

100 Mile Nordics

COVID-19 Safety Plan for 2021-2022

100 Mile Nordics prepared this COVID-19 Safety Plan based on requirements and guidance from public health officials, our provincial sport organizations, WorkSafeBC and Recreation Sites and Trails BC.¹

We feel strongly that we can provide great skiing while staying safe during this pandemic and we thank you for your help in making that happen by complying with this COVID-19 Safety Plan. However, as long as the virus is present in our community, it is impossible to completely eliminate the risk and each skier must make their own decision as to whether it is in their best interest to participate in any activity at the 99 Mile Ski trails and associated facilities.

This COVID-19 Safety Plan consists of:

- Rules and guidance for everyone using the 99 Mile Ski Trails and associated facilities
- Measures being taken by the Club to address COVID-19 safety
- General policy on illness and outbreaks (Appendix A)
- Additional safety plan details specific to skill development programs (Appendix B), events (Appendix C) and Nordic Centre operations (Appendix D)

This COVID-19 Safety Plan may be revised to address newly identified concerns or updated guidance. Substantial revisions will be communicated to members by email and will be noted on the Club website and posted in the lodge.

Rules and Guidance for Everyone Using the 99 Mile Trails & Facilities

If you (as a club member, employee, volunteer or guest) choose to use 99 Mile trails or facilities or participate in club programs or events, you **MUST FOLLOW THESE RULES**

- Stay home if you don't feel well or are displaying symptoms of COVID-19.
- Stay home if you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19.
- Maintain 2 metre physical distancing in the parking lot, on trails and in the buildings.
- To facilitate COVID-19 contact tracing by public health:
 - Lodge users should sign the log when they enter the lodge (after sanitizing hands).
 - Organizers will have a sign-in sheet for events and work bees.

¹ The Club operates the 99 Mile Ski Trails under a Partnership Agreement with Recreation Sites and Trails BC (RSTBC). The Club offers Nordic skill development programs according to the rules, guidance and support of Cross Country BC (CCBC) and viaSport BC. The lodge and other buildings owned by the Club are subject to inspections and permits from Interior Health and other government agencies. Some of our operations rely on paid employees who are covered by WorkSafeBC regulations. The safety of Club volunteers is guided by CCBC and RSTBC as well as the Club's own safety policies.

- If you use the lodge or washroom:
 - Masks must be worn in the lodge except when eating (age 5+).
 - Vaccination passports are required to dine in the lodge.
- No outside food in the lodge.
- Comply with the posted occupancy limits posted for the buildings². **The occupancy limit for the lodge is 15.**

GUIDANCE to reduce the risk of COVID transmission:

- Parking lot etiquette:
 - Stay in your car until there is room to be 2 metres from other people.
- Trail passing etiquette:
 - Our trails are wide, so use the space to keep 2 metres apart during passing.
 - If you are approaching from behind, call out “Passing” to warn others you want to pass.
- Lodge etiquette:
 - Masks must be worn in the lodge (except when eating; age 5+)
 - Sanitize your hands when you enter the lodge.
 - Do not linger in any building.
- Outhouse etiquette:
 - Use hand sanitizer as supplied
- Do not approach the groomers and caretakers while they are working.
- Do not visit the Nordic Centre if you don’t plan to ski or snowshoe or are not essential support to askier.

Questions or Suggestions?

If you have questions or suggestions about the Club’s COVID-19 Safety Plan, please let us know by emailing info@100milenordics.com. All emails will be read and considered, but we might not respond individually to all feedback.

² Occupancy limits are intended to provide 5 square metres per person to allow physical distancing. Ref: [Guiding Public Health principles for business operators during COVID-19 pandemic](#)

Measures Taken by the Club to Address COVID-19 Safety

1. This COVID-19 Safety Plan will be posted on the Club's website, the lodge and information kiosk.
2. Signs will be posted in buildings regarding distancing, occupancy limits, masks and sanitizing.
3. If requested by public health officials, the Club will support COVID-19 contact tracing by providing contact information of those using club facilities, programs and events. To facilitate this:
 - Contact information and agreement to this Safety Plan will be collected when day tickets are sold online or in the lodge.

Appendix A: General Policy on Illness and Outbreaks

This policy applies to all users of the 99 Mile ski trails, snowshoe trails, and buildings, including visitors and spectators.

1. **All users should self-assess their health** before arriving to ascertain that they are not feeling any of the COVID 19 symptoms.
If unsure how to self-assess, please use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en> .
2. **Anyone feeling sick with COVID-19 symptoms** should remain at home and contact Health Link BC at 8-1-1. If someone feels sick or is showing symptoms while at the Nordic Centre, they should go or be sent home immediately and contact 8-1-1 for further guidance.
3. **Anyone who tests positive for COVID-19** should follow the direction of health officials.
4. **Quarantine or self-isolate if:**
 - You have travelled outside of Canada within the last 14 days.
 - You have come into close contact with someone who has tested positive for COVID-19.
 - You have been advised to do so by health officials.
5. **If any user of the 99 Mile ski trails or other facilities tests positive for COVID-19:**
 - 100 Mile Nordics will cooperate fully with Public Health to help with contact tracing.
 - If requested to by Public Health, the club will send an email to all 100 Mile Nordics members outlining the place and timing of activity by the potentially infected person. Day pass holders for the day(s) of potential transmission will also be notified.
 - Any person who has come in contact with a potentially infected person should:
 - Follow direction provided by Public Health
 - Stay away from the Nordic Centre trails and buildings for at least 14 days

Appendix B: Nordic Skills Development and Teen Ski Programs

Safety Plan for Athletes and Coaches

In addition to the 'Rules and Guidance for Everyone Using the 99 Mile Trails and Facilities':

- In addition to below, comply with above **General Rules**.
- Coaches are to remind all participants of the rules at the beginning of each day.
- Physical distancing is maintained. Increase distance with higher speed training activities. When possible & safe, it is preferable to ski BESIDE others instead of BEHIND (e.g., on closed roads, wide trails).
- Maximum group size is 50, but realistically needs to be smaller for effective/safe group training.
- No indoor facilities will be used.
- A record of participants is maintained.
- "Get in, Train, Get out." Athletes arrive ready to go and do not mingle with the group upon arrival or departure.
- Nothing is shared. If something must be shared (e.g., surfaces), it is cleaned/disinfected between users (e.g., with disinfecting wipes).
- Coaches should ensure adequate supervision so that rules are followed, with reminders as needed.
- Skill Development Program (SDP) and teen ski participants will arrive ready to go and remain outside. The waxing hut will have a fire going for warming/safety. Masks are required in the hut.

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. Injured skiers must wear masks as well and masks will be included in first aid kits.
- A guide for employers and Occupational First Aid Attendants:
<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>
- First aid protocols for an unresponsive person during COVID-19:
<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

Appendix C: Competitions and Social Events Safety Plan

Available guidance includes:

- Competitions: CCBC <https://www.crosscountrybc.ca/covid-19> and viaSport's updated Return to Sport plans:
https://www.viasport.ca/sites/default/files/Return_to_Sport_Restart_2.0_December_10-21.pdf
- Public Health Orders, Notices & Guidance including:
<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-nightclubs-food-drink.pdf> *December 12, 2021*

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-gatherings-events.pdf> *December 3, 2021*