

Biathlon British Columbia

Return to Sport Plan

Phase 3



September 20, 2020

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Overview

On May 6th, 2020, the Government of British Columbia released [B.C.'s Restart Plan: Next Steps to Move BC Through the Pandemic](#). This plan aims to slow the spread of COVID-19, protect our most vulnerable community members, and ensure our health-care system can respond to increased demand while a vaccine for COVID-19 is in development. B.C.'s Restart Plan outlines 4 distinct phases under which various activities may operate. These phases enable sport organizations to operate within the current orders of the Provincial Health Officer (PHO). Each phase is associated with different modifications of behaviour and protective measures that both individuals and organizations must follow. These recommendations are based on the recommendations from the PHO.

The PHO requires that every organization that participates in biathlon, including clubs and teams, have an explicit plan outlining the safety measures that they will implement and maintain over the coming **12-18 months** (September 2021-March 2022). These plans must follow the orders and guidance from the PHO, and must be made available to the public. This can be achieved by posting the plan in public view at the organization's facility, or on the organization's website. In order to facilitate this, viaSport was tasked to create a set of general [Return to Sport Guidelines for Sport in BC](#), from which Provincial Sport Organizations (PSOs) such as Biathlon BC, can develop sport specific Return to Sport plans. On June 8th, Biathlon BC released a Phase 2 Return to Sport Plan. This document represents Biathlon BC's Phase 3 Return to Sport Plan. Both plans have been developed in order to ensure:

- the health and safety of all individuals who participate in biathlon;
- that biathlon activities are in alignment with provincial health recommendations;
- that viaSport's Return to Sport Guidelines are adapted to fit the needs of biathlon; and
- the standardization of preventative protocols across the province.

Principles

Biathlon BC's Return to Sport Plans were developed with the following five principles in mind.

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none">• Frequent handwashing• Cough into your sleeve• Wear a non-medical mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travellers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and people• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces

Figure 1: The five principles from BC's Restart Plan.

COVID-19 and Transmission

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes. Transmission may potentially occur when two people are talking in very close proximity to each other. The virus enters the body when these droplets touch the eyes, nose or throat. COVID-19 may also be transmitted through droplets resting on surfaces. If a person comes into contact with these surface droplets, and then touches their face (eyes, nose mouth), the virus can also potentially enter the body.

COVID-19 Symptoms

COVID-19 symptoms are similar to other respiratory illnesses, including the flu (influenza) and the common cold. These symptoms include:

- | | |
|--|--|
| <input type="checkbox"/> Fever | <input type="checkbox"/> Stuffy/runny nose |
| <input type="checkbox"/> Chills | <input type="checkbox"/> Loss of smell |
| <input type="checkbox"/> Cough | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Shortness of Breath | <input type="checkbox"/> Muscle aches |
| <input type="checkbox"/> Sore throat | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Painful swallowing | <input type="checkbox"/> Loss of Appetite |

Coaches and athletes should all familiarize themselves with these symptoms.

Background information on Return to Sport

Return to Sport refers to the process of developing and implementing guidelines and protocols for sport organizations to operate safely in BC during the COVID-19 pandemic. Biathlon BC has created this plan for activities that occur during Phase 3 of Restart BC. Biathlon clubs in BC can adapt Biathlon BC's Phase 3 Return to Sport Plan to suit their own needs. Biathlon BC and viaSport do not need to subsequently approve club plans, provided they adhere to the *minimum requirements* set forth in Biathlon BC's Phase 3 Return to Sport Plan. It must be recognized that clubs have very different and unique situations (e.g., some do not manage/maintain their own facilities, some have extremely limited facilities, and some have landowner complexities, etc.). All attempts were made to align Biathlon BC's Phase 3 Return to Sport Plan with that of Cross Country BC (CCBC).

Phased reopening

On March 18, 2020, the province of British Columbia declared a state of emergency in order to support the province-wide response to COVID-19. During this phase, non-essential services, including organized sports activities such as biathlon, were temporarily shut down and not permitted to operate.

On May 19, 2020, BC entered Phase 2 of the Restart BC Plan. On June 8, 2020, Biathlon BC released its Phase 2 Return to Sport plan. This plan allowed for organizations to begin offering biathlon activities that were in accordance with Phase 2. It was formed in collaboration with viaSport, the Province of British Columbia, WorkSafe BC, Biathlon Canada, Nordiq Canada, Cross Country BC (CCBC), and Own the Podium. Biathlon Organizations in BC were required to adopt Biathlon BC's Phase 2 Return to Sport Plan according to their own organizational needs in order to resume biathlon activities.

On June 24th, 2020, BC entered Phase 3 of the Restart BC Plan. This document updates Biathlon BC's Phase 2 Return to Sport Plan to reflect the increase in permitted activities under Phase 3, while continuing to outline the required safety precautions. Biathlon organizations in BC are encouraged to update their existing Phase 2 Return to Sport Plan, based on recommendations found within this guide, and plan on maintaining these protocols for the next 12-18 months. Biathlon is in a favourable situation in that most training activities take place in an outdoor environment. This means that modifications are relatively straightforward. If BC reverts

back into Phase 2 of Restart BC, Biathlon Clubs must also revert back to using their Phase 2 Return to Sport Plans in order to continue biathlon activities.

Biathlon in Phase 3

With COVID-19 precautions “progressively loosening” during Phase 3, biathlon activities may start to be less restrictive than they were during Phase 2. Close physical proximity, however, should still be minimized as much as possible. Phase 3 allows for the formation of “[Cohorts](#)” in situations where it is difficult to maintain 2m physical distancing during sport specific activities (e.g. Biathlon Bears group, training squads that regularly train together, participants at a multi-day camp). Outside the **Field of Play**, 2m physical distancing should still be maintained between all participants. If this is not possible (e.g., in a warming hut, team van etc.), masks should be worn. Although cohorts may include up to 100 people, the maximum group size remains 50, and adequate space must be maintained between groups (e.g., one group on one side of the stadium, the other group on the range). Travel for provincial camps and provincial competition is allowed.

Your Responsibilities as a Biathlon Club

While the risk of COVID-19 continues, the Government of BC requires all amateur sports organizations and their participants to follow all public health guidance. This includes all directives from national, provincial and regional public health jurisdictions, as well as the recommendations set forth by Biathlon BC. It is important to be aware that [Biathlon Canada’s insurance policy](#) includes a contagion exclusion. This means that the policy will not cover any claims relating to communicable diseases or pandemics. The Government of BC issued [ministerial order no. M183](#) to address this exclusion. This order protects amateur sports organizations, and their members, from liability, *barring gross negligence*, of COVID-19 infection or exposure as a result of an organized sport activity. This ministerial order will remain in place for the duration of the state of emergency due to the COVID-19 pandemic. Biathlon BC’s Return to Sport Plan forms the minimum requirements that biathlon clubs in BC must follow in order to maintain liability protection from the Government of BC.

Risk Management

While we are all doing our best to reduce the risk of exposure to COVID-19, the virus is actively circulating in our communities. Complete elimination of risk is impossible. Each participant must make their own decision as to whether or not to resume biathlon at this time. Each participant is encouraged to account for their own circumstances and make the decision that is right for them. Should a participant join in biathlon activities, they must be in full cooperation with their club's Return to Sport Plan.

In order to minimize the risk to their members, each Biathlon Club in BC must:

- ☐ Take all necessary precautions to mitigate the risk of an individual being exposed to or infected with COVID-19.
- ☐ Have a Return to Sport Plan, approved by their board of directors, that is based on a risk assessment and analysis that considers the risks presented by the type of activity, place of activity, and the risk profile of those involved in the activity. This plan must be appropriate to the current phase of Restart BC. Biathlon Clubs are encouraged to use Biathlon BC's Phase 3 Return to Sport Plan as a template.
- ☐ The approved Return to Sport Plan must be made easily available to all stakeholders in your club.
- ☐ All staff and volunteers must receive training on your approved return to Sport Plan.
- ☐ The approved return to Sport Plan must be consistent with the guidelines set by the Government of BC, WorkSafe BC and health authorities.
- ☐ Implementation of the Return to Sport Plan should be monitored and updated as necessary.
- ☐ Ensure that all participants are members of Biathlon BC, and have completed a Participant Agreement ([Appendix B](#)), and any necessary waivers.
- ☐ Develop a COVID-19 Safety Plan (Template found in [Appendix E](#))
- ☐ Existing waivers, releases and/or participant agreements should be reviewed to confirm that they are broad enough to encompass COVID-19 related risks.
- ☐ Ensure that all participants follow the COVID-19 General Rules.

Biathlon Canada has created a [Club Risk Assessment and Club Mitigation Checklist Tool](#) in conjunction with Own the Podium that can be used to help assess if an activity is safe, and what actions can be taken to mitigate risk.

BIATHLON BC RETURN TO SPORT & COVID-19 GENERAL RULES

For all individuals participating in biathlon (training, workshops, office work, etc.), 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 must self-isolate for a minimum of 14 days.
- ☐ If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, **you must** stay home.
- ☐ Wash your hands before participating.
- ☐ Bring your own equipment, water bottle and hand sanitizer.
- ☐ Do not share food or beverages.
- ☐ Avoid physical contact with others, including shaking hands, high fives, etc.
- ☐ Leave the field of play or facility as quickly as possible after you finish.

Furthermore:

- ☐ **All individuals must have a current [Biathlon BC membership](#).**
- ☐ All individuals have signed a Participant Agreement (see Appendix B) acknowledging their acceptance of the risks.
- ☐ All individuals must complete a COVID-19 self-assessment, (e.g. using this online [self-assessment tool](#)), on a daily basis before arriving.
- ☐ Coaches and administrators **must be** familiar with the Illness Policy (see Appendix C).
- ☐ Consider your own risk. If you are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation for the time being.
- ☐ If you start to feel mildly ill while participating, inform the person in charge (e.g., coach), sanitize your hands, go straight home, and complete a COVID-19 self-assessment. If severely ill (e.g., difficulty breathing, chest pain) have the person call 911. (And that person should ensure the cleaning and disinfecting of any surfaces that you have come into contact with.)
- ☐ If you have any health and safety concerns, inform the person in charge and/or the [Biathlon BC office administrator](#).

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 mask and gloves. WorkSafe BC has provided a [guide for employers and Occupational First Aid Attendants](#) to follow. First aid protocols for an unresponsive person during COVID-19 have been developed by the [Canadian Red Cross](#).

Outbreak Plan

If any individual reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, inform the Coach and/or [Biathlon BC office administrator](#). They will then execute the following Outbreak Procedure provided by viaSport BC.

- ☐ Immediately shut down all club activities.
- ☐ Club officials must notify the local Public Health authorities (see [Appendix D](#) for contact details) and Biathlon BC immediately.
- ☐ All club members and program participants must be notified of the outbreak and agree to follow the direction from Public Health Officials.

PHASE 3 RETURN TO SPORT PLAN - BIATHLON BC

(Updated Sept 15, 2020)

Biathlon BC developed the Phase 3 Return to Sport Plan (Phase 3 Plan) in accordance with viaSport and the PHO. These guidelines ensure that the recommendations of our PHO are best applied towards the safe implementation of biathlon activities during Phase 3 of Restart BC. It was designed with “in-season” or “competition” activities in mind. It is feasible that the COVID-19 Pandemic could worsen, requiring the Province of BC to revert to Phase 2 of Restart BC. *If this is the case, organizations are required to return to following their approved Phase 2 Plan.*

Each biathlon club is required to re-evaluate their approved Phase 2 Plan, and update it accordingly if they would like to progressively loosen the restriction on biathlon activities that are permitted under Phase 3 of Restart BC. It is advised to start conservatively and slowly when introducing new activities within this phase.

[Risk Management](#) is still the key to determining whether or not your club is ready to include new activities. Biathlon Canada, in conjunction with Own the Podium and Nordiq Canada, have created a [Club Risk Assessment Tool](#) to assist biathlon clubs in this process. Generally speaking, the higher the contact intensity, or the increase in number of contacts, the higher the need for activity modification will be.

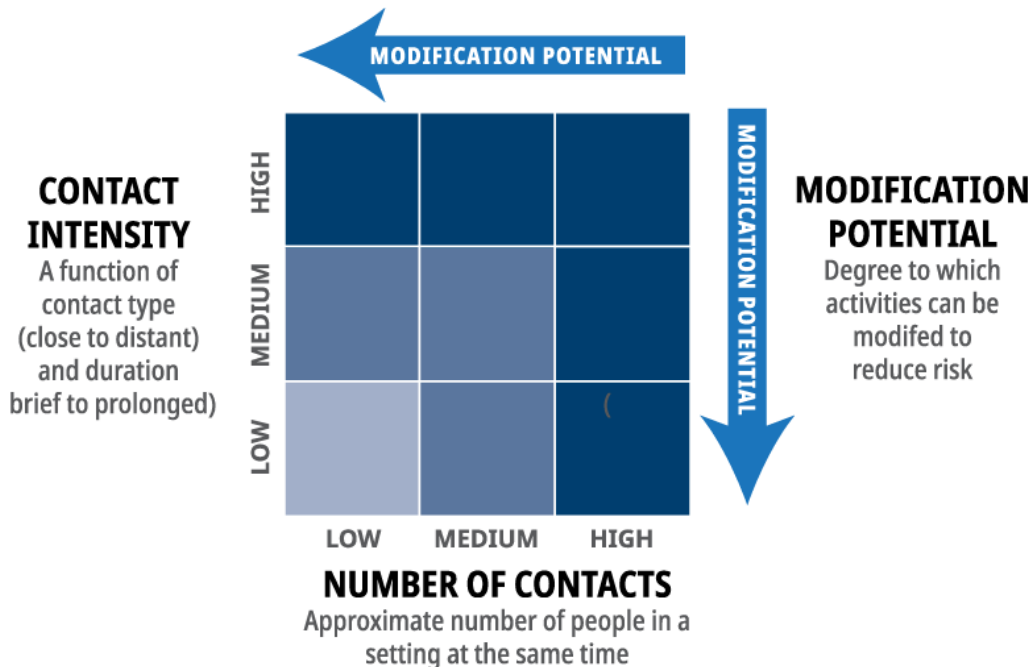


Figure 2: Modification of activities potential courtesy of viaSport Phase 3 Return to Sport Guidelines.

Biathlon is in a fortunate position in that it is an outdoor, individual sport. Physical distancing can be maintained with few modifications and relative ease. It is with this in mind that clubs can adapt their Phase 2 Plan in order to accommodate a greater variety of training activities and the re-introduction of competitions as permitted in Phase 3.

Biathlon BC's Phase 3 Plan addresses the following group activities:

- Group Training Cohorts
- Group training (non-shooting range activities)
- Group training (shooting range activities)
- Training Camps
- Travel
- Training Facilities/Operations
- Workshops

Note: Guidelines pertaining to competitions held during Phase 3 will be published as a separate document.

Phase 3 Group Training Cohorts

Cohorts may be formed with participants (e.g. a Biathlon Bears group, training squads that regularly train together, participants at a multi-day camp) who interact with each other on a regular basis on the field of play, and where it is difficult to maintain 2m physical distancing during sport specific activities. Examples on the field of play where it is difficult to maintain 2m physical distancing include a shared firing line, a gym or shared rifle racks. When in a cohort, and participating in sport specific activities on the field of play, physical distancing measures do not need to be maintained, although physical contact should still be minimized.

Warming huts, wax rooms, changing rooms and team vans are examples that not considered part of the field of play because participants are not at these locations while performing sport specific activities. If 2m physical distancing can't be maintained during these non-sport specific activities, **masks should be worn**. Cohorts may include up to 100 people.

Cohorts differ from groups. Cohorts may be formed with individuals who interact on the field of play, but are not necessarily all together at one time. A group is the *total number of individuals gathering at a location at one time*. The maximum group size is limited to 50 individuals.

To understand this further, a cohort of 100 individuals may attend the same event, provided a maximum of 50 people are at the same location at one time (e.g., the cohort is split up, into groups 50 people or less, at different locations such as the stadium, "on course" and on the range). Cohorts may be comprised of individuals from different clubs, allowing for inter-club events.

When forming cohorts, organizations should:

- ☐ In addition to below, remind individuals in cohorts to comply with above **General Rules**.
- ☐ In addition to below, remind individuals in cohorts to comply with below **Phase 3 Group Training (non – range activities) Protocols**.
- ☐ In addition to below, remind individuals in cohorts to comply with below **Phase 3 Group Training (range activities) Protocols**.
- ☐ Remind individuals to minimize contact on the field of play.
- ☐ Require 2m physical distancing outside the field of play.
- ☐ Create cohorts with individuals/teams of similar age and skill.
- ☐ Not exceed the maximum cohort size of 100 individuals.
- ☐ Keep gatherings to less than 50 individuals.
- ☐ Consider coaches, volunteers and officials outside of the total cohort number, *only* if they are able to maintain physical distancing at all times.
- ☐ Keep individuals from one cohort from mixing with individuals from another cohort.

- ☐ Keep cohorts together for an extended period of time. If an individual is looking to change cohorts, it is recommended that the individuals should take a two-week break between activities before joining the new cohort.
- ☐ Encourage individuals to limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with.
- ☐ Remind Parents and Spectators that they are not included in the cohort limits, and should continue to maintain physical distancing at all times.

Phase 3 Group Training Protocols (non-range activities)

- ☐ In addition to below, comply with above **General Rules**.
- ☐ Coaches are to remind all participants of the rules at the beginning of each day.
- ☐ Outdoor activities are best, and are structured so physical distancing of 2m is maintained.
- ☐ Sanitation supplies are available as needed.
- ☐ The maximum group size is 50, but realistically needs to be smaller for effective/safe group training.
- ☐ Organizations are encouraged to form cohorts among their participants.
- ☐ A record of participants is maintained.
- ☐ If indoor facilities are used (e.g., gym), follow all additional facility directives in place.
- ☐ Sharing equipment is to be avoided. If exercise equipment must be shared (e.g., training surfaces, balls, weights etc.), it should only be done within a cohort.
- ☐ Any shared equipment must be [cleaned/disinfected](#) at the end of each practice, or if used by a different cohort.
- ☐ Group transportation (e.g. Car Shuttles) is permitted provided everyone in the vehicle wears a face mask.
- ☐ Masks and gloves are available in case first-aid is required. Coaches have trained themselves on the [proper use of masks](#).
- ☐ Coaches should ensure adequate supervision so that rules are followed, with reminders as needed.

Phase 3 Group Training Protocols (range activities)

- ☐ In addition to below, comply with above **General Rules**.
- ☐ In addition to below, comply with above **Phase 3 Group Training (non – range activities) Protocols**.
- ☐ If non-biathlon specific shooting facilities are used (e.g., rod and gun clubs, private shooting ranges, indoor ranges etc.), follow all additional facility directives in place.
- ☐ Shooting mats, lanes, target reset boxes/ropes and rifle racks may be shared within cohorts. This equipment must be [cleaned/disinfected](#) after each session, and before use by a different cohort.
- ☐ Equipment that touches an individual's face such as spotting scopes and rifles is assigned to one individual for the duration of a session. This equipment must be [cleaned/disinfected](#) at the end of a session, or before a different individual is permitted to use it.
- ☐ Designated times for set-up and teardown should be implemented as necessary to avoid groups or cohorts from overlapping.
- ☐ These recommendations also apply to any dryfiring activities.

Phase 3 Training Camp Protocols

- ☐ In addition to below, comply with above **General Rules**.
- ☐ In addition to below, comply with above **Phase 3 Group Training (non – range activities) Protocols**.
- ☐ In addition to below, comply with above **Phase 3 Group Training (range activities) Protocols**.
- ☐ Pre-Camp, organizers should:
 - Clearly communicate that any individuals who are sick prior to the camp may not participate.

- Clearly communicate expected protocols in advance of camp to athletes, parents, coaches and volunteers where appropriate
- Recommend that individuals reduce exposure to others and minimize visits to public spaces for at least one week leading up to the camp.
- Emphasize the importance for individuals to monitor their health for at least one week leading up to the camp. This includes proper rest/sleep and recovery, nutrition and symptom screening.
- Plan travel to minimize interactions with other people where possible.
- Ensure that an outbreak plan is in place, and that there are dedicated spaces that can be used for isolation if camp participants develop COVID-19 symptoms.
- In-Camp, organizers should:
 - Enforce physical distancing of 2m, proper hand hygiene, rest and recovery.
 - Ensure appropriate protocols are in place for cleaning and disinfecting equipment
 - Recommend individuals wear masks when outside the training environment, and where physical distancing of 2m cannot be maintained.
 - Form a Cohort for the duration of the camp, and minimize contact with individuals outside of the cohort as much as possible.
 - If possible, plan for all individuals to stay in the same accommodation.
 - Consider having food services catered or bringing in food rather than going to restaurants.
 - Avoid public transportation.
 - Enforce illness policy if individuals present signs and symptoms of COVID-19.
- Post-Camp, organizers should:
 - Plan travel for returning home to minimize interactions with other people where possible.
 - Recommend individuals monitor their health and notify public health if symptoms appear.
 - Comply with public health official's directives in the event of an outbreak.

Phase 3 Travel Protocols

- In addition to below, comply with above **General Rules**.
- It is recommended that individuals remain primarily within their region when travelling for sport.
 - Exceptions include travel to attend high performance training camp or provincial competitions.
- Inter-provincial and international travel is not recommended.
- If individuals choose to travel internationally, they are required to self-isolate for 14 days.
- If you choose to travel, individuals are recommended to:
 - Check on the number of active cases in the community/region to which you are travelling.
 - Respect travel advisories.
 - If sick, you must not travel, even if the symptoms are mild.
 - Wash your hands often.
 - Practice safe physical distancing of 2m from others.
 - Wear a mask if you cannot keep a safe physical distance from others.

Phase 3 Training Facilities/Operations Protocols

- Local directives for the use of facilities (e.g.: clubhouses, shooting ranges, equipment rooms, flex rooms, wax rooms, washrooms etc.) are followed. Consider limiting or denying access to any unneeded facilities.
- Physical distancing (2m) must remain in place at all times within the facility. If this is not possible, masks should be worn.
- Signage is placed outside any facility in use, as well as at entry points outlining the COVID-19 protocols in place.

- ☐ Signage is placed in training and washroom facilities encouraging hand washing and respiratory hygiene. Ensure there is adequate soap/sanitizer in washrooms.
- ☐ A list of all common touchpoints (e.g., door handles, light switches, workstations etc.) is prepared and disinfected frequently.
- ☐ Cleaning frequency is documented in a log.
- ☐ Hand sanitizer stations are provided for participants in multiple locations.
- ☐ Contactless payment options are used and cash payments are avoided.
- ☐ Group sizes do not exceed 50 individuals.
- ☐ Communal sitting areas are avoided or sanitized between uses.
- ☐ All club activities abide by local directives, including, but not limited to AGMs, Board Meetings, fundraisers, facility rentals and events.

Phase 3 Workshops/Courses Protocols

- ☐ In addition to below, comply with above **General Rules**.
- ☐ In addition to below, comply with above **Training Facility/Operations Protocols**.
- ☐ Learning facilitators or course conductors are to remind all participants of the rules at the beginning of each day.
- ☐ Ensure room and tables are set-up so that physical distancing is maintained (2m).
- ☐ Group sizes do not exceed 50 individuals.
- ☐ A record of participants is maintained.
- ☐ Do not share any equipment.

Phase 3 Offices Protocols

- ☐ In addition to below, comply with above **General Rules**.
- ☐ In addition to below, comply with above **Training Facility/Operations Protocols**.
- ☐ The Employer is to remind all staff of the rules, and adhere to WorkSafe BC regulations.
- ☐ Ensure workspaces are set-up so that physical distancing is maintained (2m) or that barriers are adequate (e.g., cubicle walls).
- ☐ Ensure there is sanitizer available at each common touchpoint (e.g., by office door, by photocopier etc.).
- ☐ Do not share any equipment if possible.
- ☐ Work and meet virtually where possible.

APPENDIX A – SPORT ACTIVITY CHART

Use this chart to help identify whether or not a specific activity is permitted, and if it requires specialized safety protocols.

	Strictest Controls Phase 1	Transition Measures Phase 2	Progressively Loosen Phase 3	New Normal (Future date TBC)
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	<ul style="list-style-type: none"> Refer to PHO and local health authorities 	<ul style="list-style-type: none"> Refer to PHO and local health authorities
Enhanced Protocols	<ul style="list-style-type: none"> Increased hand hygiene 	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	<ul style="list-style-type: none"> Increased personal hygiene, cleaning protocols and symptom screening 	<ul style="list-style-type: none"> Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	<ul style="list-style-type: none"> Participants should maintain physical distance while not on field of play 	<ul style="list-style-type: none"> Outdoor/Indoor
Participants	<ul style="list-style-type: none"> Individual activities 	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes increase based on sport type (i.e. level of contact). Participants and spectators must adhere to 50 people max per event public health guidance 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc.). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	<ul style="list-style-type: none"> Where feasible, limit contact (i.e. coming within two metres) in training and sport activities 	<ul style="list-style-type: none"> No restrictions on activity type
Contact Activities	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	<ul style="list-style-type: none"> Cohort model introduced for sports that cannot maintain 2m physical distancing. 	<ul style="list-style-type: none"> No restrictions on activity type
Competition*	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> In club play or modified games may slowly be introduced 	<ul style="list-style-type: none"> Competition slowly introduced. Regional competition for sports in cohorts. 	<ul style="list-style-type: none"> Provincial competitions and larger scale events may return
Equipment	<ul style="list-style-type: none"> No shared equipment 	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Enhanced cleaning protocols in place 	<ul style="list-style-type: none"> Shared equipment
Travel	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Limited 	<ul style="list-style-type: none"> Unlimited

*Introduction of competitive activities should be in alignment with sport-specific guidelines.

Figure 3: Sport Activity Chart created by viaSport

Biathlon Canada has created a [Club Risk Assessment and Club Mitigation Checklist Tool](#) in conjunction with Own the Podium that can be used to help assess if an activity is safe, and what actions can be taken to mitigate risk.

APPENDIX B – PARTICIPANT AGREEMENT

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

All Participants of <NAME OF ORGANIZATION> agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks, and will let my club 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 the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all of my Clubs 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 club 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 club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club 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:

Signature:

Signature of Parent/Legal Guardian:

APPENDIX C – ILLNESS POLICY

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

1. **Inform an individual in a position of authority (e.g., coach) 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 complete the online self-assessment tool each morning before their activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b. Coaches/Managers may 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 activity.
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 during the activity, they should be sent home immediately and contact 8-1-1 or a doctor for further guidance.
 - c. No Team Member may participate in an activity if they are symptomatic.
4. **If a Team Member tests positive for COVID-19**
 - a. Follow the directions of Public Health Officials.
5. **If a Team Member has been tested and is waiting for the results of a COVID-19 Test**
 - a. Follow the directions of Public Health Officials.
6. **Quarantine or Self-Isolate if:**
 - a. You have travelled outside of Canada or the province within the last 14 days.
 - b. You have come into close contact with someone who has tested (+) for COVID-19.
 - c. You have been advised to do so by Public Health Officials.

APPENDIX D – ADDITIONAL RESOURCES

Links to Regional Health Authorities

- Fraser Health: <https://www.fraserhealth.ca>
- Interior Health: <https://www.interiorhealth.ca/>
- Island Health: <https://www.islandhealth.ca>
- Northern Health: <https://www.northernhealth.ca>
- Vancouver Coastal Health: <http://www.vch.ca>
- First Nations Health Authority: <https://www.fnha.ca>

Links to additional sport COVID-19 resources

- Cross Country BC (CCBC) Return to Sport Plan: <http://www.crosscountrybc.ca/return-sport-plan-cross-country-bc>
- Nordiq Canada COVID-19 Resources: <https://nordiqcanada.ca/nordiq-canada-covid-protocol/>
- Biathlon Canada COVID-19 Resources: <http://biathloncanada.ca/covid-19-resources/>
- viaSport COVID-19 Resources: <https://www.viasport.ca/return-sport>
- Own the Podium COVID-19 Resources: <https://www.ownthepodium.org/en-CA/Resources/COVID-19-Resources>
- Canadian Academy of Sport and Exercise Medicine: <https://casem-acmse.org/resources/covid-19/>
- WorkSafe BC: <https://www.worksafebc.com/en/about-us/covid-19-updates>
- BC Center for Disease Control: <http://covid-19.bccdc.ca>

Links to additional hygiene and sanitation resources

- Anschutz Rifle sanitation: <http://jga.anschuetz-sport.com/dateien/Produktinformationen/ANSCHUTZ%20Disinfection%20of%20your%20rifle%20200820.pdf>
- BC CDC Cleaning and Disinfecting: http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf
- BC CDC Handwashing: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf
- BC CDC Physical Distancing: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_PhysicalDistancingPoster.pdf
- BC CDC Face Masks: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_SurgicalMaskPoster.pdf

APPENDIX E - COVID-19 SAFETY PLAN TEMPLATE

All organizations must develop a COVID-19 Safety Plan.

This tool can be used to guide you through the planning process. Currently, there is no standard document for your COVID-19 Safety Plan – you may use this document, or another document that meets your needs, to develop your plan. Other organizations have also developed templates to support Safety Plan development. For example, WorkSafe BC has developed a comprehensive tool all businesses can adapt. This COVID-19 Safety Plan template is adapted from WorkSafe BC to align with the sport sector.

viaSport will not be approving the plans of individual sport organizations, but in accordance with the order of the Provincial Health Officer, this plan must be posted by your organization.

Step 1: Assess the risks at your workplace

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces. The closer together individuals are and the longer they are close to each other, the greater the risk.

- ☐ We have identified areas where people gather
- ☐ We have identified situations and processes where individuals are close to one another or members of the public.
- ☐ We have identified the equipment that may be shared by individuals
- ☐ We have identified surfaces that people touch often

Step 2: Implement protocols to reduce the risks

Select and implement protocols to minimize the risks of transmission. Look to the following for information, input, and guidance:

- ☐ viaSport sector guidelines and your sport-specific guidelines. You may need to identify and implement additional protocols if the posted protocols don't address all the risks to your workers.
- ☐ Orders, guidance, and notices issued by the provincial health officer and relevant to your industry. Updates will also be posted at www.viasport.ca
- ☐ Municipality or facility guidelines

First level protection (elimination): Limit the number of people and ensure physical distance whenever possible

- ☐ We have established maximum program numbers for our program that meets facility requirements
- ☐ We have established and posted occupancy limits for common areas such as meeting rooms, change rooms, washrooms, and elevators (if applicable).
- ☐ We have implemented measures to keep participants and others at least 2 meters apart, wherever possible.

Measures in place

List your control measures for maintaining physical distance in your environment. If this information is in another document, identify that document here.

Second level protection (engineering): Barriers and partitions

This section may only apply to facility owners and operators

- ☐ We have installed barriers where workers can't keep physically distant from co-workers, customers, or others.

Measures in place

Describe how barriers or partitions will be used in your environment (if appropriate). If this information is in another document, identify that document here.

Third level protection (administrative): Rules and guidelines

- ☐ We have identified rules and guidelines for how participants, coaches, volunteers, spectators should conduct themselves.
- ☐ We have clearly communicated these rules and guidelines through a combination of training and signage.

Measures in place

List the rules and guidelines that everyone is required to follow. This could include things like using one-way doors or walkways, no sharing of equipment, and wiping down equipment after use. If this information is in another document, identify that document here.

Fourth level protection: Using masks (optional measure in addition to other control measures)

- ☐ We have reviewed the information on selecting and using masks and instructions on how to use a mask.
- ☐ We understand the limitations of masks to protect the wearer from respiratory droplets. We understand that masks should only be considered when other control measures cannot be implemented.
- ☐ We have trained individuals on the proper use of masks (if applicable).

Measures in place

Who will use masks?

What work tasks will require the use of masks?

How have workers been informed of the correct use of masks?

If this information is in another document, identify that document here.

Reduce the risk of surface transmission through effective cleaning and hygiene practices

- ☐ We have reviewed the information on cleaning and disinfecting surfaces.
- ☐ Our sport facility has enough handwashing stations on site for our participants. Handwashing locations are visible and easily accessed.
- ☐ We have communicated good hygiene practices to participants, coaches, volunteers, etc.
- ☐ We have implemented cleaning protocols for all common areas and surfaces.
- ☐ Workers who are cleaning have adequate training and materials.
- ☐ We have removed unnecessary tools and equipment to simplify the cleaning process

Cleaning protocols

Provide information about your cleaning plan. Specify who is responsible for cleaning, the cleaning schedule, and what the cleaning protocols will include (e.g., which surfaces, tools, equipment, etc.). If this information is in another document, identify that document here.

Step 3: Develop policies

- ☐ Develop the necessary policies to manage your sport.
- ☐ Our policies ensure that workers and others showing symptoms of COVID-19 are prohibited from participating in sport activities
- ☐ 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.
- ☐ 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.
- ☐ Our policy addresses individuals who may start to feel while participating. It includes the following:
 - ☐ Sick individuals should report to first aid (or designated individual), even with mild symptoms.
 - ☐ Sick workers should be asked to wash or sanitize their hands, provided with a mask, 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.]
- ☐ If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911. Clean and disinfect any surfaces that the ill worker has come into contact with.

Step 4: Develop communication plans and training

You must ensure that everyone participating in the sport activity knows how to keep themselves safe while participating:

- ☐ We have a communication and training plan to ensure everyone is trained in policies and procedures.
- ☐ All participants have received the policies for staying home when sick.
- ☐ We have posted signage at the sport location, including occupancy limits and effective hygiene practices.
- ☐ We have posted signage indicating who is restricted from participating, including visitors and workers with symptoms.
- ☐ Coaches or safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

Step 5: Monitor and update your plans as necessary

Things may change as your business operates. If you identify a new area of concern, or if it seems like something isn't working, take steps to update your policies and procedures.

- ☐ We have a plan in place to monitor risks. We make changes to our policies and procedures as necessary.
- ☐ Individuals know who to go to with health and safety concerns.
- ☐ When resolving safety issues, we will involve designated health and safety representatives

Step 6: Assess and address risks from resuming operations

If your workplace has not been operating for a period of time during the COVID-19 pandemic, you may need to manage risks arising from restarting your programming/business.

- ☐ We have a training plan for new staff, coaches, volunteers.
- ☐ We have a training plan for staff, coaches, volunteers taking on new roles or responsibilities.
- ☐ We have a training plan around changes to our business/programming.
- ☐ We have identified a safe process for cleaning and removing things that have been out of use.

Be advised that personal information must not be included in the COVID-19 Safety Plan

Personal information is any recorded information that uniquely identifies a person, such as name, address, telephone number, age, sex, race, religion, sexual orientation, disability, fingerprints, or blood type. It includes information about a person's healthcare, educational, financial, criminal or employment history. Visit <https://www.oipc.bc.ca/about/legislation/> for more information.