



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 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. This operational plan will be in place for the Spring/Summer program sessions and will be reassessed prior to fall programming.

Name of Provincial Sport Organization: Biathlon PEI

Civic Address: 2018 Route 13 North Wiltshire, PE

Name: Corinne Rowswell, Vice President, Biathlon PEI

Signature:

Phone: 902-964-2340 Email: corinne@rowswell.net

Date: May 25th, 2020

General Guidelines

1. Biathlon PEI will follow the public health order regarding mass gatherings at all times. In Phase 3 this means no more than 20 individuals outdoors and 15 inside. For the purpose of range practice, there are two separate ranges (.22 and Bears) and typically practice times in the summer are not at the same time. However, if on occasion practices do overlap this is considered two separate gatherings under the [multiple gatherings guidance](#). Each gathering may include up to 20 individuals outdoors. No more than 50 (max 20 per gathering) individuals total may gather. Physical distancing (PD) of 2 meters separation must be maintained at all times.
2. As of June 1st, it is expected that there will be a maximum gathering of 20 people during the session time (outdoors), numbers to be managed by the coaches. The number of individuals able to be inside at the same time will follow public health orders and PD must be followed.
3. Younger children may need parental or guardian presence for assistance (eg at Bears practice to pump rifles). When part of the same household, parents and children are considered a unit and not required to practice PD. However, a parent/guardian will be counted as one of the 20 maximum individuals allowed to gather.
4. 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
5. If range practice times are to be staggered to allow for maximum participation, range times will not cross over with other practice groups, there will be a 15 minute prep time at the start of the session followed by a 15 minute break in time at the end to give coaches and athlete's time to prepare the range for themselves and the next group.
6. Range users must not arrive at the range early for a session and increase the gathering size.
7. If used, BPEI shooting mats must be stored for 7 days between uses. For Biathlon Bears, athletes must bring their own mats (Yoga mat) as the Bears' carpet squares are not to be used.
8. Each coach is to bring his/her own shooting scope and it cannot be shared among athletes and coaches.
9. If a coach has back-to-back groups, the relevant equipment must be cleaned as per these requirements between groups.
10. 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.
11. Athletes are responsible for setting up their own board, mat, target, rope and picking up brass at their mat (.22).

12. Painting and preparing targets to be done by a coach or a designate, maintaining PD if 2 coaches need to do this task.
13. Coaches must maintain attendance logs (including parents that are present) with each practice to assist with contact tracing by public health if required.
14. 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).
15. Ammunition purchases can be made by submitting an order to Darryl Boudreau and payment via e-transfer to bpei.treasurer@gmail.com. Ammunition will be placed in the purchaser's car trunk/lock box.
16. Roller ski practice should follow the same general guidelines as range practice.
17. Athletes and coaches must follow CPHO guidance on carpooling.

Physical Distancing (2 meters)

Measures used to maintain social distancing	All members must take steps to ensure minimal interaction of people. (2 metres separation)
Between coaching staff	Rule of two applies to all practices and competitions.
	Coaching staff must arrive to practice separately unless they normally reside in the same household.
	Practice planning will occur virtually as much as possible.
	Coaches will maintain physical distancing during practice including set up by assigning duties prior to arrival.
	Lanes should be allocated to each athlete at the start of the session, and physical distancing maintained by using at every second lane.
Between athletes	Athletes must set up their own lane with boards and mat.
	No shared rifles during a practice.
	All athletes must flow in a single direction during practice.
	Each athlete must take out their own board, mat and rope and pull their own targets.
	Will use every second shooting lane
	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
Between coaches and athletes	Athletes will be assigned practice times; athletes must signal attendance prior to practice.
	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.
	Rifle assistance will be performed by coaches, who will approach the mat only when the athlete has moved off the mat (2 meters).
	Athletes must handle all their own ammunition, including storage and transport.
	Rifle sharing will be avoided by assigning rifles to athletes who have a minor's permit or PAL. If rifles are to 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 drop off into lock-up at the end of the session. No more than 1 person in the rifle lock-up at one time.
	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 good personal hygiene and stay away from any biathlon activity if experiencing symptoms.

BPEI Athletes

- All athletes must self-monitor for symptoms and report to their coach if they have concerns about possible COVID exposure or possible symptoms.
- 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. Please call 811 to arrange testing.
- 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 include:*
 - cough (new or exacerbated chronic)
 - headache
 - fever/chills
 - sore throat
 - marked fatigue
 - sneezing
 - congestion
 - body aches
 - runny nose

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.

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

Cleaning – Location	Frequency	Disinfecting - Location	Frequency
---------------------	-----------	-------------------------	-----------

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	When visibly soiled	Any door handles and other touched surfaces	At closing
Timing Hut	When visibly soiled	Any door handles and other touched surfaces	At closing
Lodge Washroom	Before and after each practice	door knobs, taps, soap dispenser, toilet flush	after each use

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	Lodge washroom, garage, timing hut, 22 range, Bears range