








TELEMARK
Nordic Club

Updated Nov 23, 2020

Telemark Nordic Club COVID Public Facilities Safety Plan

THANK YOU!
for keeping everyone safe
and our Recreation Site open

	
Keep your distance Stay 2m from others	Bring your Clean Trip Kit
	
Wash or sanitize your hands frequently	Line up and wait your turn to avoid congestion





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Overview

The Telemark Nordic Club plans to operate our ski and snowshoe facilities and run our programs this winter following the guidelines and direction set out by the BC Government and Provincial Health Authorities as well as the recommendations of our sport governing bodies for Return to Sport. Telemark operates the facilities as a recreation site in partnership with Recreation Sites and Trails BC and will also follow their guidelines and use their signage.

There will be many operational differences this season because of the COVID-19 pandemic. These changes are outlined in this safety plan.

The health and safety of our members, visitors, staff, and the community is our highest priority at the Telemark Nordic Club. Our Board of Directors staff and volunteers are working hard to make sure we can all enjoy skiing and snowshoeing this winter as safe, healthy, outdoor activity. The measures in this safety plan are meant to reduce the risk of person to person transmission of COVID-19 while allowing for the enjoyment of Telemark as a recreation facility.

We understand that things will be a little different this year, but we will still have amazing skiing and snowshoeing. Please read and follow the protocols and directions in this safety plan. Help us to keep Telemark open this winter.

General

- All users of Telemark are asked to do a [BC Self Assessment Health Check](#) before coming to Telemark. If you feel sick or have any cold or flu like symptoms. Please stay at home.
- Follow the direction of Telemark staff and volunteers who will be helping to enforce this safety plan.
- Follow the directions on all signage.
- Follow all barriers and traffic flow indicators.
- Practice physical distancing by staying at least 2 metres from others.
- If you cannot stay 2m away wear a mask.
- Wearing a mask is mandatory inside all public buildings. Buffs/neck tubes are NOT considered masks. Mask must have at least two layers. Mask will be available for those who do not have one.
- Practice good hygiene and wash or sanitize your hands frequently especially when entering buildings. Telemark will provide Sanitizer but please bring your own as well.
- Please do not stay longer than you need to ski or snowshoe.
GET IN – SKI or SNOWSHOE – GET OUT
- Be prepared - Bring your own 'clean trip kit' (equipment, food, water, sanitizer, mask).



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- You are responsible for your own safety. Please manage your own risk.

Parking Lot

- Stay in your car until you can give others 2m of space.
- Wear a mask between your car and the trail.
- You can use your vehicle to stay warm and change into and out of ski clothes.
- Please do not linger or socialize in the parking lot before or after your ski/snowshoe.
- Flow of traffic from the day lodge to the parking area will be directed by fencing and signage to promote physical distancing.

Contact Tracing

Telemark will be keeping track of visitation to the facilities for the purposes of contact tracing in three ways

- Season pass cards have a unique RFID tag and will be scanned. Please always carry your season pass card and please always pass by the automatic scanning station in front of the lodge.
- Visitors are encouraged to use our new online shop to purchase day passes, rentals and more. This will help to keep track of people for contact tracing and will also help to reduce touch points in the day lodge.
- Other visitors will be asked to sign a guest book with their name and contact info.

Online Shopping

- Telemark has started an online shop. People are encouraged to use the online shop for day passes, rentals and lessons. This will help to reduce touch points in the day lodge.
- In-person purchase is still available.

Day Lodge - Upstairs

- The upstairs of the day lodge will remain open to the public for season pass pick up and the sale of day passes, rentals, wax supplies, snacks etc.
- The day lodge will not be open to eat lunch, warm-up, socialize or dress. Most tables and chairs will be removed to facilitate this.
- Storage of personal belongings will not be allowed in the day lodge.
- Occupancy will be restricted to 12 people plus staff.
- Masks are mandatory inside the day lodge.
- One-way traffic flow will be directed with barriers and signage to facilitate physical



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distancing.

- Entrance to the upstairs of the day lodge will be through the secondary back door via the west side of the covered deck.
- Exit will be through the main front door and the main rear door. The exit doors will be locked to allow exit but prevent entrance.

Day Lodge – Downstairs

- The downstairs of the day lodge will be open for rental pick up only.
- Occupancy will be restricted to 8 people plus staff.
- Masks are mandatory inside the downstairs of the day lodge.
- One-way traffic flow will be directed with barriers and signage to facilitate physical distancing.
- Entrance to the downstairs of the day lodge will be through the right door with exit through the left door.

Washrooms

- The main washroom building will remain open to public use.
- Telemark is not able to fully regulate washroom use. People should follow all signage and be aware of their responsibility to manage their own risk.
- Occupancy will be restricted to 3 people in each washroom.
- Telemark will clean and sanitize the washroom touch points at least 4 times daily and keep a daily record.
- Telemark will provide sanitizer and signage to encourage people to sanitize the touch points themselves.

Rentals

- Telemark will offer rental ski equipment and snowshoes.
- Rental pick-up will be in the rental room (downstairs of the day lodge).
- One-way traffic flow will be marked with signage and barriers.
- Rentals drop off will be in a designated place outside the day lodge so that entrance back into the daylodge is not required.
- Rental equipment will be cleaned and sanitized between uses as needed and overnight.



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School Groups

- The SD23 School program has been cancelled for this year.
- Telemark will still offer a program to small groups of 25 or less from private schools, public school outdoor education programs etc.
- School groups must be in a cohort group who are allowed to form a group under current guidelines.
- Masks must be worn by students and teachers when picking up rental equipment, but masks will not be required when on snow.
- School groups will meet at a designated safe spot outside the day lodge.

Lessons

- Telemark will offer public lessons.
- Online booking and payment of lessons will be available and encouraged.
- Lesson will have a maximum of 4 participants in any one lesson session.
- Physical distancing will be enforced by the instructor at all times.
- Students will meet at a designated safe spot outside the day lodge.
- Masks will not need to be worn during the lesson as long as physical distancing is occurring.
- Student will be asked to do a self assessment health check before coming to their lesson. This is the same requirement of all Telemark program participants.

Tobogganing

- Tobogganing will be allowed in two designated areas.
- The main hill beside the day lodge will be open for tobogganing but the terrain will be reduced to allow for better physical distancing at the crowded entrance to the day lodge area.
- The Terrain Park past the West end of the stadium area will be open for Tobogganing.
- Telemark will not provide common toboggans. People must supply their own toboggans and all toboggans must be taken and not left behind for common use.

Programs

- Telemark will be running its Youth, Racing and Masters' programs.
- All programs are expected to follow the facility protocols in this safety plan.
- All programs will also follow additional more detailed guidelines and protocols.
- Telemark programs have adopted and have been following the [Cross Country BC Stage 3 Return to Sport Plan](#) and the [Biathlon BC Stage 3 Return to Sport Plan](#)



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- Due to recent changes in provincial health orders and increased cases of COVID-19 Telemark will be updating its Return to Sport plan for programs by taking the original CCBC/Biathlon BC Stage 3 plans and adapting them specifically for Telemark with detailed terms in consideration of the current situation. You can find the most up to date plan on the [Team Telemark Website](#)

Staff

- Telemark operational staff will follow the terms of this safety plan and be expected to help enforce mask rules, occupancy rules, traffic flow etc.
- Staff will be trained and provided with appropriate PPE.
- When dealing with the public staff will generally be behind the counter which will have a plexiglass barrier.

First Aid

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

- [A guide for employers and Occupational First Aid Attendants](#)
- [First aid protocols for an unresponsive person during COVID-19](#)

Outbreak Plan

If any individual reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, they MUST inform Telemark Nordic Club staff, who will notify the General Manager. The General Manager will further notify the board of directors who will escalate as required. They will then execute the [Outbreak Plan](#) (pg. 28) provided by ViaSport BC.