



**BATHURST  
SNOW BEARS  
CROSS-COUNTRY SKI CLUB**

**OPERATIONAL PLAN  
COVID-19**



# CLUB DE SKI DE FOND OURS DES NEIGES / SNOW BEARS SKI CLUB

## COVID-19 - OPERATIONAL PLAN

Revision Date : November 6, 2020

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Written by : Bathurst Snow Bears Skis Club - Julie Daigle (President)

Approved by : Snow Bears executive committee 2020-2021



## Preamble

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The operational plan of the Snow Bears Cross-Country Ski Club (“the Club”) describes the reasonable measures put in place to reduce the risk of transmission of COVID-19. This document discusses measures such as the physical distancing, mask wearing, cleaning and disinfection, hygiene measures and preliminary screening of symptoms during the use of the facilities for the practice of recreational skiing, but also at events (Loppet) and participation in the Jackrabbit Youth Development Program.

This document does not in any way replace directives from Public Health and any other government group.

## Responsibilities

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It is imperative that all ski trail users understand their responsibilities and personal obligations to respect, at all times, the recommendations and requirements of Public Health.

For Example,

- It is not allowed that people from outside the region to come to the club if the level of risk is high in their region or our own: Zone Orange and Red.
- It is not allowed for people coming from outside the Atlantic bubble to come to the Club, unless the directives of self-isolation of Public Health have been respected beforehand.
- Only a person who has no symptom of Covid-19 in the last 14 days, no close and sustained contact with a person with symptoms and / or whose Covid-19 test proved positive in the 14 days preceding can come to the Club.

The Club is the tenant of the ski room, and uses the land of the City of Bathurst, and therefore, all users must comply with the COVID-19 operational plan of the Nepisiguit River Company store and the rules in place by the City of Bathurst.

The public is strongly encouraged to visit the province's dedicated COVID-19 website for the most recent information: [www.gnb.ca/coronavirus](http://www.gnb.ca/coronavirus) .

## Definitions

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- **Facilities:** the facilities include the room inside the Nepisiguit River Company store, the washroom, the garage, the parking area, the ski racks, the ski trails and the outdoor shelters.
- **Users:** members and non-members with daily pass who use the facilities.



## A - General use of facilities

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### Physical distancing measures

- The number of people authorized inside the room is limited to a maximum of 10 people in order to ensure a physical distance of two meters at all times. This does not include the staff of the Nepisiguit store. The tables and chairs available have been arranged to allow a distance of 2 meters.
- Only one person in the bathroom at a time, with the exception of family.
- As the access to the ski room is through a single door, it is impossible to plan one-way traffic. It is therefore important to keep a distance when entering and exiting.
- Physical distancing also applies to the outdoors: maximize the distance and minimize interactions between users, especially where passages are narrow, and people can come together such as in the parking lot, on the trails when passing or outdoor shelters.
- Classic tracks are configured to allow 2 meters of physical space.

### Wearing the mask

- According to the directives of Public Health, the wearing of the mask is obligatory inside public spaces and this until further notice.
- Non-medical masks (NMM) are recommended, and should cover the mouth, nose and chin.
- Unless otherwise advised by Public Health, the mask is not compulsory outside when the distance of 2 meters is respected.

### Cleaning and disinfection of premises

- The Club is responsible to provide users the products for cleaning and disinfection of the premises, to be available on the tables, and in the bathroom.
- Members and users are requested to clean the surfaces with which they have been in contact: light switches, door handles, tables, chairs, bathroom counters.
- The bathroom is cleaned at least daily by the staff of the Nepisiguit store.
- A cleaning schedule is available in the bathroom to record cleaning times.
- All hard surface disinfectants are used according to the list of disinfectants with evidence of use against COVID-19 as indicated by Health Canada.



### Personal Hygiene

- Users should wash their hands frequently by following the steps outlined in a poster on handwashing in wash areas.
- In the event that hand washing is not available, it is strongly encouraged to carry an alcohol-based hand sanitizer (at least 60%) with you.
- When you cough or sneeze, cough or sneeze into a tissue or the curvature of your arm, not your hand.
- Throw away the tissues you have used as soon as possible in a lined wastebasket and wash your hands afterwards.
- Avoid touching your eyes, nose or mouth with unwashed hands

### Surveillance and Screening

- Each user must do the COVID 19 self-assessment before coming to the Club. It is forbidden to enter if symptoms are present: follow the Public Health guidelines and contact 811 .
- All people who practice recreational skiing and use the facilities in order to change, use the bathroom, etc. are asked to record the date, their full name and a phone number on the sheet provided on the table for the purpose of contact tracing.
- This does not apply during Jack Rabbit lessons and events such as the Loppet which require attendance. Consult the respective sections for this purpose.
- In the event that a user tests positive for COVID-19, this person must immediately self-isolate and follow the advice of regional public health officials. Public health will notify anyone who has been exposed and identify any control measures that must be put in place. Regional Public Health will lead the process of identifying the identity of other people who may have been exposed.

### B - Registration and purchase of passes in store

- The members are encouraged to renew their membership card and to be paid on the site via Zone 4 prior to the registration day to limit cash payments, card handling, signing documents.
- During registration day, the people must follow the rules in place in the operational plan. A volunteer will ensure that the instructions are followed during this period.



### C – Trails maintenance (grooming)

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- The cleaning of the equipment before and after use, including maintenance and repair of the equipment, must be carried out by the person who uses it.
- Cleaning equipment is available in the equipment, the garage and / or the ski room.
- There has to be only one operator inside the groomer.

### D - Jack Rabbit Youth Development Program

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#### General Information

- Registration for the Jack Rabbit program is done online via the Zone 4 site in order to limit exchanges, cash payments, card handling, signing documents, etc.
- Participants, their parents, coaches and volunteers must follow the measures in place in the Club's operational plan.
- Group size is limited to a maximum of 10-15 youth, or according to provincial guidelines.
- The costs related to the Jack Rabbit program will not be reimbursed in the event of cancellation due to COVID-19 related changes, outside the control of the Club. The Club will make all possible efforts to respect the minimum number of lessons on the calendar.
- Jack Rabbit sessions will be canceled or postponed, if the region is at high risk: Orange or Red zone.

#### How the Jack Rabbit sessions unfold

- Anyone participating in the Jack Rabbit session (athlete, volunteer, trainer, parent, etc.) must proactively and regularly check their health and watch for any symptoms before coming to the session. It is recommended that anyone with symptoms related to the common cold, the flu or COVID-19 stay home and self-isolate.
- At the start of each session, participants, and their parents, are requested to go to the place designated for their respective group. The location is indicated by a poster or color.
- A volunteer or coach is responsible for the collection of information of participants at each session to help the search for contacts in case of contamination. The information gathered is handed to the Jack Rabbit program coordinator and will be retained by the Club for a period of 3 weeks and then destroyed safely or as directed in by Public Health.
- The sharing of equipment is not permitted, and if needed the equipment is cleaned between users.



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- The activities are planned to respect physical distancing - No Touch Outdoor Games.
- All equipment sets are disinfected before and after use, and at each session.
- Note that there is no hot drink or any other form of food after the sessions in the facility.

### Responsibilities of the coach

- The person in charge of the Jack Rabbit program communicates regularly with the participants, their families and the coaches by e-mail and Facebook page to notify them of cancellations or changes in programming due to cold, bad weather or other circumstances.
- The coach supervises the proper follow-up of the instructions of his group and ensures good communication and respect for the rules and the operational plan during the session.

### Responsibilities of the participant / family

- Participants must arrive ready to ski in order to minimize traffic in the room.
- Participants keep gloves or mittens on, and if they need to take them off, hand washing or disinfectant is used as needed.
- Parents attending the practice must adhere to the same guidelines.

### Equipment rental (Jack Rabbit)

- The rental contract is made for the entire season, and for a single participant in the Jack Rabbit program. It is not allowed to exchange without having the consent of the person in charge of the program.
- The contact details of each person who rents the equipment are documented to facilitate contact tracing.
- During the distribution, the rental area is demarcated and visible; the chairs to try out the equipment are spaced to allow physical distancing. The period is ideally outside of peak hours. Only one family is allowed in the rental area at a time, and a hand sanitizer is available to them.
- The costs related to the rental of equipment will not be reimbursed in the event of cancellation due to COVID-19 related changes, outside the control of the Club. The Club will make all possible efforts to respect the minimum number of lessons on the calendar.

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Written by : Bathurst Snow Bears Skis Club - Julie Daigle (President)

Approved by : Snow Bears executive committee 2020-2021

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### E –Bathurst Loppet and other Club events

The “Bathurst Loppet 2021” event, if applicable, will have its own operational plan which will be developed as directed by CCNB, and approved 30 days prior to the event date.

### Tool and References

- [www.xcski-nb.ca/covid-19](http://www.xcski-nb.ca/covid-19)
- [www.gnb.ca/coronavirus](http://www.gnb.ca/coronavirus) .
- [Worksafe NB - Embrace the New Normal by WorkSafe NB](#)

### Approval

This document has been reviewed and approved by:

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Approved by : Snow Bears executive committee 2020-2021