








TELEMARK
Nordic Club

Updated March 11, 2022

**Telemark Nordic Club Public Facilities
Communicable Disease/COVID
Safety Plan
2021-22 Season**

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 the Provincial Health Officer as well as the recommendations of our sport governing bodies for 'Return to Sport' to mitigate for COVID-19 and all communicable disease. Telemark operates its facilities as a recreation site in partnership with Recreation Sites and Trails BC and will also follow their guidelines/recommendations and use some of their standard 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 entire 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 a safe, healthy, outdoor activity. The measures in this safety plan are meant to reduce the risk of person-to-person transmission of communicable disease (including COVID-19) while allowing for the enjoyment of Telemark as a recreation facility.

We understand that things will be a little different again this year, but we know 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 and safe this winter.

General

- Telemark will follow all Provincial Health Orders as well as Interior Health Authority measures and ViaSport sport specific guidance.
- 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 whether inside or outside.
- If you cannot stay 2m away it is recommended to wear a mask.
- Wearing a mask suitable for helping to prevent the spread of communicable disease is no longer mandatory inside all public buildings at Telemark as per provincial health order. Masks are a personal choice. Please respect everybody's choice to either wear a



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mask or not wear a mask. Mask must have at least two layers. Masks will still be available for those who do not have one and still wish to wear 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.
- Be prepared - Bring your own 'clean trip kit' (equipment, food, water, sanitizer, mask).
- You are responsible for your own safety. Please manage your own risk.
- Please do not stay longer than you need to ski or snowshoe.

GET IN – SKI or SNOWSHOE – GET OUT

- XC skiing and snowshoeing are wonderful, healthy, outdoor activities that are naturally physically distancing. Please enjoy your visit.

Vaccination Policy

- The Telemark Nordic Club recommends that all users of our facilities are, at least, double vaccinated to provide the best protection against COVID for everyone.
- Proof of vaccination is NOT required for users of the trails or facilities.
- Proof of vaccination is NOT required for all adult program participants 22yrs+. This includes Masters' programs and public lessons.
- Proof of vaccination is NOT required for all youth program participants 21yrs and under.
- Proof of vaccination is NOT required for all those who help to deliver youth programs. This includes coaches, officials, team managers, and volunteers.
- Additionally, all staff having contact with the public or other staff are fully vaccinated by their choice.

Parking Lot

- Stay in your car until you can give others 2m of space.
- 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

Keeping track of all contacts is no longer a public health requirement at Telemark but contact tracing is still an important public health tool. To aid in contact tracing Telemark will be keeping track of facility visitation as we are able.



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- Season pass cards have a unique RFID tag and will be scanned to record your visit to Telemark. 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 Shopify - 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 the need to come inside the day lodge.
 - We will not require a contact tracing guest book to be signed by day users.

Online Shopping

- Telemark has an online shop using Shopify. People are encouraged to use the online shop for day passes, rentals and lessons. This will help to reduce the need to come inside the day lodge.
- In-person purchase is still available inside the day lodge as needed
- If you have purchased rentals online, you can go directly to the rental room without checking in at our day lodge upstairs counter.

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 at any one time will be restricted to 12 public users plus staff and volunteer ski school instructors to a max of 20 people or 1/3 capacity.
- One-way traffic flow will be directed with barriers and signage to facilitate physical 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.
- Common touch points such as doors, pens, POS pin pad etc will be cleaned and sanitized regularly throughout the day.



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 up to a maximum of 13 people.
- 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.
- Common touch points such as doors, pens, benches etc. will be cleaned and sanitized regularly throughout the day.

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 4 people in each washroom.
- Telemark will clean and sanitize the washroom touch points at least 4 times daily.

Other Out-buildings

- Other outbuildings including the biathlon fort, timing shed and garages will also have restrictions on the number of occupants. These will be posted on the buildings as needed.

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 day lodge is not required.

School Groups

- The SD23 School program Gr 4-12 will be operating this year.
- Telemark will offer a program as normal to groups of up to 60 students for skiing or snowshoeing.



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- School groups will meet at a designated safe spot outside the day lodge and pick up their rental equipment inside the daylodge in small groups.
 - A large trailer will be provided for school group so that the school groups have a place to warm- up and eat lunch which is not in the normal open public places within the day lodge.
 - School groups will follow the current Provincial [Return to Sport Restart 2.0 rules](#)

Public Lessons

- Telemark will offer public lessons.
- Online booking and payment of lessons will be available and encouraged.
- Lessons will have a maximum of 6 participants.
- Larger groups may be allowed for immediate family groups.
- Physical distancing will be enforced by the instructor at all times.
- Students will meet at a designated safe spot outside the day lodge.
- People 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.
- 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 according to Provincial Sport Guidelines and following the most up to date protocols for sport as communicated through [Viasport's Restart Plan](#). These requirements are also summarized on the [CCBC website](#).
- All Telemark program participants are expected to follow the facility protocols in this facilities COVID safety plan.
- Telemark programs have adopted and will following the specific Provincial Sport Plans - [Cross Country BC Return to Sport Plan](#) and the [Biathlon BC Stage 3 Return to Sport Plan](#).



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- Telemark has taken these plans and adapted them to meet our own needs using a [Telemark Specific Plan](#). Telemark's specific plan meets or exceeds the Provincial Sport Plan requirements.

Staff

- Telemark operational staff will follow the terms of this safety plan and be expected to help enforce occupancy rules, traffic flow etc.
- Staff will be trained and provided with appropriate PPE as needed.
- When dealing with the public staff will generally be behind the counter.
- All staff will do a BC Covid-19 Self-Assessment before work and will be asked to not come to work if they are not feeling well or exhibiting symptoms of COVID or other communicable diseases.
- Common touch points for staff in the day lodge will be cleaned and sanitized regularly.
- Staff will work in specific areas to avoid crowding together or congregating in indoor common areas. In addition, lunch breaks will be staggered so that lunch is taken individually.
- The grooming staff will be provided the tools necessary for cleaning and sanitizing of the Pisten Bully grooming machine and common tools.

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. Telemark will follow the WorkSafeBC [Occupational First Aid Attendant Protocols](#) during the COVID-19 pandemic.

Outbreak Plan

If any individual reports they are suspected or confirmed to have COVID-19 and have been at the workplace/facility, 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. The BC Centre for Disease Control [Contact Tracing Outbreak Protocol](#) will be followed.