



CCSAM COVID-19 Return to Skiing for Facilities Guidelines

PREAMBLE

CCSAM is committed to developing guidelines for clubs and members to return to sport safely during the current COVID-19 pandemic and public health crisis. CCSAM's [Safe Return to Sport Protocol](#) is a general guiding document with 4 companion guidelines: Return to Training, Return to Skill Development, Return to Competition and Return to Skiing for Facilities.

Everyone has a personal responsibility to return to sport with a greater good mindset.

At all times [Manitoba Public Health](#) guidelines MUST be followed EVERYONE.

It is strongly advisable that all clubs/facilities develop a return-to-skiing plan tailored to your facility and capacity.

- 1. Managing indoor gathering size limits as per your local public health guidelines**
 - a. Number of people allowed indoors is based on the actual size of the building.
 - b. Assess the size of the building to determine the # of persons per square metre – for example, one person per four square metres – to ensure physical distancing of two metres at all times.
 - c. Consider providing members with membership cards and use a scanning app to monitor the number of people coming in and exiting. [Zone4 instructions for registration cards](#).
 - d. Consider closing off areas which do not provide enough space to physical distance and limit access (storage rooms, timing rooms etc).

- 2. Signage**
 - a. Post signage at entry points, doorways to all rooms, at sinks, washrooms:
 - 2m physical distancing
 - Hand washing/sanitizing
 - Masks/face coverings

- 3. Entrance/Exit**
 - a. Plan traffic flow through the building to enter through one door and exit another.
 - b. Place markers or arrows to manage directional flow of traffic.
 - c. In the event of an emergency, the nearest exit/entrance should be used.

3. Facility hours

- a. Communicate facility access hours.
- b. Consider limiting general members' facility access during club programming times to ease congestion.

4. Cleaning your facility

- a. Follow best practices as per [Public Health Guidelines](#) for cleaning your facility. It is recommended 2X per day at a minimum and will be determined by usage.
- b. Provide hand sanitizer for members to use upon entry and exit.
- c. Post a cleaning schedule to record cleaning times.
- d. Facility wipe down should include high touch areas and items such as light switches, door handles, tables, chairs, railings, bathroom counters, and toilet handles.

5. Change rooms

- a. Assess the size of the change room to determine the # of persons per square metre – for example, one person per four square metres (43 square feet) – to ensure physical distancing of two metres at all times.
- b. Provide hand sanitizer for members to use upon entry and exit.
- c. Encourage members to arrive 'ready to ski' to limit time spent in the change room – 'get in and get out'.
- d. Clothing/gear bags should be stored in vehicles and not in change rooms.
- e. Schedule change room use if more than one team/group is using the facility so that only one team/group is using the change room at the same time.

6. Washrooms/Portable Toilets

- a. Assess the size of the main washroom and post signs on # of people allowed at one time.
- b. Limit the # of washrooms available to allow for cleaning.
- c. Hand sanitizer upon entering and exiting.
- d. Paper towels are preferred rather than air hand dryers.
- e. Sinks or urinals may need to be taped off if current set up doesn't allow for 2m of spacing.
- f. Post signage on handwashing/hand sanitizing, masks/face coverings, physical distancing at sinks, doorways etc.
- g. Increase cleaning protocols and service intervals as per traffic.
- h. # of portable toilets may need to be increased ensuring hand sanitizer is available and frequently refilled.

- i. Cleaning frequency is documented in a log.

7. Food Services

- a. Encourage members to bring their own snacks/lunches.
- b. Do not share food between members.
- c. Ensure spacing of eating areas accommodates 2m of physical space between attendees.
- d. Limit time allowed to eat and encourage members not to linger.
- e. Assess your outdoor space (patio etc.) to facilitate eating areas. Assessment could include the use of portable/infrared heaters.

8. Lockers

- a. Day use lockers should be cleaned after each use.
- b. Consider yearly locker rentals and instruct members to only touch their locker space.
- c. Provide or encourage members to bring sanitizing products to wipe down locker space.

9. Rentals

- a. Consider yearly rental agreements for members only.
- b. Skis/poles should be sanitized between uses.
- c. Boots need sufficient amount of time between users to allow for sanitizing and complete drying.
- d. Ensure contact information is collected for all renters to facilitate contact tracing.
- e. Rental area should have directional traffic flow arrows with a separate entrance and a separate exit.
- f. Seating area for trying equipment should be spaced to allow for 2m.
- g. Limit access to the rental area.
- h. Provide sanitizing station or hand sanitizer for patrons when entering and exiting.

10. Waxing Facilities

Refer to Return to Competition for guidance on waxing facilities.

- a. Encourage members to wax their skis at home before coming to the facility.
- b. Provide grooming information & weather on your website or social media so that members can prepare their skis at home.
- c. Have a sign in sheet for the wax room.
- d. Assess indoor space size and post a sign indicating the # of allowable people based on size.

- e. Enforce PPE guidelines while irons are in use.

11. Grooming

- a. Classic tracks must be set to allow for 2m of physical space.
- b. Post signage at all trail heads.
- c. Assess trail system to ensure one way or two-way traffic flow allows for physical distancing.
- d. Shared grooming equipment should be wiped down before and after use.
- e. Single use gloves available for equipment maintenance and repair.
- f. Post signage regarding hand sanitizing etc.

12. Trail tickets

- a. Consider using a cashless payment system.
- b. Encourage members to prepay and print their own tickets at home.
- c. Wires and sticker tickets should be handled by the purchaser only – have prepared tickets & wires that are self-serve (ie the wire and ticket (s) are in a disposable cup).

13. Ski racks

- a. Post physical distancing and face covering signage.
- b. Create space between racks to allow for easy access.

14. Bus Groups or Group bookings

- a. Encourage bus groups or other groups contact the facility to plan arrivals.
- b. Prepaid trail tickets will allow for one person per group to pick up all tickets.
- c. Use bus, not chalet, as a hub.
- d. Assign a group leader to deal with facility to schedule rental pickup, lunch etc.