

CHARLESWOOD SKI CLUB COVID-19 PROTOCOLS

Charleswood Ski Club COVID-19 Protocols apply to ALL TRIPS.

Charleswood Ski Club is committed to ensuring a safe environment for all of its members. In order to reduce the risk of COVID-19 infection, it will therefore adhere to all current Provincial Public Health Guidelines in each region of the province recognizing however that they may change from time to time.

Members are to assess their own risk tolerance before attending an outing, particularly COVID 19 vulnerable groups (those who are 60 years of age and older and those with chronic health conditions or weakened immune systems) as well as all trip participants and trip leaders and must adhere to the following:

STAY AT HOME IF YOU ARE EXPERIENCING ANY COLD OR FLU -LIKE SYMPTOMS such as a cough, fever, runny nose, sore throat, weakness or headache.

Adhere to provincial guidelines regarding self isolating following out of province travel or if you have been exposed to a person with COVID-19 in the 14 days prior to the outing.

Carpooling or car shuttles other than with members of the same household or bubble are not encouraged. This applies to Day, Weekend and Week Long trips.

Social/physical distancing of 2m (6 feet) must be maintained at all times except in emergency conditions where other risks are greater. This distance should be increased during high speed activity.

Groups are to be split into sub groups of a maximum of 5 including a sub leader, if participant numbers are greater than 10.

Stagger group start times to allow for adequate social distancing.

Masks must be used when social distancing is not possible.

Sanitize hands frequently during outings. Members are to bring their own sanitizing supplies.

No sharing of food, drinks, equipment, pens.

Practice proper cough/sneeze etiquette by using a tissue or cover your mouth and nose with your upper sleeve.

Trip leaders will remind participants during the outing to practice social distancing and other public health measures to ensure everyone's safety.

Participants must pre-register by phone or email to the trip leader or on Meetup. If participants register by phone or e-mail their name and contact information must be recorded on the Trip Report form.

Guests may attend one day trip in the ski season. Guests are required to review the CSC Covid-19 Protocols and sign the "Charleswood Ski Club Covid-19 Waiver" (see below) and the

“INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT”. The Trip Leader is to provide guests with copies of the waivers at the meeting place, obtain the signed copies before departing from the meeting place and send all the signed waivers to the President after the trip. Guest name and contact information must be recorded on the Trip Report form.

After the outing all trip leaders must complete the Trip Report Form, which is available on the Members Only page at [CSC Trip Report](#). Day trip reports must be submitted to the Day Trip Coordinator. Weekend and Week Long Trip reports must be submitted to the Vice President.

Charleswood Ski Club will retain all trip reports for 21 days to facilitate public health contact tracing in case a participant is exposed to COVID-19 during an outing or it is learned they are infected with COVID-19 after the outing.

COVID-19 information can be found at www.gov.mb.ca/covid19/about
www.gov.mb.ca/covid19/restoring/sports-guidelines.html
www.gov.mb.ca/covid19/restoring/transportation.html

CHARLESWOOD SKI CLUB COVID-19 WAIVER

“I acknowledge that I am aware of all the relevant provincial COVID-19 restrictions and recommendations and will adhere to the Charleswood Ski Club COVID-19 protocols”.

Signature: _____ Date: _____

September 25,2020