

COVID-19 Safety Plan for 2020-2021



SKMANA SKI & SNOWSHOE CLUB
CHASE, BC

skiskmana@gmail.com
www.ski-skmana.com

The Skmana Ski & Snowshoe Club prepared this Covid 19 Safety Plan based on requirements and guidance from public health officials, our provincial sport organizations, Cross Country BC and Recreational Sites and Trails BC. The health and safety of our members, visitors, volunteers and the community is our highest priority. We understand that this year will be different, but the Skmana Executive are working hard to find solutions to keep our skiers, snowshoers safe during this dynamic time.

It is our intention to provide groomed ski trails, marked snowshoe trails but our developmental ski programs Jack Rabbit and Bunny Rabbit have been cancelled.

We feel strongly that we can provide a great skiing experience while staying safe during this pandemic and we thank everyone for their help in making that happen by complying with the Covid-19 Safety Plan. That said as long as the virus is present in our province 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 Skmana Ski & Snowshoe Club.

This COVID-19 Safety Plan consists of:

Rules and guidance for everyone using the Skmana Ski & Snowshoe Club trails and Facilities.

COVID AGREEMENTS

For all individuals and activities, if you choose to participate you must follow these rules:

1. Complete the COVID Self Assessment on a daily basis. (See Below)
2. Wear a mask in any inside spaces.

3. Wash your hands before participating.
4. Bring your own equipment, water bottle and hand sanitizer.
5. Comply with physical distancing measures at all times.
6. Avoid physical contact with others, including shaking hands, high fives, etc.
7. Limit time at Clubhouse and leave Skmana as quickly as possible after finishing your activities.

Parking Lot

Physical Distancing starts at the parking lot. Signs have been posted to encourage people to wait in their car if neighbouring vehicles are occupied and 2m physical distancing is not possible. We encourage all to wear a mask.

Safety begins in the parking lot

Stay home if sick

Wear a mask in the vicinity of others

Give Others their space.

Get in , ski/snowshoe, get out.

Don't linger in the parking lot, at the Kiosk or in the hut.

KIOSK

ANYONE and EVERYONE MUST SIGN THE SIGN IN BOOK AS PART OF THE COVID PROTOCOL FOR CONTACT TRACING. We ask that you include the date / Name / Phone Number / Where you are from.

SKI HUT

We are restricting occupancy to 2 people or 1 Family/Social Circle (Pandemic Bubble) which may be larger of people who are safe to you because of previous actions. ie; you rode in the same car to get to ski hill.

We encourage policing yourself to follow Covid Guidelines and limiting your stay inside so others may have an opportunity to use the facility as well.

If the Hut is Occupied on your arrival you may be unable to use it until it is vacated.

Remember to sanitize anything you touch and when you leave take your garbage home with you.

COVID SELF-ASSESSMENT

Everyone who comes to Skmana Ski & Snowshoe Club should complete the Self-Assessment below by answering these questions on a DAILY basis when participating in any activity at Skmana.

1. Are you experiencing any of the following:

* Severe difficulty breathing. (struggling to breathe, speaking in single words)

* Severe chest pain

* Having a very hard time waking up

* Feeling confused

* Losing consciousness.

If you are experiencing any of these symptoms, please call 911 or go to nearest emergency room.

2. Are you experiencing any of the following:

* Mild to moderate shortness of breath

* Inability to lie down because of difficulty breathing

* Chronic health conditions that you are having difficulty managing because of difficulty breathing.

If you are experiencing any of these symptoms please consult your family Doctor or Nurse Practitioner.

3. Are you experiencing cold, flu or Covid-19 like symptoms including mild ones?

* 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 or loss of appetite.

If you are experiencing any of these symptoms, please get assessed for a Covid-19 test and self isolate for 14 days.

4. Have you travelled to any countries outside of Canada (including USA) within the last 14 days?

If you answer yes to this question please self isolate for 14 days and self monitor.

5. Did you provide care or have close contact with a person with confirmed COVID-19?

If you respond yes to this question please self isolate for 14 days and self monitor.

TRAVEL

November 17th Provincial Health Travel Order came into effect mandating that people not travel outside of their own regions unless their travel is considered essential.

If you must travel for essential reasons take the same precautions you do at home.

- * Wash your hands often
- * Practice safe distancing. 2 m
- * Travel only with yourself, household or pandemic bubble
- * Stick to the outdoors when ever possible
- * Clean spaces often

If you are feeling sick, stay home. NO EXCEPTIONS!

If symptoms develop while travelling, self isolate immediatly and contact 811 for guidance and testing.

- * Respect Communities: Now is not the time to travel for recreational or non-essential purposes.

- * Stay Local