

# Fernie Mountain Bike Club

## Return to Sport Plan

In order to restart operations and return to sport during the COVID-19 pandemic, while maintaining compliance with the respective Provincial Health Officer, Fernie Mountain Bike Club (FBMC) is following guidelines set out by **viaSport** and their **Return to Sport Guidelines** for BC by publishing this **Return to Sport Plan** for our club.



The five guiding principles of our return plan are as follow.

### Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> <li>• Frequent handwashing</li> <li>• Cough into your sleeve</li> <li>• Wear a non-medical mask</li> <li>• No handshaking</li> </ul>	<ul style="list-style-type: none"> <li>• Routine daily screening</li> <li>• Anyone with any symptoms must stay away from others</li> <li>• Returning travellers must self-isolate</li> </ul>	<ul style="list-style-type: none"> <li>• More frequent cleaning</li> <li>• Enhance surface sanitation in high touch areas</li> <li>• Touch-less technology</li> </ul>	<ul style="list-style-type: none"> <li>• Meet with small numbers of people</li> <li>• Maintain distance between you and people</li> <li>• Size of room: the bigger the better</li> <li>• Outdoor over indoor</li> </ul>	<ul style="list-style-type: none"> <li>• Spacing within rooms or in transit</li> <li>• Room design</li> <li>• Plexiglass barriers</li> <li>• Movement of people within spaces</li> </ul>

We require all members 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.

The primary point of contact regarding this document and our COVID-19 Return to Sport process is our board. Any questions or communications around these matters, including reports of cases of COVID-19 among participants, should be directed to our email address ([directors@bikefernie.ca](mailto:directors@bikefernie.ca)) to ensure our policies are being fully adhered to.

#### PROCESS TO OPEN SAFELY

- I. 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, or general disorders
  - C. People who are immunocompromised or believed to be at-risk for COVID-19.
  - D. Non-members of the FMBC.
  - 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.
- II. 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.
- III. 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 club and on our website that will further explain these procedures, as well as changes to maximum occupancy, and we ask that all members read and abide by the new rules.
- IV. High risk activities will be avoided. We will be focusing on skill development and fitness during this time.
- V. 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.
- VI. We ask that any person/s participating monitor potential symptoms and use the COVID-19 self-assessment tool found at <https://bc.thrive.health/>
- VII. When an activity is being held at a facility (e.g. ski resort), our members must also agree to follow the venue's guidelines.

### **MEASURES TO KEEP PEOPLE SAFE TO AVOID FURTHER OUTBREAKS**

- I. All types of training activities must be carried out in a way that ensures the respective governments 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.
- II. 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.
- III. Participants are recommended to only use their own equipment. Any shared equipment needs to be properly sanitized immediately after each use.
- IV. Physical contact is not permitted.
- V. 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.
- VI. No common change rooms or showers should be used. Participants are encouraged to arrive ready to participate.
- VII. If toilets are to be used, there will be good routines in place for frequent cleaning.
- VIII. Participants are encouraged to avoid the use of public transport to and from sports activities.
- IX. Everyone attending an activity will have easy access to hand washing with soap and water or hand sanitizer.

## **OUR PLAN IN THE EVENT THAT A CASE OR OUTBREAK SHOULD OCCUR**

- I. If someone shows symptoms of COVID-19 they must immediately let the organizer and (INSERT NAME) know and isolate themselves.
- II. We will make decisions to cancel, postpone or modify any activity if one or more cases of potential infection are reported.
- III. We will promptly communicate all information regarding reported cases at any event with everyone who has participated or been involved
- IV. Any person/s showing symptoms must self-isolate as per provincial guidelines.

This plan has been approved by the FMBC board of directors in July 2020.