



## COVID-19 Operational Plan Biathlon PEI

This document outlines the general COVID-19 specific policies and procedures that businesses and services must have in place to operate under the updated Public Health Order issued October - May 1, 2020. Each phase of *Renew PEI Together*, includes a further relaxation of public health restrictions. Starting June 1st recreational programs will be allowed to operate.

As of October 1st, 2020, gatherings are permitted to include **up to 50 people indoors or outdoors** from different households with:

- [An operational plan](#)
- Physical distancing of 2 meters maintained with individuals who are not part of one's household
- Limited sharing of equipment among individuals from different households and precautions taken
- Additional cohorts of up to 50 people, with each cohort kept separate, are permitted with prior approval by the Chief Public Health Office.

This operational plan is developed for Biathlon PEI and is applicable to the 2021 winter programs scheduled to occur at the Mark Arendz Provincial Ski Park at Brookvale (Nordic site): Biathlon Bears including Learn to Ski; Biathlon PEI .22cal; Bunny Rabbits; Track Attack; and High Performance Cross Country. This plan will be reassessed as the situation changes and/or prior to spring programming. In addition to the public health guidelines, Biathlon PEI will follow the COVID-19 requirements identified by Parks staff for the Nordic Site.

Name of Provincial Sport Organization: Biathlon PEI

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### Multiple Gatherings Guidelines

Biathlon and cross country skiing are outdoor sports. As of October 1st 2020 the New Normal Multiple Gatherings Guidelines, this means the following for BPEI programs:

Multiple gatherings are permitted at the same time or over the span of an event on any one day, provided groups are kept separate, do not mix, and meet certain conditions.

1. Multiple gatherings are permitted in outdoor facilities with a barrier between groups (such as with a rope, curtain, glass or temporary fence, to establish clear boundaries) to restrict mixing (“outdoor zone”). **BPEI programs occurring on the same day will gather in designated mustering zones and will stagger arrival and departure times to avoid congestion in the parking lot and on the trail entry and exit points. Designated gathering points will be determined by the coaches and communicated to the athletes and parents in advance of the program starting.**
2. Indoor and Outdoor zones in large open spaces must be separated by at least 2 metres (6 feet). **BPEI will adopt the Arrive, Participate and Depart philosophy to avoid congestion. Separate group mustering/ gathering zones will be established at the beginning of the season by the coaches and communicated to the participants in advance of the first program session/practice time.**
3. Within zone, groups of 50 persons or less are permitted provided two-metres (6ft) of distancing between each member of the group or household as per the [gathering guidance](#), can be maintained. **Athletes and coaches will maintain a 2 metre physical distancing rule and wear non-medical masks when arriving and gathering in case participants may require assistance to put skis on etc. Non-medical mask use is strongly encouraged by all participants until the program/practice time begins.**
4. Entry and exit points, hallways and common areas, facilities such as washrooms and change rooms, and concessions and retail sales areas, cannot be shared by multiple groups occupying the facility at the same time.

**Regarding use of the Nordic Ski Lodge (specifically washrooms), BPEI will follow all directions established by Parks staff. Athletes will come prepared to practice and go directly to the mustering spot pre-determined by the coaches at the beginning of the season. The Nordic Lodge kitchen will be closed in 2021 therefore parents/supporters will be encouraged to bring snacks and hot chocolate for break time which will occur in parent’s vehicles (or in the BPEI wax cabin with physical distancing maintained).**

5. If staff, volunteers or instructors are involved in the activities, they form part of the group they are working with and should not mix with other groups, where at all reasonably possible. If they must mix, they must ensure to be physically distant at all times from individuals OR if the potential for brief interaction within six feet exists, wearing a [non-medical mask](#) is strongly recommended. If anyone will need to be in close contact with people in a group, they should be limited to that group. **BPEI coaches will be responsible for ensuring that parents/volunteers and coaches are counted as part of the group. Mixing of the group will be discouraged and parental participation will be kept to a minimum as required for safe sport. The use of non-medical masks will be encouraged until the program/practice time begins.**

## Additional Guidelines

6. Younger children may need parental or guardian presence for assistance (eg at Bears practice to pump rifles, donning skis etc). When part of the same household, parents and children are considered a unit and not required to practice Physical Distance (PD). However, a parent/guardian will be counted as one of the 50 maximum individuals allowed to gather.
7. Spectators must be counted in numbers related to mass gatherings, therefore they must be kept to a minimum and must practice PD at all times.
8. Practice times are to be staggered to allow for maximum participation. Participants must not arrive at the range early for a session and increase the gathering size.
9. If used, BPEI shooting mats must be stored for 7 days between uses. For Biathlon Bears, athletes must bring their own mats (eg Yoga mat) to cover the Bears mats. When lanes must be shared, athletes will remove their mat when shooting is finished.
10. Each coach is to bring his/her own shooting scope and it cannot be shared among athletes and coaches unless sanitized first.
11. If a coach has back-to-back groups, the relevant equipment must be cleaned as per these requirements between groups.
12. Coaches are responsible for ensuring physical distancing of the athletes during their session time and for ensuring the appropriate cleaning/disinfection has been undertaken prior to the session finishing.
13. Athletes are responsible for setting up their own board, mat, target, rope and picking up brass at their mat (.22).
14. Painting and preparing targets to be done by a coach or a designate, maintaining PD if 2 coaches need to do this task.
15. Coaches must maintain attendance logs (including parents that are present) with each practice to assist with contact tracing by public health if required.
16. Shared equipment that will not be used within 72 hours after use does not need to be wiped down. For example ropes, boards, rifle rack, spray paint, stapler, pylons, etc).
17. Ammunition purchases can be made by submitting an order to Darryl Boudreau and payment via e-transfer to [bpei.treasurer@gmail.com](mailto:bpei.treasurer@gmail.com). Ammunition will be placed in the purchaser's car trunk/lock box.
18. Roller ski practice should follow the same general guidelines as range practice.
19. Athletes and coaches must follow CPHO guidance on carpooling and Parks guidance on parking at the site.

## Physical Distancing (2 meters, 6 feet)

Measures used to maintain social distancing	All members must take steps to ensure minimal interaction of people. (2 metres separation and wearing non-medical masks until practice/program begins) References to lanes,
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	<p>rifles, ropes and mats are related to Biathlon activities only.</p> <p>.</p>
Between coaching staff	<p>Rule of two for Safe Sport applies to all practices and competitions.</p>
	<p>Coaching staff must arrive to practice separately unless they normally reside in the same household.</p>
	<p>Practice planning will occur virtually as much as possible.</p>
	<p>Coaches will maintain physical distancing during practice including set up by assigning duties prior to arrival.</p>
	<p>Lanes should be allocated to each athlete at the start of the session, and physical distancing maintained by using every second lane.</p>
Between athletes	<p>Athletes must set up their own lane with boards and mat.</p>
	<p>No shared rifles during a practice. For Bears athletes rifles must be sanitized between uses.</p>
	<p>All athletes must flow in a single direction during practice.</p>
	<p>Each athlete must take out their own board, mat and rope and pull their own targets. Bears athletes may be assisted by coaches and parents as required with PD maintained and appropriate hand sanitizing.</p>
	<p>Will use every second shooting lane</p>
	<p>During running/skiing/roller skiing, athletes will be reminded to give each other space and keep space between them if they catch up to each other. During strength training/stretching: using large area to keep 2m distance between athletes in a group</p>
Between coaches and athletes	<p>Athletes will be assigned practice times; athletes must signal attendance prior to practice.</p>
	<p>All athletes must have minors permit or Possession and Acquisition License (PAL) to ensure PD can be maintained. If an athlete without a minor's permit has a parent/guardian with a PAL, they may support that athlete rather than a coach as long as they are within the same household and therefore exempt from PD.</p>
	<p>Rifle assistance will be performed by coaches, who will approach the mat only when the athlete has moved off the mat (2 meters).</p>

	Athletes (.22cal) must handle all their own ammunition, including storage and transport.
	Rifle sharing at the .22 level will be avoided by assigning rifles to athletes who have a minor's permit or PAL. In the rare event that rifles must be kept in lock-up they must be prepped by coaches prior to being picked up by the athlete at the beginning of the session. Athletes must make rifles safe and handed to the coach at the end of the session who will return the rifle to the rifle lock-up.
	Rented roller ski equipment will be provided at the beginning of the season, through a trunk drop, and will need to be transported and stored safely with the athlete throughout the season.

## Illness/Exclusion

Biathlon PEI will clearly communicate to all members the exclusion policy in place for any member displaying symptoms of COVID-19 during Biathlon PEI activities including but not limited to practice, competitions and BPEI board meetings. It is the responsibility of each individual to maintain cough etiquette and hand hygiene and stay away from any biathlon activity if experiencing symptoms.

### **BPEI Athletes, Coaches and Supporters (referenced as athletes in this section but applies to all participants including coaches, parents, supporters etc.)**

- All BPEI athletes must self-monitor for symptoms and report to their coach if they have concerns about possible COVID exposure or possible symptoms.
- Participants who have traveled outside of PEI will be excluded from practice/programming until they have completed the required period of self-isolation in place at the time of the travel/return to PEI.
- Any athlete developing symptoms of COVID-19 at a biathlon event must immediately perform hand hygiene, report to a coach, avoid contact with other athletes and leave as soon as it is safe to do so. [Testing](#) is available at drop in testing clinics in various locations in PEI.
- Symptomatic athletes will be required to self-isolate as per public health order until tested for COVID-19 and the results are confirmed. Results must be reported to the coach prior to return to programming.
- If the test results are negative for COVID-19 but the athlete remains ill and/or symptomatic, they should refrain from attending practice/competition/activity.
- Symptoms of COVID-19 may include:
  - *new or worsening cough*
  - *shortness of breath or difficulty breathing*

- fever/chills
- sore throat
- runny nose, sneezing, congestion
- headache
- muscle/joint/body aches
- feeling unwell/unusual tiredness
- acute loss of sense of smell or taste

Other symptoms like nausea, vomiting, or diarrhea have been reported, but typically along with other COVID-19 symptoms, and may be seen more often in children.

### Enhanced Cleaning and Disinfection of Shared Areas and Surface

Cleaning products will remove visible soil and/or dirt from surfaces. Disinfecting products are used to destroy bacteria and viruses. Biathlon PEI clubs are responsible for ensuring cleaning of sites that may be in use during practice and/or competition.

<b>Cleaning product</b>	Household cleaner that kills 99.9% of germs such as Fantastik or Mr. Clean
<b>Mixing instructions</b>	Per instructions on the bottle
<b>Disinfecting product</b>	Bleach
<b>Mixing instructions</b>	1 part bleach and 9 parts water

<b>Cleaning Location</b>	<b>Frequency</b>		<b>Disinfecting - Location</b>	<b>Frequency</b>
Nordic Lodge lower room and rifle closet, lock box lock and garage door opener	When visibly soiled		rifle cabinet doors, bolt box, door knobs/handles and other frequently touched surfaces	after each use
Garage, Timing Hut, BPEI Wax Hut	When visibly soiled		Any door handles and other touched surfaces	At closing

## Hand Washing /Sanitizer Stations

We all have to do our part to prevent the spread of illness. We know that practicing good hygiene is an essential part of preventing the spread of COVID-19. To protect yourself and others from getting sick, take the following precautions:

- wash your hands often (in addition to routine times such as after using the washroom, before eating, when handling food for the public),
- cough/sneeze into your elbow or tissue and throw away,
- avoid touching your eyes, nose and mouth with your hands,
- use alcohol-based hand sanitizer if soap and water are not readily available.

Hand Hygiene Stations	Location
Hand sanitizer	garage, timing hut, BPEI wax hut, .22 range, Bears range

## 2021 Programs (Mark Arendz Provincial Ski Park at Brookvale)

Program	Average Age Range	Projected Numbers including athletes, coaches and supporters	Practice-Session Times and Start Dates
Bunny Rabbits (Skiing only)	4-6 years	23	Saturday 1030 am-12:30 ESD January 9th-2021 for 8-9 weeks
Learn to Ski (Skiing only)	7-11 years	27	Saturday 10am-12 noon ESD January 23, 2021 for 5-6 weeks
Track Attack (Skiing only)	12-14 years	10	Saturday after 1pm
High Performance Cross Country Skiing	14 and up	7	Sunday 11am-12noon
Biathlon Bears	8-12 years	40	Sunday 12noon-130pm Wednesday ski only 530pm-7pm

Biathlon PEI (.22cal) Learn to Train and Active for Life (Group 1)	13-15 years and adults	17	Sunday 845-1045 am Wednesday ski only 6pm-730pm
Biathlon PEI (.22 cal) Train to Train and Train to Compete (Group 2)	14-18 years	13	Sunday 1145-145pm Wednesday ski only 6pm-730pm