

2020
2021



Vancouver Adaptive Snow Sports Return to Sport Plan

OCTOBER 15, 2020



Return to Sport Introductions

Sport and physical activity play an important role in the physical, psychological, and emotional well-being of students and volunteers in the VASS community. For these reasons, we are all excited to resume snow sport activities. However, the health and safety of all participants and the greater community must remain the number one priority.

This Return to Sport Plan is informed by the viaSport British Columbia provincial guidelines, sport-specific plans by Canadian Adaptive Snowsports, BC Adaptive Snowsports, our local mountain hosts and the provincial health organization recommendations.

VASS will be carefully monitoring the situation throughout our province. Please bear in mind that we might find ourselves opening and then needing to close some or all programs or change the processes; everything depends on what happens with the numbers of COVID-19 cases within our province. We will need to be flexible to respond to changes in community transmission, and changes in advice from the Provincial Health Officer.

For the purposes of this document, the following definitions are used:

VASS is Vancouver Adaptive Snow Sport

BCAS is BC Adaptive Snowsports

CADS is Canadian Adaptive Snowsports

Programs are defined as any organized activity that is facilitated by VASS or an BCAS or CADS-sanctioned local and national event.

Volunteer is defined as any administrative volunteer, program volunteer, instructor or coach.

Student is defined as any participant in a VASS program or training, including: learn-to-ski or ride, All Mountain, Blue Streaks, sit ski and snowshoe

BUBBLE PERSON is defined as any primary support worker, caretaker, guardian, or parent of a student.

Participant is defined as anyone involved in VASS programs including volunteers, students, and BUBBLE PEOPLE.

COVID-19 and Transmission

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes, but also may occur when someone is talking in very close proximity to another person. The virus in these droplets can enter the body of another person when that person breathes in the droplets, or when the droplets touch the eyes, nose, or throat of that person. This is referred to as 'droplet' transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment when someone touches a contaminated area, then touches their face without cleaning their hands. The virus does not enter the body through skin. It enters through the eyes, nose, or mouth when the person touches their face. Unfortunately, human beings touch their face often throughout the day, much more than they realize, which is why regular handwashing and cleaning of high-touch surfaces is so important.

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting where there is more space for people to keep physically distanced. However, in the context of sport, risks exist even outdoors, due to high-touch surfaces because many sports involve objects that are normally shared among participants (balls, equipment, etc.).

[Please click here](#) to find current information from the BC Centre for Disease Control.

[Please click here](#) for a plain-language resource to help explain COVID-19.

Symptoms of COVID-19

COVID-19 symptoms are similar to other respiratory illnesses including the flu and the common cold. These 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, and loss of appetite.

It is also possible that people infected with COVID-19 may experience little or no symptoms. Illness may range from mild to severe.

Some people are more vulnerable to developing severe illness or complications from COVID-19, including older people and those with chronic health conditions.

[Please click here](#) to find current information from the BC Centre for Disease Control.

Risk Management

B.C. health officials say there are two variables that we need to address in order to reduce the risk of transmission:

- 1. Contact intensity – how close you are to someone and for how long.*
- 2. Number of contacts – how many people are in the same setting at the same time.*

The following levels of protection are listed from highest level of protection to lowest. Use the highest level of protection possible or appropriate for each situation.

- Physical distancing measures – reduce density of group (number and duration of contacts)*
- Engineering controls – physical barriers, increased ventilation, traffic flow*
- Administrative controls – rules and guidelines*
- Non-medical masks (and other Personal Protective Equipment)*

Each sport and training program is required to have a Program Safety Volunteer to help mitigate risk.

Purpose

This plan is intended to help VASS volunteers, students, BUBBLE PEOPLE, and staff safely return to in-person programs on our local Vancouver mountains. VASS' Return to Sport Plan provides detailed information on expectations, information, and resources that can support decision-making and communication within our programs.

The five guiding principles of our return plan are as follows:

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

We require all participants of VASS to read and understand this plan and sign a copy of the attached "SPORT PARTICIPANT COVID-19 AGREEMENT" prior to involvement in any club event.

Our organization has appointed James Peters as our primary point of contact regarding this document and our COVID-19 Return to Sport process. Any questions or communications around these matters, including reports of cases of COVID-19 among participants, should be directed to James Peters to ensure our policies are being fully adhered to email: james@vass.ca or call :604-646-8277

This plan has been presented to our Board of Directors on Oct 1, 2020 and this date will be updated upon review and approval.

The Provincial Health Officer's direction is that Return to Sport Plans should cover three things:

- 1 Processes to open safely
- 2 Measures to keep people safe to avoid further outbreaks
- 3 A plan in the event that a case or an outbreak should occur

1. Process to Open Safely

1.1 To ensure a safe opening we will not allow participation by the following individuals or groups:

- a) People who are currently infected with COVID-19.
- b) Anyone who is under quarantine or who has symptoms of respiratory infection: such as fever, sore throat, runny nose, cough, shortness of breath or loss of sense of smell; or general symptoms such as headache, muscle aches, fatigue, loss of appetite, nausea, vomiting or diarrhea.
- c) People who are immunocompromised or believed to be at-risk for COVID-19.
- d) Any participants that do NOT have a current BCAS membership.
- e) Members who do not submit a properly signed "Sport Participant COVID-19 Agreement".
- f) Members who do not follow the instructions or guidelines provided in this Return to Sport Plan and/or the Sport Participant COVID-19 Agreement.

1.2 Every club activity will have a designated responsible organizer who will maintain a complete list of participants which will be made available to our club's COVID-19 RTS primary contact person.

1.3 Club facilities have been thoroughly cleaned and new cleaning regimes have been put in place to maintain a high level of sanitization. There may be new signage at the Grouse yurt, Seymour storage and designated meeting area at Cypress, further explaining these procedures, as well as changes to maximum occupancy, and we ask that all members read and abide by the new rules.

1.4 High risk activities will be avoided. We will be focusing on skill development and fitness during this time.

1.5 There must be good hygiene practices in connection with the activity, e.g. access to hand sanitizer, routine hand washing and thorough cleaning of sports equipment before and after the activity.

1.6 We ask that any person/s participating monitor potential symptoms and use the COVID-19 self-assessment tool found at <https://bc.thrive.health/>

1.7 When an activity is being held at a facility (e.g. ski resort), our members must also agree to follow the venue's guidelines.

2. Measures to keep people safe to avoid further outbreaks

2.1 All types of training and program activities must be carried out in a way that ensures the Government of BC's recommendations on distance between people and group gathering are complied with, i.e. keeping a 2-meter (6 feet) distance between participants at all times.

2.2 No sports activity or training involving a group of more than 50 people shall be carried out if at least 2 meters of distance between individuals cannot be properly maintained.

2.3 Participants are recommended to only use their own equipment. Any shared equipment needs to be properly sanitized immediately after each use.

2.4 Physical contact is not permitted.

2.5 In activities for children and adolescents, an adult who can ensure the activity is carried out in accordance with the requirements and recommendations of public health authorities and special sporting COVID-19 rules must be present.

2.6 Everyone attending an activity will have easy access to hand washing with soap and water or hand sanitizer.

3. Our Plan in the event that a case or outbreak should occur

3.1 If someone shows symptoms of COVID-19 they must immediately let the program coordinator know and isolate themselves. Then, immediately have the program coordinator contact James Peters to inform of the scenario. Cell: 604-646-8277

3.2 We will make decisions to cancel, postpone or modify any activity if one or more cases of potential infection are reported.

3.3 We will promptly communicate all information regarding reported cases at any event with everyone who has participated or been involved. An individual's privacy will be maintained throughout these communications. We will then be reporting all reported cases of COVID 19 to the provincial health organization.

3.4 Any person/s showing symptoms must self-isolate as per [BCCDC guidelines](#).

Emergency Response

FIRST AID

If minor first aid is required during a program, all persons attending to the injured individual must first put on a mask and gloves prior to assisting that individual. Vass will provide masks for coaches to support participants who need first aid or urgent health support; if you encounter any issues sourcing appropriate masks, please contact your program coordinator.

ACCIDENTS

VASS does not require coaches to have first aid training or to provide first aid. We ask that you assess the situation, and if the athlete is safely able to continue to participate, allow them to do so. If they are not able to participate but could safely leave with their parent/BUBBLE PERSON, assist them to do so. If the injury is such that further medical attention is required, follow the emergency protocol for the ski resort you are at and have ski patrol attend to facilitate next actions. Contact your program coordinator immediately after contacting ski patrol.

Education and Training

The Return to Sport Plan will be made available to all members of the VASS community with specific education materials tailored to students, volunteers, and BUBBLE PEOPLE. All must be familiar with provincial and facility guidelines as well as the VASS Return to Sport Plan prior to starting programs. Information will be posted at www.vass.ca/covid-19/, in individual's Skiportal profile at <https://www.vass.skiportal.org/> and posted in Grouse Yurt, Seymour Storage Container and agreed upon meeting area at Cypress.

VASS will create training videos for coaches and BUBBLE PEOPLE that review their expectations before, during, and at practice and review all forms and documents relevant to their role. All program coordinators and volunteers must watch these training videos prior to starting programs. Upon completion of the training an online confirmation, attached to your Skiportal profile, must be completed. Program coordinators will receive checklists listing requirements for every practice.

A large component of this education will focus on how to help students understand and follow the new protocols. This will be done by reviewing the resources we will be providing to students, such as handwashing videos and the required signage at programs.

As our host mountains complete their Return to Sport Plans, we may need to amend our plan to reflect the requirements of each location. As updates are added, this document will be republished with date being updated on the title page reflecting the most current version.

