

ACC Vancouver Section COVID-19 SAFETY PLAN

Updated March 20, 2021

For course instructors/participants, trip coordinators/participants and ACC Vancouver Section hut operations.

1. Introduction

The Alpine Club of Canada Vancouver Section (ACCV Section) COVID-19 Safety Plan is for:

- ACC Vancouver Section courses, instructed by Vancouver Section volunteer leaders for participation by our Vancouver Section members only,
- Section Trips posted to our trip calendar for our members
- ACC Vancouver Section hut operations.

The health and safety of our members, leaders and the public are important to the ACC Vancouver Section. We continue to monitor the B.C. health guidelines, and the PHO guidelines, the standards being set by Avalanche Canada, Association of Canadian Mountain Guides (ACMG), our ACC National Office and referencing the “Guidance for Heli-ski, Cat-Ski and other Backcountry Operations” as outlined in the Interior Health documents to assist in adapting the ACC Vancouver COVID-19 Safety Plan to meet the evolving safety standards and best practices.

The ACC Vancouver will operate using known best practices that support physical distancing, such as reduced group size for courses, trips and inside our huts, good hygiene, uncontaminated surfaces, reduced physical points of contact between all persons, and personal protective equipment (PPE) when appropriate physical distancing is not an option.

Efforts will be made to decrease transmission of COVID-19 and the ACC-Vancouver will be taking several approaches to do this, including:

- Moving in-person pre-course sessions to on-line delivery.
- Using PPE in various combinations for outdoor instruction to adhere to the provincial health regulations orders and guidance.
- Delivering pre-trip information on-line.
- Having participants print waivers and health declarations and sign documents at a safe distance in front of the leader; and
- Making hut user information accessible online through our website.

The ACC-Vancouver retains the right to move or cancel courses as it adapts to COVID-19.

Quarantine and Health Declaration Statement

All participating members and instructional leaders or hut guests who have been out of the country will be required to self-isolate for 14 days prior to attending a course, trip or using our huts. Members, instructional leaders, hut guests should follow directions from public health if they have been in contact with someone who is showing symptoms of COVID-19 and may be required to self-isolate for 14 days prior to attending a course, trip or use of the huts. Members and instructional leaders, trip leaders and hut users cannot attend a course/trip/hut if they have COVID-19 symptoms or have been in contact* with anyone who has COVID-19 symptoms or has tested positive for COVID-19, or travelled outside of Canada in the past 14 days.

Anyone who has recently tested positive for COVID-19 cannot attend a course, trip or use the huts. They are to follow the BCCDC's instructions or directions on returning after isolation.

All participating members and instructional leaders will be required to complete a Health Declaration statement (<http://accvancouver.ca/wp-content/uploads/2020/12/Declaration-of-Health.pdf>) just prior to the start of the course. Hut users must submit a health declaration just prior to their booking date. Participating members, instructional leaders and hut users must reassess their health daily if the course/trip/hut use is multi-day. Any participating members, instructional leaders and hut users who present symptoms associated with COVID-19 while on the course, trip or in a hut will be required to self-isolate immediately and may be removed from the course/trip/hut environment at the sole discretion of the ACC-Vancouver instructional leader, trip coordinator or person who booked the hut, and seek testing for COVID-19. The potential for the participating course members, instructional leaders, trip participants or trip coordinators and hut users, to return based on testing will be considered on a case-by-case basis. The continuation of the course, trip or hut use for the remaining participating members, instructional leaders, trip leaders, trip participants and hut users will be assessed on a case-by-case basis.

2. Risk Assessment

The ACC-Vancouver has evaluated its courses, trips and huts, to identify places where the risk of transmission is introduced. This process has involved some of our instructional leaders, trip leaders, our huts committee and members of our ACC-Vancouver Executive.

For each course/trip, instructional leaders will review the venue and their safety plans (if applicable) and adjust accordingly and advise the ACC-Vancouver Chair. Note that in-person pre course instructional delivery has been suspended and online delivery will be used. This will be reassessed before each course and adjusted if the PHO guidelines changes. Hut use will continually be reassessed, cleaning supplies monitored and resupplied and ensure all cleaning instructions and hut use remain posted in each hut and online.

The ACC-Vancouver will continue to assess courses, trips, and huts that we offer and individual venues to ensure risks are identified and managed.

3. Training

Instructional Leaders, Trip Leaders, and Hut users will be trained on this safety plan through pre-course information, pre-trip information and hut use information as posted on our website and directed to by the instructor, trip leader or the Huts committee booking agent located on our accvancouver.ca website for continual reference. Confirmation of reading and understanding of the content will be confirmed prior to instructing courses, leading trips and use of our Huts.

The ACC-Vancouver will monitor and update our plans as needed. The ACC-Vancouver Courses Director, Co-Director, ACC-Vancouver Section Chair, Huts Committee and other executive members will review this plan in line with PHO announcements to update the plan for changing conditions.

Any participating/instructional/trip leader/trip participant/hut user feedback will be addressed immediately and reviewed by the appropriate person, which may be the Courses Director, Co-Director, Trip Coordinator, Huts Committee and ACC-Vancouver Section Chair and other executive members as needed, for best practices.

Things may change as we continue to operate. When a new area of concern is identified, or if it seems like something is not working, we will take steps to update our plan and involve instructional leaders /trip leaders/hut committee in this process.

We will ensure that members/instructional leaders/trip leaders/trip participants/hut users can raise safety concerns with the ACC-Vancouver Executive at any time.

4. Partner Safety Plans

The ACC-Vancouver recognizes that it may work with different venues and operations to successfully deliver courses/trips/huts access. Venues and operators will have their own procedures and policies in place to mitigate COVID-19 spread. If the ACC-Vancouver Safety Plan varies from venue and operator plans, the most cautious approach will be used.

5. Cleaning

Cleaning is extremely important for safe course/trip/hut use delivery. Any required shared equipment will be cleaned immediately after use by the Quartermaster or member who takes care of club equipment between courses. We will avoid the use of shared equipment unless the safety of a participant is in question. (ie. Emergency situation)

It is the responsibility of the participating members and instructional leaders to clean their equipment at any time they feel it has been compromised and at a minimum

each day if it is a multi-day course. Disinfectant wipes and/or hand sanitizer (minimum 60% alcohol content) will be required to be brought by every member participant and instructional leader for this purpose. If upon return to in-person pre-course instructional delivery, high-use areas or touch points will be cleaned throughout the session as needed (for example: door knobs, light switches, sinks, etc.) by designated individuals.

In person pre-course instructional delivery has been suspended, online delivery will be used. This will be reassessed before each course and adjusted if the situation changes.

If the ACC-Vancouver returns to in person pre-course delivery ahead of the outside portion of the course, we will review venue safety plans for the specific course and develop a safety plan based on best known practices. Note that cleaning of equipment will be dependent on individual vendors. High-use areas or touch points will be cleaned throughout the session as needed (for example: door knobs, light switches, sinks, etc.) by designated individuals.

6. Policies

ACC-Vancouver has created policies based on the provincial health officer and the BC Centre for Disease Control (BCCDC) guidelines around self-isolation. These policies have been developed to manage the delivery of our courses/trips/hut use around who can attend a course/trip/hut use, how to address illness that arises throughout a course/trip/hut use if it is multi-day, and how participants can be kept safe in adjusted course/trip/hut use conditions.

Who can be a course instructional leader/trip leader/hut user?

- Instructional Leaders/Trip leaders/Hut Users who have been trained on the policies and procedures for COVID-19 by reviewing our online documents.

Who CANNOT be a course instructional leader/trip leader/hut user?

- Anyone who has recently tested positive for COVID-19 (follow the BCCDC's instructions or directions on returning after isolation).
- Anyone who has been in contact with confirmed COVID-19 positive people or persons self-isolating because of a determined risk for COVID-19 within the last 14 days.
- Anyone who has had symptoms of COVID-19 in the last 14 days. Symptoms include but are not limited to fever, chills, new or worsening cough, shortness of breath, sore throat, loss of taste or smell and new muscle aches or headaches. For a full list of symptoms and information on coronavirus please refer to the BC Centre for Disease Control webpage (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>).
- Anyone under the direction of the provincial health officer to self-isolate, anyone who has arrived from outside of Canada, or anyone who has had contact with a confirmed COVID19 case within the last 14 days.

Illness that arises on a course/trip/hut use (instructional leader, trip leader/hut bookee, or participant):

- If an instructional leader, trip leader, hut bookee begins to feel sick during their delivery of the course, leading of a trip, or Hut use, they will immediately notify the other course instructional leaders/trip leaders/Hut users and the ACC-Vancouver Chair or Co-Chair or Secretary if the Chair is unreachable. Returning to the course/trip/hut will be determined by Public Health.
- Sick instructional/trip/Hut use leaders are asked to wash or sanitize their hands, put on a mask and immediately self-isolate. Self-isolation in the huts is achieved by isolating in one of the separate rooms/areas that exist in both of our huts. Both huts have 3 separate areas to facilitate this.
- Sick instructional/trip/hut use leaders should consult the BC COVID-19 Self-Assessment Tool (<https://www.thrive.health/bc-self-assessment-tool>) or call 811 for further guidance related to testing and self-isolation.
- If an instructional/trip/hut use leader is severely ill (e.g., difficulty breathing, chest pain), call 911.
- Clean and disinfect any surfaces the ill instructor/trip/hut use leader has come into contact with. In the huts this is facilitated by COVID-19 cleaning kits with chemicals capable of killing the virus with instructions on use. COVID-19 signage is posted in both of our huts.
- The ACC-Vancouver will contact the Regional Public Health Office for guidance on next steps for the remaining instructional/trip/hut use leaders and participating members/hut users. The ACC-Vancouver will follow Provincial Health guidelines.

7. Safety Protocols

The virus that causes COVID-19 spreads in several ways, including through droplets when a person coughs, sneezes, talks or sings or from touching a contaminated surface before touching the face and eyes. The ACC-Vancouver has put the following measures in place to minimize the risk of transmission.

Non-medical mask use

- All participating members/instructional and trip leaders/hut users will be required to wear masks while inside during in-person pre-course instructional sessions (in-person pre-course/trip delivery is suspended until further notice and provided online) and in the huts unless they are eating/drinking at which time a distance of 3 metres will be maintained. This size of the huts easily allows this and capacity numbers have been decreased to further facilitate this. If necessary, the only exception for the instructor/trip leader for not masking, would be the presentation of information provided 3m of distance from any other individual is maintained.
- Instructional/trip/hut user leaders will ensure participants have reviewed the proper way to wear a mask directing them to the link below and how to demonstrate proper use to students if they have questions. Instructional/trip/hut use Leaders and participants will carry two masks at a minimum. If a venue has specific mask requirements, instructional leaders

and participating members MUST follow the venue's safety plan. Huts require two masks to be taken in at a minimum.

- The ACC-Vancouver will ensure that instructional/trip leaders and participating members/hut users are informed of the following:
 - Proper mask use: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-gettingsick/how-to-wear-cloth-face-coverings.html>
 - BCCDC mask video: <https://youtu.be/gvLA--hGU70>
 - BCCDC mask poster: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_SurgicalMaskPoster.pdf
 - There are limitations of wearing cloth facial coverings. Non-medical masks do not protect the wearer from the virus since they are not meant to form a tight seal to the face but can reduce the spread of his or her own respiratory droplets. A medical grade surgical mask or 3 layer fabric mask would be optimal.
 - Masks need to be kept clean and dry (i.e., masks become less effective if wet/damp).
 - The safe use of wearing any facial mask, such as cleaning and laundering, safe donning and doffing practices, and washing hands before and after putting it on.
 - The importance of good hygiene along with wearing a mask (e.g., handwashing, sneeze/cough etiquette, and not touching eyes, nose and mouth), and public health measures (e.g., physical distancing, staying at home as much as possible).
- Participant members and instructional leaders are always required to carry a minimum of two non-medical face masks with them. Single layer masks, single layer buffs or other single layer fabric is not permissible.
- 3 layer disposable masks or cloth masks composed of 3 layers, are to be used (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks>)

Maintaining physical distance

- Maintain a distance of 2 m between instructors, students, and others wherever possible.
- All in person pre-course delivery of materials (currently in person is suspended) will be set up to meet 2 m physical distancing between member participants and instructional leaders. The presenter will be located 3 m from students and other instructors.
- Instructional leaders will base outdoor occupancy on a case-by-case basis to maintain 2 m physical distancing whenever possible. (e.g. snow pits, changing of skins, technique explanation)
- Carpooling is not recommended. If doing so follow the BCCDC car ride share document.
- When using helicopters, if physical distancing is not possible to maintain, we will use a surgical mask or a 3 layer fabric mask, understanding that these have limitations and follow the helicopter's guidelines for seating arrangements.

Hygiene

Good hygiene is imperative. Handwashing should be encouraged throughout the day where possible. High-touch areas in venues or on field equipment should be sanitized often. If a sink is available within the venue, ample space should be created around it to promote use. Hand sanitizer will be available in the venue. Note that in-person pre-course instructional delivery has been suspended and online delivery will be used. This will be reassessed before each course and adjusted if the situation changes.

Participant members and instructional/trip leaders and hut users are required to carry an adequate amount of hand sanitizer (minimum 60% alcohol content) for the duration of the course/trip/hut use.

8. Personal Equipment

The sharing of personal equipment is prohibited. Instructional/trip leaders/hut users and participating members should take care to keep their space clean and organized. Everyone should be managing their personal equipment in a way that ensures others are not coming into contact with their equipment. This includes mobile phones, radios, GPS receivers, observation and navigation equipment, ski and snowboard equipment, food and drink, and tools.

9. Shared Equipment

Wherever practical, the sharing of equipment will be suspended. In instances where the sharing of equipment is required, mitigation strategies must be identified to decrease contact exposure.

These include:

- Disinfecting between each use.
- Good hygiene.
- Do not touch your face during or after shared use until hands or gloves are cleaned. Carry extra gloves to switch in to if necessary.

*Contact : Sustained proximity, non masked for greater than 15 min and less than 2 metres of space/distance apart