

FSNSC Operational Plan (2020-2021 Season)

This plan will be available for viewing on the FSNSC website.

STATEMENT OF INTENT

The Fort Saskatchewan Nordic Ski Club (the Ski Club) will move forward with a modified 2020 season for Nordic Skiing in accordance with Provincial and Municipal guidance surrounding COVID-19. The Ski Club will comply with the rules and regulations provided by Nordiq Canada, Nordiq Alberta, Alberta Health Services and the City of Fort Saskatchewan.

This plan may be modified to reflect any changing guidelines.

Note: All club members have provided contact tracing information as part of enrolling for a membership.

GROUP LEADERS

All ski club programs (skiing and dryland training) will have a designated Group Leader (over the age of 18) who is responsible for oversight and maintenance of the group, and other public health guidance.

Adult groups – Craig Lukie (dryland and pre-season skiing sessions), Janice Stolz (backup)

Youth groups - Linda Dredge Toope, Craig Lukie (backup)

Adult ski lessons – Adult instructor (Todd Leland), Linda Dredge Toope / Chris Bennett (backup)

OUTDOOR ONLY ACTIVITIES

For dryland and pre-season skiing the following rules will apply:

- Prior to arrival WRE or other session locations, participants shall be advised of the following:
 - AHS Screening must be conducted prior to arrival (at home) and symptomatic participants must not attend.
- Screening will be confirmed upon arrival by each leader during check in and symptomatic participants will not be permitted to participate. Record keeping of the pre-screening will be done at the start of session (by paper for dryland/pre-season)
- Masks or face coverings are not required to be worn for outdoor activities, but participants are expected to maintain 2 meters from those who are not part of their family cohort. If closer contact is **necessary**, a face covering must be donned.
- All participants must bring a personal supply of hand sanitizer and must be used as necessary.
- The Group Leader will also have a supply of hand sanitizer available if necessary. The Group Leader will provide hand sanitizer if using a pen by participants is necessary.
- The Group Leader will record and retain for 14-days, information about of all attending members (including family member spectators - no public spectators permitted), and make it available to AHS for contact tracing purposes:
 - Name;
 - Phone number;
 - For minor participants, the name of a responsible adult.
 - Confirmation of AHS screening upon arrival.
- No access to West Rivers Edge Pavilion (WRE) will be permitted.

- Exterior washrooms only will be available for use. Social distancing must be maintained in the washrooms (ie. Wait until vacant if necessary)
- Participants, coaches and volunteers must arrive dressed and ready to participate – no indoor changing is permitted.
- Participants must bring their own water bottle labeled with the name of the participant. Water bottles are not to be shared.
- Everyone will be required to bring their own equipment. Any ski equipment leased from the FSNSC will be sanitized prior to issuance. Participants are expected to sanitize before initial use and as much as required afterwards.
- Participants must not handle anyone else's ski or other equipment, bags, shoes, etc., other than those in their family cohort.
- Handshakes or "High Fiving" is discouraged between participants;
- Participants are reminded to practice hand hygiene, respiratory etiquette, and not to touch their face; Cough/sneeze etiquette and 2-meter physical distancing will be required for everyone who is not part of a family cohort
- Participants, coaches, volunteers and spectators will be directed to leave the facility immediately following the lesson.

SKI SEASON MODIFICATIONS (YOUTH AND ADULT LESSONS):

The above guidelines will be followed for the scheduled youth and adult ski lessons, with the additional guidelines or alterations:

Access to WRE:

- Coaches only will be permitted access the lower level of WRE to get their coaching equipment. They are to arrive dressed for coaching but will be permitted to change their footwear before and after the lessons.
- Max of 10 people will be allowed in the lower level at any one time.
- Masks are required to be worn at all times while inside WRE.
- Only one person at a time is allowed in the hallways if going opposite directions. Two people maximum in the storage room.
- Washrooms are designed to only accommodate one person at a time.
- The Youth Group Leader will ensure that the lower level is cleaned after each Sunday use, including sanitizing of all door handles and other common touch points. This task may be delegated.
- There will be a designated entrance and exit to and from the lower level.

Cancellations:

- Lessons will be cancelled if the air temperature is -17C or colder at 10:00 am the day of the lesson. This temperature has been temporarily been raised due to lack of indoor space for warming up for participants. The official notification method will be via email but will also be posted on Facebook and Instagram(?).
- Individual lessons may be cancelled if the coach is unable to attend due to illness, self-isolating precaution, or other COVID or other reasons and a replacement cannot be found. If the group helper is still able to attend, the option will be presented to attend at the regular lesson time to go for a group ski. The participants will be notified via email as soon as possible but will likely be the morning of the lesson. This is normally not an issue but may be one this year.
- A makeup session for any cancelled lessons may be considered but will depend on ski conditions and coach availability.

Youth Lessons (Jan 3 – March 14):

- The youth lessons will be split into groups of 10 people or less - including the coach, helper and any parents who are required to participate.
- Lessons will be shortened to approximately 1 hour due to lack of indoor space. Start times of lessons will be communicated to the participants prior to the start of lessons.
- Youth must be dressed and ready for their lessons. There will be no changing area available.
- Youth classes will be separated by color. Youth participants will be provided with a colored bib/pinny and youth will meet their coach at a designated spot in the outdoor teaching area at the designated start time. This location will be communicated to the parents prior to the start of the lesson.
- There will be no entry to the teaching area prior to 15 minutes before lesson time. Coaches, participants, volunteers and spectators must wait in their vehicles until that time.
- Immediate contact info for parents (cell phone number) must be provided to the Youth Group Leader and Youth Lessons Communications Coordinator (Cathy Pretzlaw).
- Snack breaks will not be provided this year. Snacks are permitted after the lessons but all COVID guidelines must be followed.
- Parents are encouraged to participate in skiing while their child is in lessons or spectate from a distance, unless presence with the class is requested by the coach. But regardless, parents must be available if their child starts to feel unwell to immediately remove them from the class and teaching area. The coach will contact the Youth Lessons Communications Coordinator by cell, who will contact the parent.

Adult Lessons (Jan 9 – Feb 28):

- The adult lessons will be split into groups of 10 people or less - including the coach and helper (if applicable).
- Lessons will be shortened to approximately 1 hour due to lack of indoor space. Start times of lessons will be communicated to the participants prior to the start of lessons.
- Participants will meet their coach at a designated spot in the outdoor teaching area at the designated start time. This will be communicated to the participants prior to the start of the lesson.
- If a participant starts to feel unwell, they are to notify their coach and are to immediately remove themselves from the class and teaching area.

OTHER

- No loaning of classic ski equipment for single day use during ski lessons will occur for 2020-2021 ski season.
- Youth skate skis may be used for instruction but will be managed by the coach. Each participant will be loaned a set for the lesson. Sanitizing of the equipment will be done by the coach.
- Day use loan of the ski pulk will be on a case by case basis. Pulk must be signed out with contact information provided. Pulk will be sanitized before and after use.

COMMUNICATIONS

- Prior to the start of the first lesson, participants (or parents), coaches, parents of helpers or other designated volunteers will be provided a link to COVID screening questionnaire. The questionnaire includes agreeing to review the COVID screening questionnaire prior to coming to WRE for lessons each time and if anyone cannot answer no to all the questions, they will not come for lessons.
- Prior to the start of the first lesson, participants or parents must communicate via email

to the Youth Group Leader (or designate) stating they have reviewed the procedures provided and agree to follow the guidelines.

- Individual briefings on procedures will be conducted with all Coaches and volunteers prior to the start of the lessons.

ATTENDANCE

- Coaches will take attendance for each lesson including coach, helper and any parents who are required to be in attendance.
- Youth Lessons Communications Coordinator will record names of family spectators who are within the teaching area or vicinity of WRE (eg. firepit area). Waiting outside the fenced area or in a vehicle is not considered "in attendance".

SCREENING

- Participants (or parents), coaches, parents of helpers, and designated volunteers must perform self-screening prior to departure to West River's Edge Pavilion and lessons (each time) and must not come for lessons if they cannot answer no to all the questions. Record of this agreement will be obtained by the first lesson. See Communications.

NON-COMPLIANCE

- Any participant that is exhibiting any symptoms cannot enter the facility or participate;
- Refusal to undergo screening upon arrival will result in denial of access to lessons;
- Coaches will remove from the activity any participant that is in violation of these guidelines or fails to comply with safety precautions.

RAPID RESPONSE PLAN

- If a participant, coach or volunteer become ill during lessons, they will be asked to leave immediately.
- If FSNSC receives information that a participant, coach or volunteer has tested positive for COVID-19, the Youth Group Leader will notify the City of Fort Saskatchewan Director, Diane Yanch (780.992.6261).

FIRST AID

- The Ski Club will provide:
 - One or more qualified first aid personnel to provide assisted or direct first aid in the event of an incident; (Craig Lukie (youth), Todd Leland, Cody Hogberg (adults)).
 - A first aid kit suitable to the number of participants and shall include disposable face masks and gloves and a CPR barrier mask. (Located in basement)
- In the event that a participant requires first aid, an attending family member may attend to the injured under the assisted direction of a qualified first aider.
- If a family member is not available, the first aider shall use appropriate Personal Protective Equipment, including medical mask and gloves.
- If a Coach is required to assist a participant with injury, they will don a mask and gloves first.

Appendix A

Screening Form – <https://nordiqalberta.ca/wp-content/uploads/Nordiq-Alberta-Return-to-Sport-Version-4.pdf>