

Wells Gray Outdoor Club - COVID Guide for Members and Lessons

Current Dec 2020

Reference Documents

Viasport Return to Sport Guidelines

Updated Dec 3rd

https://www.viasport.ca/sites/default/files/Return_to_Sport_Guidelines_web_12-3-2020.pdf

Crosscountry BC guidelines

<https://www.crosscountrybc.ca/covid-19>

For all users

Do not use or visit the Candle Creek Trail System and Warming Hut if

- You are sick or are displaying symptoms of COVID-19, you must stay home
- You have traveled outside of Canada, you must self-isolate for 14 days
- If you live in a household with someone who has COVID-19 or is showing symptoms

Use of Buildings

- Sanitize your hands before entering the warming hut, the quonset hut, or the outhouse
- You must wear a mask if entering the warming hut or the quonset hut.
- Maximum occupancy in the warming hut and the quonset hut is 5

Come Prepared

- Bring your own hand sanitizer, masks, water bottle, and equipment.

Comply with physical distancing measure

- 2 m in general
- 3 m when participating in sport (skiing, snowshoeing, etc)
- If it is not possible to maintain physical distancing, wear a mask

Do not gather in groups for any reason

For lessons

In addition to the requirement above

Maximum number of participants in a lesson group is 10 plus the coaches

Parents are not allowed to spectate. They are to drop off their child and then leave or go skiing themselves and then return to pick up their child not more than 10 mins prior to the end of the lesson.

Coaches are to inform parents that participants are to bring a mask, their own water bottle, hand sanitizer, and snacks.

Coaches or designate (assistant) must sanitize the high touch surfaces prior to and after lessons.

Use a disinfectant suitable for the purpose, the labels will indicate if they are designed to kill viruses.

Door knobs of outhouses, warming hut.

Counter tops

Coaches are to ensure that the occupancy limit, five, of the warming hut is adhered to. Coaches are encouraged to have a bonfire outside **if** warming is required.

Coaches must take attendance and forward a copy via email of the attendance and contact information to hazelwadlegger@hotmail.com after the lesson is completed (the same day)

Structure lessons so that physical distancing is maintained, 3 m minimum. If this is not feasible during part of the lesson, such as helping with fitting equipment, wear a mask.

Do not include the use of shared equipment during lessons.

If a coach or participant starts to feel ill they are to sanitize their hands, inform the coach, and head home. Coaches may need to contact parents. It is preferable that the participant waits outside. If due to other concerns, such as being cold, the child needs to be in the warming hut, no other children should be in the warming hut and the high touch surfaces of the warming hut need to be disinfected prior to any other use.