

Powderhounds Adaptive Snowsports

Introduction to Powderhounds Adaptive Snowsports Return to Sport (RTS) Plan

The Powderhounds Adaptive Snowsports Return to Sport (RTS) plan is intended to provide clear instructions and protocols regarding participation in the Powderhounds Adaptive Snowsport programs for the 2020-2021 season. The RTS plan below is to be considered in conjunction with BC Adaptive Snowsports RTS. Both RTS plans are informed by mandatory PHO orders / guidance as well as the provincial sport sector advice provided through viaSport's RTS Guidelines.

Please note that RTS plans may be updated as the COVID-19 pandemic changes. Updated information will be provided on our website (<https://pimbc.ca/powder-hounds/>).

Key Terms:

Mask: Appropriate masks and face coverings are defined as any double-layer material that covers the face and nose adequately. This can include neck warmers, non-medical masks, disposable masks, and other coverings.

PHO: Provincial Health Officer (PHO) is the senior public health official for BC responsible for monitoring the health of the population of BC and providing independent advice to ministers and public officials on public health issues.

RTS: Return to Sport (RTS) refers to the process of developing and implementing guidelines for sport organizations to operate safely in BC during this pandemic. RTS plans are unique to each sport.

Participant: Individual for which the adaptive snowsport program is designed to accommodate.

Volunteer: Administrative volunteer, program and club volunteer, or volunteer instructor involved with adaptive snowsport programs.

Pre-screening

All volunteers, participants, and caregivers must use a self-screening tool prior to each lesson. To ensure there are no health concerns, or to act accordingly if there are, please note:

- For routine daily screening please complete the [BC Covid-19 Self Assessment Tool](#). If the assessment advises self-isolation or testing or if any symptoms or known positive contacts are present, the lesson must be cancelled.
- It is the responsibility of the instructor to communicate with participant or caregiver the day before the lesson to confirm health status of all parties. Contact information will be shared to enable timely communication from all parties in the event of any changes to the health of instructors or

participants. Instructor calls are intended to clarify skier ability and lesson plan, individual gear, bubbles, and parent participation as well as address any health and safety concerns.

- If a lesson is cancelled for any reason, Powderhounds will attempt to reschedule. However, rescheduling can not be guaranteed and is subject to availability.
- No instructor or participant may return to the program until they are symptom free and cleared of illness based on Public Health Guidelines.

Arrival Process

To best ensure the health and safety of all involved, the following protocols will be adhered to upon arriving at the mountain facility:

- Instructors will meet their participants in the zone where the lesson will take place:
 - Happy Valley Area for the magic carpet area;
 - Across from VCM for all chairlift ski areas.
- Instructors will be identified by a number system to simplify meeting participants and allow meet up areas to remain socially distanced.
- On hill contact information must be shared and parents/caregivers must be available to be reached throughout the lesson in case of illness or emergency.
- Room runners will be assigned each day to bring out equipment from locker for all instructor teams. Sitski lead instructors will have access to equipment room.
- Clients must supply blankets, helmets, goggles (if blankets from the emergency supply are used, they are not to be returned).
- All gear and equipment will be sanitized between lessons using Public Health Guideline approved methods by designated and trained volunteers.
- Masks must be worn by instructors, participants and parents/caregivers at all times. This should be discussed in the pre-lesson phone call. For those participants who may find this challenging, practicing at home prior to the lesson will be advised.

Lesson Process

To best ensure the health and safety of all involved, the following protocols will be adhered to during the lesson:

- Wherever possible we encourage parents to stay for the lesson to help maintain social distancing of

instructors and participants if physical assistance is needed.

- Remind parents, students must be able to keep face coverings on for their lessons.
- Fresh gloves for second set of lessons for instructors or spray sanitize at end of lesson (remember proper hand/glove hygiene).
- Where social distancing cannot be maintained for safety reasons, all protocols will be followed for wearing of facemasks and observing proper hygiene practices. Where possible only one instructor will assist when necessary.

Positive or Suspected Positive Case Plan

Where there is a positive or suspected positive case of COVID-19 all participants, family members and volunteers are to adhere to the following:

- **Any positive or suspected positive case within two weeks of attending a lesson must be reported to the Powderhounds Director or designate by phone or email. Appropriate contact tracing will then be followed.**

Our Safe Work Practice Policy for exposure events:

- If you suspect you have COVID -19
 - Stay home
 - Complete the self-assessment online <https://bc.thrive.health/covid19/en>
 - Follow instructions based upon self-assessment
 - Update you Supervisor
- If you have contact with a positive COVID -19 case
 - Follow good hygiene practices and self-monitor
 - Wait for contact tracing by Interior Health
 - If Interior Health contacts you, update your Supervisor, follow instructions as directed
- If the student or instructor develop symptoms during the lesson, contact parents/caregiver and coordinate the immediate end to the lesson. The student must be picked up as quickly as possible in the same spot they were dropped off.
- Notify all Powderhound contacts related to the lesson and instruct them to follow public health guidelines. Self monitor for symptoms. Complete the self-assessment online <https://bc.thrive.health/covid19/en> . Further updates will be sent when information regarding situation is known. Confidentiality will be maintained.
- If a morning lesson participant becomes ill, instructors will notify Director or designate of the day to discuss situation and determine if the instructor's afternoon class can proceed based on situation and

protocols.

- Instructors have authority to decline a lesson if there are concerns to health and safety.

COMMUNICATIONS PLAN

The following communication plan is intended to outline the roles and responsibilities for club staff and / or volunteers to address considerations affiliated with COVID-19 for the 2020-2021 season. Acknowledging this may include additional responsibilities and volunteer appointments, areas of additional support for the 2020-2021 season include:

• BCAS liaison	Gail	W	
• Facility liaison	Gail	W	
• Hygiene lead	Sarah	M-P	
• PPE	Sarah	M-P	
• Equipment sanitation	Duncan	L	
• Forms and tracking coordinator	Gail	W	
• BCAS registration	Gail	W	
• Waivers, session check-in, contract tracing,	Gail	W	