to self-isolate.</p> <p>Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID- 19 case must self-isolate for 14 days and monitor for symptoms.</p> <p>Visitors are strictly limited in the workplace except in extenuating circumstances.</p> <p>First aid attendants have been provided OFAA protocols for use during the COVID-19 pandemic.</p> <p>We have a work from home policy in place (if needed).</p>
<p>Falling sick at work policies</p>	<p>Sick workers should be asked to wash or sanitize their hands, provided with a surgical/medical facemask, and isolated. Ask the worker to go straight home. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self- isolation.]</p>



	<p>If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911.</p> <p>Clean and disinfect any surfaces that the ill worker has come into contact with. Cleaning logs will be kept.</p>
<p>Everyone entering the workplace, including workers from other employers, knows how to keep themselves safe while at your workplace.</p>	<p>We have a training plan to ensure everyone is trained in workplace policies and procedures.</p> <p>All workers have received the policies for staying home when sick.</p> <p>We have posted signage at the workplace, including occupancy limits and effective hygiene practices.</p> <p>We have posted signage at the main entrance indicating who is restricted from entering the premises, including visitors and workers with symptoms.</p> <p>Supervisors have been trained on monitoring workers and the workplace to ensure policies and procedures are being followed.</p>
<p>We have a plan in place to monitor risks. We make changes to our policies and procedures as necessary.</p>	<p>We will review our plan in our weekly staff meetings and in an all staff meeting</p>
<p>Workers know who to go to with health and safety concerns.</p>	<p>Our Executive Director also acts as our health and safety representative. All staff will be directed to contact her.</p>
<p>We have a training plan for new staff.</p>	<p>Preventing COVID-19 and other communicable diseases is included in our staff and volunteer onboarding document.</p> <p>Train staff on cleaning protocols, 3 layer 100% cotton facemask usage and on how to avoid cross-contamination when removing gloves.</p>
<p>We have a training plan for staff taking on new roles or responsibilities.</p>	<p>Staff taking on new responsibilities will be trained on the safety protocols for their new responsibilities</p>

## VI. Whistler Adaptive: COVID-19 Safety Plan for Swim

### Risk Assessment

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces.	Shared equipment for swim drills and use of municipal washroom facilities/change areas
We have involved frontline workers, supervisors, and the joint health and safety committee	Yes
Identify areas where people gather	Outside of program facilities. We will follow Meadow Park Sports Centre and other facility guidelines on drop-off and pick up procedures as well as ask our athletes, families and carers to maintain social distancing when waiting to enter the facility.
Identify job tasks and processes where workers are close to one another or members of the public.	Programs are conducted in public spaces (Meadow Park and other facilities)
Identify the tools, machinery, and equipment that workers share while working.	Sports equipment for physical literacy games
Identify surfaces that people touch often	Equipment and high touch surfaces ie door handle and light switches.

### Protocols Implemented to Reduce Risks

Frontline workers, supervisors are included in creating the risk management plan	Yes
Elimination Protocols	Conduct programming online through Zoom
Engineering Protocols	None
Administrative Protocols	<a href="#">Swim Canada Return to Sport Plan Phase 3</a> <a href="#">Meadow Park Sport Centre Safety Plan Phase 3</a>

	<p>Each athlete will be provided their own lane. Coaches conduct sessions and coaching from the pool deck. Parents will support children in the pool if the participant cannot swim independently.</p> <p>Limited equipment sharing for drills and skill development.</p> <p>Use lanes to separate athletes and show barriers</p> <p>All programming will be with 2 coaches and small athlete groups/COVID bubbles - maintaining rule of 2/responsible coaching</p> <p>Participants and athletes to be scheduled into same weekly slots per week where possible to create stable COVID cohorts and ease of contact tracing in the case of an outbreak.</p> <p>Coaches will stay in their home community or coach participants and athletes from their home community wherever possible (Whistler, Squamish, Pemberton), start times will be staggered for lessons so that we don't have mixing of athletes. We will make best efforts to ensure the same coach and volunteers are matched with the same participant on an ongoing basis</p> <p>Participants sign letter agreeing to COVID-19 policies (Appendix A)</p> <p>Screening staff, volunteers, and athletes before they attend for symptoms through wellness questionnaire (Appendix B)</p> <p>Zero tolerance policy for 'playing while sick' - ensure that participants do not participate if they are symptomatic.</p> <p>Implement enhanced hygiene protocols for participants:</p> <ul style="list-style-type: none"> <li>• Frequent, proper handwashing and hand sanitization when entering the facility (Health Canada Guidelines)</li> <li>• Avoid touching eyes, nose and mouth</li> <li>• Cough into your sleeve</li> </ul>
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	<p>Staff, volunteers and athletes to follow all other written standard operating procedures.</p>
<p>PPE Protocols</p>	<p>If equipment has been used cleaning is necessary</p> <p>Clean all highly touched points/items at least twice per day. All other equipment cleaned after use.</p> <p>Wear necessary PPE, such as eye and face covering, as well as medical grade disposable gloves</p> <p>Wash all high touch points with neutral detergent with cold water and hard scrubbing</p> <p>Then sanitize, honouring dwell time needed of disinfectant. Cleaning logs will be kept.</p> <p>Bin/bag for proper disposal of 3 layer 100% cotton facemasks will be available.</p>
<p>Current policies in place to reduce exposure</p>	<p>Our workplace policies ensure that workers and others showing symptoms of COVID-19 are prohibited from the workplace.</p> <p>Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.</p> <p>Anyone directed by Public Health to self-isolate.</p> <p>Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID- 19 case must self-isolate for 14 days and monitor for symptoms.</p> <p>Visitors are strictly limited in the workplace except in extenuating circumstances.</p> <p>First aid attendants have been provided OFAA protocols for use during the COVID-19 pandemic.</p> <p>We have a work from home policy in place (if needed).</p>

<p>Falling sick at work policies</p>	<p>Sick workers should be asked to wash or sanitize their hands, provided with a surgical/medical facemask, and isolated. Ask the worker to go straight home. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self- isolation.]</p> <p>If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911.</p> <p>Clean and disinfect any surfaces that the ill worker has come into contact with. Cleaning logs will be kept.</p>
<p>Everyone entering the workplace, including workers from other employers, knows how to keep themselves safe while at your workplace.</p>	<p>We have a training plan to ensure everyone is trained in workplace policies and procedures.</p> <p>All workers have received the policies for staying home when sick.</p> <p>Signage is posted at the workplace, including occupancy limits and effective hygiene practices.</p> <p>Signage is posted at the main entrance indicating who is restricted from entering the premises, including visitors and workers with symptoms.</p> <p>Supervisors have been trained on monitoring workers and the workplace to ensure policies and procedures are being followed.</p>
<p>We have a plan in place to monitor risks. We make changes to our policies and procedures as necessary.</p>	<p>We will review our plan in our weekly staff meetings and in an all staff meeting</p>
<p>Workers know who to go to with health and safety concerns.</p>	<p>Our Executive Director also acts as our health and safety representative. All staff will be directed to contact her.</p>
<p>We have a training plan for new staff.</p>	<p>Preventing COVID-19 and other communicable diseases is included in our staff and volunteer onboarding document.</p> <p>Train staff on cleaning protocols, 3 layer 100% cotton facemask usage and on how to avoid cross-contamination when removing gloves.</p>

We have a training plan for staff taking on new roles or responsibilities.	Staff taking on new responsibilities will be trained on the safety protocols for their new responsibilities
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## VI. Whistler Adaptive: COVID-19 Safety Plan; Equipment Rentals

### Risk Assessment

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces.	High touch points pose the highest risk when facilitating equipment rentals. High touch points include all areas where equipment is used when transporting as well as when using the equipment. Facility touch points are also an area of concern.
We have involved frontline workers, supervisors, and the joint health and safety committee	Yes
Identify areas where people gather	Mons container at Nesters Road Para-Wax Cabin at Whistler Olympic Park Harbers Centre at Olympic Station
Identify job tasks and processes where workers are close to one another or members of the public.	Each facilitated rental has exposure to the public.
Identify the tools, machinery, and equipment that workers share while working.	Adaptive Alpine Snow Sport Equipment Adaptive Nordic and Snowshoe Equipment Accessibility equipment ie. portable lifts
Identify surfaces that people touch often	Container lock and handle Harbers Centre high touch points Adaptive Alpine Equipment including but not limited to sit-skis, strapping, webbing, foam, outriggers, helmets and other adaptive sport aids Adaptive Nordic Equipment including but not limited to sit-skis, strapping, webbing, foam, snowshoes and other adaptive sport aids.

Protocols Implemented to Reduce Risks

Frontline workers, supervisors are included in creating the risk management plan	Yes
Elimination Protocols	One staff member will be used for each equipment rental
Engineering Protocols	Physical distancing measures communicated to athletes picking up equipment.
Administrative Protocols	<p>Waivers to be administered using physical distancing or collected digitally and administered through Zoom.</p> <p>A protocol will be in place, and communicated to both parties when an athlete picks up equipment. Cleaning protocol, with PPE, in place at time of pickup with system of recording date of cleaning.</p> <p>High touch points to be cleaned twice a day, all other equipment/touch points once per day.</p> <p>Participants sign letter agreeing to COVID-19 policies (Appendix A) Screening staff, volunteers, and athletes before they attend for symptoms through wellness questionnaire (Appendix B)</p> <p>Zero tolerance policy for 'playing while sick' - ensure that participants do not participate if they are symptomatic.</p> <p>Implement enhanced hygiene protocols for participants:</p> <ul style="list-style-type: none"> <li>• Frequent and proper handwashing (Health Canada Guidelines)</li> <li>• Avoid touching eyes, nose and mouth</li> <li>• Cough into your sleeve</li> </ul> <p>Staff, volunteers and athletes to follow all other written standard operating procedures.</p>

<p>PPE Protocols</p>	<p>Sanitizing caddy for cleaning posted at both locations. Wash all high touch points with neutral detergent with cold water and hard scrubbing Then sanitize, honouring dwell time needed of disinfectant</p> <p>Disposable gloves at both locations and disposable face 3 layer 100% cotton facemasks</p>
<p>Current policies in place to reduce exposure</p>	<p>Our workplace policies ensure that workers and others showing symptoms of COVID-19 are prohibited from the workplace.</p> <p>Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.</p> <p>Anyone directed by Public Health to self-isolate.</p> <p>Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.</p> <p>Visitors are strictly limited in the workplace except in extenuating circumstances.</p> <p>First aid attendants have been provided OFAA protocols for use during the COVID-19 pandemic.</p> <p>We have a work from home policy in place (if needed).</p>
<p>Falling sick at work policies</p>	<p>Sick workers should be asked to wash or sanitize their hands, provided with a medical/surgical facemask, and isolated. Ask the worker to go straight home. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self- isolation.]</p> <p>If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911.</p> <p>Clean and disinfect any surfaces that the ill worker has come into contact with.</p>



<p>Everyone entering the workplace, including workers from other employers, knows how to keep themselves safe while at your workplace.</p>	<p>We have a training plan to ensure everyone is trained in workplace policies and procedures.</p> <p>All workers have received the policies for staying home when sick.</p> <p>We have posted signage at the workplace, including occupancy limits and effective hygiene practices.</p> <p>We have posted signage at the main entrance indicating who is restricted from entering the premises, including visitors and workers with symptoms.</p> <p>Supervisors have been trained on monitoring workers and the workplace to ensure policies and procedures are being followed.</p>
<p>We have a plan in place to monitor risks. We make changes to our policies and procedures as necessary.</p>	<p>We will review our plan in our weekly staff meetings and in an all staff meeting</p>
<p>Workers know who to go to with health and safety concerns.</p>	<p>Our Executive Director also acts as our health and safety representative. All staff will be directed to contact her.</p>
<p>We have a training plan for new staff.</p>	<p>Preventing COVID-19 and other communicable diseases is included in our staff and volunteer onboarding document.</p>
<p>We have a training plan for staff taking on new roles or responsibilities.</p>	<p>Staff taking on new responsibilities will be trained on the safety protocols for their new responsibilities</p> <p>Train staff on cleaning protocols, 3 layer 100% cotton facemask usage and on how to avoid cross-contamination when removing gloves.</p>

## Whistler Adaptive: COVID-19 Safety Plan; Office

### Risk Assessment

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces.	Due to the size of our office, we cannot maintain social distancing
We have involved frontline workers, supervisors, and the joint health and safety committee	Yes
Identify areas where people gather	Front lobby of High Performance Centre - maintain physical distancing at all times
Identify job tasks and processes where workers are close to one another or members of the public.	No outside visitors will be allowed to our office in Phase 3
Identify the tools, machinery, and equipment that workers share while working.	Maintain each desk for personal use, Chelsey closest to window and Volunteer and Program Training Manager or other staff closest to door. Printer could be a shared point of contact.
Identify surfaces that people touch often	Washrooms, desks, files, printer, office chairs

### Protocols Implemented to Reduce Risks

Frontline workers, supervisors are included in creating the risk management plan	Yes
Elimination Protocols	Only Chelsey and to Volunteer and Program Training Manager access the office in Phase 3; Daniel, Mariel, Alanna to continue to work from home or out in the field with programming
Engineering Protocols	N/A
Administrative Protocols	Only one staff member to access the office at a time. All high touch points need to be cleaned upon exit of the office.

	<p>Staff, volunteers and athletes to follow all other written standard operating procedures.</p> <p>Worksafe BC guidelines to be posted for hand-washing, wearing a 3 layer 100% cotton facemask, and safety plan posted at worksite</p>
<p>PPE Protocols</p>	<p>Staff must wear a 3 layer 100% cotton facemask if physical distancing cannot be maintained or if mandated by the facility and/or PHO health orders.</p> <p>Staff must have a sanitization kit with them (hand sanitizer, gloves, 3 layer 100% cotton facemask, wipes). Sanitization kit will be provided by WAS.</p> <p>Staff to wear 3 layer 100% cotton facemask, gloves, and eye protection when cleaning</p> <p>Wash all high touch points with neutral detergent with cold water and hard scrubbing</p> <p>Then sanitize, honouring dwell time needed of disinfectant. Cleaning logs will be kept.</p>
<p>Current policies in place to reduce exposure</p>	<p>Our workplace policies ensure that workers and others showing symptoms of COVID-19 are prohibited from the workplace.</p> <p>Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.</p> <p>Anyone directed by Public Health to self-isolate.</p> <p>Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID- 19 case must self-isolate for 14 days and monitor for symptoms.</p>
<p>Current policies in place to reduce exposure</p>	<p>Our workplace policies ensure that workers and others showing symptoms of COVID-19 are prohibited from the workplace.</p> <p>Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.</p>

	<p>Anyone directed by Public Health to self-isolate.</p> <p>Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID- 19 case must self-isolate for 14 days and monitor for symptoms.</p> <p>Visitors are strictly limited in the workplace except in extenuating circumstances.</p> <p>First aid attendants have been provided OFAA protocols for use during the COVID-19 pandemic.</p> <p>We have a work from home policy in place (if needed).</p>
<p>Falling sick at work policies</p>	<p>Sick workers should be asked to wash or sanitize their hands, provided with a surgical/medical facemask, and isolated. Ask the worker to go straight home. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self- isolation.]</p> <p>If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911.</p> <p>Clean and disinfect any surfaces that the ill worker has come into contact with.</p>
<p>Everyone entering the workplace, including workers from other employers, knows how to keep themselves safe while at your workplace.</p>	<p>We have a training plan to ensure everyone is trained in workplace policies and procedures.</p> <p>All workers have received the policies for staying home when sick.</p> <p>We have posted signage at the workplace, including occupancy limits and effective hygiene practices.</p> <p>We have posted signage at the main entrance indicating who is restricted from entering the premises, including visitors and workers with symptoms.</p> <p>Supervisors have been trained on monitoring workers and the workplace to ensure policies and procedures are being followed.</p>
<p>We have a plan in place to monitor risks. We make changes to our policies and procedures as necessary.</p>	<p>We will review our plan in our weekly staff meetings and in an all staff meeting</p>

Workers know who to go to with health and safety concerns.	Our Executive Director also acts as our health and safety representative. All staff will be directed to contact her.
We have a training plan for new staff.	Preventing COVID-19 and other communicable diseases is included in our staff and volunteer onboarding documents.
We have a training plan for staff taking on new roles or responsibilities.	<p>Staff taking on new responsibilities will be trained on the safety protocols for their new responsibilities</p> <p>Train staff on cleaning protocols, 3 layer 100% cotton facemask usage and on how to avoid cross-contamination when removing gloves.</p>

**I. APPENDIX A**



**PARTICIPANT AGREEMENT**

**Application - all athletes, coaches, members, volunteers, participants and family members of participants' while in attendance at WAS activities ("Participants")**

All the Participants the Whistler Adaptive Sports Program Society (WAS) agree to abide by the following points when entering organization facilities and/or participating in WAS activities under the COVID-19 Response plan and RTS Protocol:

- I agree to symptom screening checks, and will let WAS know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting WAS or partners facilities, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the WAS (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others except when others are part of my immediate household or caregiver as well as wear a face covering per venue and PHO guidelines.
- I agree to limited sharing of equipment during practice times.
- I agree to abide by all of WAS COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the WAS activities for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my WAS membership temporarily.
- I acknowledge that there are risks associated with entering WAS facilities and/or participating in WAS activities, and that the measures taken by WAS and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Date:

Name:

Signature:

**For parents/caregivers:**

As the parent, guardian or caregiver of a participant with the Whistler Adaptive Sports Program Society (WAS) agree to abide by the following points when entering organization facilities and/or participating in WAS activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks, and will let WAS know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting WAS or partners facilities, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the WAS (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others except when others are immediate members of my household, a guardian or caregiver and wear a face covering if requested by the venue.
- I agree to limited sharing of equipment during practice times.
- I agree to abide by all of my WAS COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the WAS activities for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my or my child's WAS membership temporarily.
- I acknowledge that there are risks associated with entering WAS facilities and/or participating in WAS activities, and that the measures taken by the WAS and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Name of child/minor participant:

Name of parent/caregiver/guardian:

Date:

Signature:

## II. Appendix B - Participant Wellness Check

To be sent out as a google form ahead of each session:

Are you experiencing any of the following:

No Yes

- Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

Are you experiencing any of the following:

No Yes

- Mild to moderate shortness of breath
- Inability to lie down because of difficulty breathing
- Chronic health conditions that you are having difficulty managing because of difficulty breathing

Are you experiencing cold, flu or COVID-19-like symptoms, **even mild ones**?

Symptoms include: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.

No Yes

Have you travelled to any countries outside Canada (including the United States) within the last 14 days?

No Yes

Did you **provide care** or have **close contact** with a person with confirmed COVID-19?

Note: This means you would have been contacted by your health authority's public health team.

No Yes



### III. APPENDIX C – Whistler Adaptive ILLNESS POLICY

Illness Policy (Adapted from Allied Golf Association of BC) In this policy, “Team member” includes an employee, volunteer, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, Executive Director, program supervisor) 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

a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.

b. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.

c. 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

a. They should remain at home and contact Health Link BC at 8-1-1.

b. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.

c. No Team Member may participate in a practice/activity if they are symptomatic.

4. If a Team Member tests positive for COVID-19

a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.

b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.

c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test

a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.

- b. 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.
  - c. Other Team Members who may have been 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.
  - d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
6. If a Team Member has come in contact with someone who is confirmed to have COVID-19 30
- a. Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
  - b. 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.
  - c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
7. Quarantine or Self-Isolate if:
- a. 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.
  - b. 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.
  - c. 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.
  - d. 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 our facilities.

#### IV. APPENDIX D: RETURN TO SPORT MEMBER COMMUNICATION

Email or letter template message:



Return to our sport with respect to COVID-19

Dear <>

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, Whistler Adaptive has used the guidelines from viaSport and the Province of British Columbia to understand the recommendations of our Chief Provincial Health Officer and how they best apply within sport.

The attached Phase 3 Return to Sport Plan has been developed for the Whistler Adaptive Sports Program Society in order to ensure:

- health and safety of all individuals is a priority
- activities are in alignment with provincial health recommendations
- modifications to activities are in place in order to reduce the risks to each of our programs and its participants
- our organization is united and aligned on a plan to reopen throughout the Sea to Sky Corridor

While we do hope things will return to normal in the not too distant future, currently this Return to Sport Plan will be the new normal until we are advised otherwise by public health authorities.

If you choose to participate, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at our facilities until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID19, please stay home.
- Wear an approved face mask/covering where mandated by the facility, venue and/or PHO health order
- Wash your hands before participating

- Bring your own equipment if possible, water bottle and hand sanitize
- Comply with physical distancing measures at all time
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play or program as quickly as possible after you finish

Our Return to Sport Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Sport Plan.

Sincerely,

Chelsey Walker

Executive Director

**V. Appendix E: RULE OF TWO RELEASE**



I, \_\_\_\_\_, release Whistler Adaptive Sports Program Society from following the Rule of Two as outlined in the Responsible Coaching Movement when coaching my minor child/youth, \_\_\_\_\_. I acknowledge that the goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions in emergency situations.

\_\_\_\_\_  
Signed

\_\_\_\_\_

Dated

\_\_\_\_\_  
Witness

## **VI. APPENDIX F Sample Facility Specific Safety Plan**

**Whistler Adaptive Sports Program - COVID Safety Plan**  
**Lead contact Chelsey Walker - TELUS Mobile: 604-935-9406**  
**Box 708, Whistler, BC, V0N 1B0**

### **Section 1. Attendees**

*1 staff – Coach 1*  
*2 volunteers – Volunteer 1; Volunteer 2*  
*2 athlete participants – Athlete 1, Athlete 2*  
*Program will take place in The Lounge*

### **Section 2: Screening/Safety Protocols**

*Prior to the start of each session each athlete is required to fill out a Wellness Check which can be found here: <https://forms.gle/g7DTwuJF6ezgTG2Y7>*

*Athletes will practice social distancing when inside. Masks will be worn only if social distancing cannot be practiced. Our instructor will need to wait outside for all participants to arrive.*

*Each athlete should sanitize hands prior to entering.*

### **Section 3: Communication Plan**

*Due to small group format this will be done verbally prior to program arrival by supervisor.*

### **Section 4: Use of Space**

*Yoga mats set up spaced apart by 2 meters at least. Lead instructor will be at front of class*  
*Instructor will sign into room using Room Use sheet as listed on Page 8 of MPE Exposure Control Plan.*

### **Section 5: Equipment use/sanitizing/disinfecting**

*Instructor will be bringing their own equipment (yoga mats)*  
*Each athlete/staff will be using their own piece of equipment*  
*Instructor will use sanitizing spray to disinfect equipment*  
*No equipment is needed from RMOW*

### **Section 6: Facility Use**

*Athletes will not need access to any other rooms other than The Lounge.*  
*Athlete and staff will enter together through front doors, and Exit through front doors (as I don't believe there is another exit from the Lounge other than front doors)*

### **Section 7: Regulations**

*We will Keep a copy of participant names and dates of participation for 30 days*