

# ACC Vancouver Section

## COVID-19 SAFETY PLAN

Updated January 9, 2022

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

### 1. Introduction

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

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

The health and safety of our members, leaders and the public are important to ACC-Vancouver. We continue to monitor B.C. health guidelines, and Provincial Health Officer (PHO) guidelines, 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 evolving safety standards and best practices.

ACC-Vancouver will operate using known best practices that support physical distancing, such as reduced group size for courses, trips and inside our huts as the situation/PHO dictates, 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 when PHO orders dictate
- Using PPE in various combinations for outdoor instruction to adhere to the provincial health regulations orders and guidance at that time.
- Delivering pre-trip information on-line when necessary
- 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.
- All participants involved in ACC-Vancouver activities will be required to show proof of Vaccination with ID if requested. This includes persons from outside

the Province and the Country. Appropriate proof from the participants place of origin will be required. A signed Health Declaration attesting to this will be required or the procedure used by a venue the Section may be holding an event at.

ACC-Vancouver retains the right to move or cancel courses, trips or events 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 10 days prior to attending a course, trip or using our huts if required by the PHO at the time of the event. Trip/course attendees or hut users will be notified if this isolation requirement is currently in use. Members, instructional leaders and 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 10 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 and if applicable at the time, travelled outside of Canada in the past 10 days. Any adjustments to the 10 days described above will follow the BCCDC guidelines in the link below.

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 to activities after isolation.

The most up to date guidelines set out by the province are included here and will be used if there is any discrepancy in this written document.

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19>

All participating members and instructional leaders will be required to complete a Health Declaration statement updated on January 9, 2022 <https://accvancouver.ca/resources/waivers/> just prior to the start of the course. Hut users must submit a health declaration just prior to their booking date as requested by the booking agent. If an event is held at a venue, we will follow the venue's procedure for checking proof of vaccination. 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 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 had been suspended and but returns to in person or online delivery at the discretion of the organizer. This will be reassessed before each course and adjusted if the PHO guidelines change. 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.

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](http://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, through the use of our Health Declaration Form.

ACC-Vancouver will monitor and update our plans as needed. The ACC Vancouver Section Courses Director, Co-Director, ACC-Vancouver 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 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**

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: doorknobs, light switches, sinks, etc.) by designated individuals.

In person pre-course instructional delivery option has returned. Online delivery will be used if the leader chooses to do so. This will be reassessed before each course and adjusted if the situation changes.

If 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 or follow the venue guidelines for best 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: doorknobs, 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, link is above under Quarantine and Health Declaration Statement headline).
- 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 10 days.
- Anyone who has had symptoms of COVID-19 in the last 10 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/search?k=coronavirus%20symptoms%20list>
- Anyone under the direction of the provincial health officer to self-isolate, anyone who has arrived from outside of Canada (not applicable at this time), or anyone who has had contact with a confirmed COVID19 case within the last 10 days.

**Illness that arises during a course, trip, or hut use (instructional leader, trip leader, hut user, or participant):**

- If an instructional leader, trip leader, hut user or trip participant begins to feel sick during a trip, course, or hut use, they will immediately notify the other course instructional leaders/trip leaders or hut users and the ACC-Vancouver Chair or Co-Chair or Secretary if the Chair is unreachable.
- On a short trip all attendees can return to the cars and head home and monitor for any symptoms.
- Returning to the course, trip or 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://bc.thrive.health/covid19/en> or call 8-1-1 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 9-1-1.
- 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.
- 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. 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 and in the huts unless they are eating/drinking at which time a distance of 3 metres will be maintained. 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 assist participants for the proper way to wear a mask if required, by 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 users will be informed two masks are to be taken in at a minimum.
- 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-getting-sick/about-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](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 or required.

- All in person pre-course delivery of materials will be set up to meet 2 m physical distancing between member participants and instructional leaders when possible or required. The presenter will be located 3 m from students and other instructors when possible or required.
- Instructional leaders will base outdoor occupancy on a case-by-case basis to maintain 2 m physical distancing whenever possible or required (e.g., snow pits, changing of skins, technique explanations, etc.)
- Carpooling is at the discretion of users. 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 and any other guidelines set out by the aviation company.

## 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 may be in person or online at the discretion of the organizer at this time. 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, unless deemed necessary.

## 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