

FSNSC Operational Plan (2021-2022 Season)

STATEMENT OF INTENT

The Fort Saskatchewan Nordic Ski Club (the Ski Club) will move forward with a modified 2021-22 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 Nordic Canada, Cross Country Alberta, Alberta Health Services and the City of Fort Saskatchewan.

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), Wendi Crowe, Janice Stolz (backup)

Youth groups - Chris Bennett, Craig Lukie (backup)

Adult ski lessons – Adult instructor (Hannah Stolz) Janice Stolz (backup)

DRYLAND AND PRE-SEASON SKIING

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.
- 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. The Group Leader will provide hand sanitizer if using a pen by participants is necessary.
- The Lessons coordinator or designate will record and retain for 14-days the attendance of all attending participating members and make it available to AHS for contact tracing purposes if required.
- Access to West Rivers Edge Pavilion (WRE) will be limited to coaches, group leaders, volunteers and other individuals authorized at the discretion of the Group Leader. All entrants must follow Restrictions Exemption Program (REP) requirements. A copy of current REP requirements will be kept in the WRE lower level, along with a list of frequent entrants whose vaccine records and identification have been checked by a Ski Club Board Member or designate.
 - Exterior washrooms only will be available for participant use. Social distancing must be maintained in the washrooms (ie. Wait until vacant if necessary).
 - Participants, 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 Ski Club will be sanitized prior to issuance. Participants are expected to sanitize before initial use and as often 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.

SKI SEASON MODIFICATIONS (YOUTH AND ADULT LESSONS):

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

Access to WRE:

- Coaches and helpers for ski lessons need to meet all requirements for indoor lower chalet access as per REP.
- Coaches and helpers who meet REP requirements 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.
- Masks are required to be worn at all times while inside WRE.
- 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.

Cancellations:

- Lessons will be cancelled if the air temperature is -17C or colder (including windchill) at 11:00 am the day of the lesson, keeping in mind the lack of indoor space for participants to warm up. The official notification method will be via the club website but will also be posted on Facebook and an email will be sent out. Check the website if unsure if lessons are running due to cold weather.
- Individual lessons may be cancelled if the coach is unable to attend due to illness, self-isolating precaution, or other reasons and a replacement cannot be found. In this case, participants may come to WRE at the regular lesson time to go for a group ski. You will be notified via email as soon as possible but will likely be the morning of the lesson.
- A make up lesson may be considered at the end of the lessons but will depend on ski conditions and coach availability. This will be communicated to affected participants well ahead of time.

Youth Lessons (Jan 2 – March 12):

- Lessons will be shortened to 1 hour for bunnies and 1 hour 15 minutes for jackrabbits and Youth on Skis due to lack of indoor space. Participants will be notified of their start time prior to the first lesson.
- Youth must arrive 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 parents / participants prior to the start of each lesson.
- Immediate contact info for parents (cell phone number) must be provided to the Youth Group Leader and Youth Lessons Coordinator or delegate (for 2022 lesson season it will be primarily Chris Bennett).
- Snack breaks will not be provided this year. Snacks are permitted after the lessons

- (outdoors only) but all COVID guidelines must be followed.
- If the weather is good the club may do outside hot chocolate and individually wrapped snack items from time to time after lessons. We will try to communicate out ahead of time what days these are so lesson participants can be prepared to stay longer if they wish.
 - 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.
 - 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 to immediately remove their child from the class and teaching area if their child starts to feel unwell. The coach will contact the Youth Lessons Communications Coordinator by phone who will contact the parent.

OTHER

- No loaning of ski equipment for single day use during ski lessons will occur for 2021-2022 ski season.
- 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 will be provided a link to this protocol and the COVID screening Questionnaire.
- By attending the lessons it is assumed you will be able to answer “no” to all the questions on the Covid Questionnaire.
- Individual briefings on procedures will be conducted with all Coaches and volunteers prior to the start of the lessons.

SCREENING

- Participants must perform self-screening (with assistance of a parent for youth) at home prior to attending WRE for each lesson or Ski Club event. Participants must not come to WRE for Ski Club activities if they cannot answer no to all the questions.
- Coaches will confirm that they have reviewed the COVID Questionnaire and can answer no to all the questions at the start of each lesson. Coaches and helpers will perform self-screening prior to attending WRE for each lesson and must not come to WRE if they cannot answer no to all the questions.

NON-COMPLIANCE

- Any participant who is exhibiting any COVID symptoms cannot participate in Ski Club activities or lessons.
- Refusal to undergo screening will result in denial of access to lessons.
- Coaches will remove from the activity any participant who 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.

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 Sunday lessons), Shannon Frey (Sunday lessons) or one more unnamed first aider, Todd Leland (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 WRE 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

[Alberta Health COVID-19 Daily Checklist](#)

[Nordig Alberta Covid Protocol](#)