

**ESSENTIAL CYCLES LTD + OZMOSIS TRAINING
COVID 19 PROTOCOLS AND GUIDE**

1. PRACTICING DAILY HYGIENE & HEALTH ASSESSMENTS

Before leaving your home, practice a daily self-assessment check, like the one below. If you answer “yes” to any question, contact your employer (Jaclyn 604-809-9179) and seek medical attention immediately and avoid going on a ride.

COVID 19 Self Assessment Check

(Government of Canada)

1. Are you experiencing any of the following:

Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)

Severe chest pain

Having a very hard time waking up

Feeling confused

Losing consciousness

2. Are you experiencing any of the following:

Mild to moderate shortness of breath

Inability to lie down because of difficulty breathing

Chronic health conditions that you are having difficulty managing because of difficulty breathing

3. Have you travelled to any countries outside Canada (including the United States) within the last 14 days?

- **Do not go on a ride** or teach an MTB program, if you:
 - feel ill or have COVID-19 symptoms, no matter how minor.
 - have been in contact with a sick person within the last 14 days.

- **Avoid touching** your eyes, nose, or mouth with unwashed hands.
- **Cover mouth and nose** with a tissue or elbow when coughing or sneezing, then throw the tissue in the trash and wash your hands.
- **Wash your hands** often with soap and warm water for at least 25 seconds.
- **Stay informed** and follow the advice from your local government and healthcare authorities.

2. TRAVELING TO/FROM THE TRAILS

Only travel with people within your own household, when traveling to and from trails.

Do not congregate in large groups at the trailhead at the beginning or end of each ride or clinic. Manage participants as needed.

Avoid riding in large groups. This will reduce the chance of transmitting or catching the virus while helping to maintain social distancing measures.

If driving and when possible, find a way to park your vehicle somewhere else than the trailhead parking lot. Ride your bike and meet your friends at a meeting point on the trail (trail intersection or special trail feature), where you expect no traffic and where no one else is gathering.

3. GENERAL GUIDELINES DURING COVID-19

Take it easy and ride within your limits! This is not the time to have an accident and expose anyone riding with you to contracting COVID19 while providing you with first aid and bring further stress to the capacity of the medical system. Maintain this message during your MTB program!

If a participant/guest shows up with signs of sickness, turn them back home and ask them to seek medical advice. Report this immediately to your employer.

Take extra precautions if teaching children under 6 years of age in groups of 2 or more, as they will likely be challenged with distancing protocols and hygiene measures.

Locate and inform your participants of the nearest bathrooms and sanitization stations.

Remind your participants, especially children, to wash or sanitize their hands after using the restroom, sneezing, and coughing, and before eating.

Do not shake hands, high five or hug! It's tempting but keep that minimum distance and encourage course participants to do the same.

Be prepared! Beyond the usual tool and first aid kit instructors and guides are required to carry, we would strongly recommend including a face mask, hand sanitizer, and rubber gloves in your First Aid kit.

Do not touch another person's bike, equipment, food, or water! Keep your hands to yourself and maintain social distancing measures at all times.

Guide each participant to perform their own bike and equipment check, before each ride. As always, this will reduce the chance of mechanicals and incidents during the ride, which may require you to touch their equipment or may require help from other people. If it's children, communicate with parents to check their bikes are in good order and clean, before the lesson.

In the event that you have to touch a student's bike to help set-up or repair, latex gloves should be used and disposed of, correctly. Sanitize the equipment as soon as possible.

Encourage everyone to wash their bike and equipment thoroughly after each ride.

4. BUSINESS/OPERATIONAL PROCEDURES AUDIT DURING COVID-19

In the wake of COVID-19 and the new risks it now represents to both staff and students, consider how you may need to add to, check in with or revise your Company Operational Procedures. As an employee, ask your employer what changes they have made to keep you and your clients safe. As an employer, we've included a few simple examples below to help you begin this audit process, within your business;

Operational Procedures: Things like staff/student ratios, how you meet 'n' greet clients, perform equipment checks, discuss safety rules, assess student skills or teach them drills, will all need to be reviewed with the relevant health and physical distancing measures in place. DONE

First Aid Protocols and Emergency Action Plans: Things like first aid kits, tool kits, first aid protocols, and emergency action plans may now all need to revise. Will your Terrain Progression plan need to be modified to encourage staff to use a more gentle terrain, to

teach or guide clients? Will your operation area/trail network change to further minimize risk? DONE

Waivers: How you present waivers and what they include, may need to be updated based on your location and insurance provider. Can you do them online to avoid paper waivers, if your insurance company approves this? A discussion on students managing their own safety with regards to physical distancing, could be added to your waiver presentation and/or safety talk. DONE

Insurance: Does your Commercial Liability Insurance Policy cover you to operate during COVID-19? Depending on your location and insurance policy, you may not be covered to offer mountain bike lessons and tours, during COVID-19. DONE

Staff Training: What protocols or policies will you have to review with your staff and ensure they understand the importance both personally and from a liability perspective, should they fail to adhere to them. DONE

Ethos & Community Support: Listen to and support your local community in these challenging times. Does the community need or want MTB programs if people are concerned about transmitting the virus? If there are very low or zero cases of the virus in your area, are people keen for MTB programs to be offered? Does the local MTB club need your support if they have had reduced funding for trail maintenance and development? DONE

5. SAFETY RULES DURING COVID-19

Discuss any risk management and safety rules, under the next context of COVID-19, throughout your MTB program.

RIDE AT YOUR OWN PACE! Stay in Control! Fun, no pressure environments are key for safe, effective learning, while reducing the probability of a hospital visit! Both instructors and students must respect their limits and ride smart.

LEAVE EACH OTHER SPACE! Distance between each rider on the trails is crucial for safety and learning and is measured in seconds. While we typically recommend a distance of 3-6 seconds between riders, a distance of 6-10 seconds would be wise during COVID-19 to help reduce the transmission of the virus through heavy breathing from a preceding or adjacent rider. If keeping a line of sight becomes challenging, use adequate terrain communication and guiding protocols, to ensure students can maintain spacing but also know what terrain is coming up and where they will be going or stopping.

STOP IN A SAFE PLACE! When stopping, all riders must stop to the side, so the trail is free for other users to continue through. When stopped, maintain at least 6ft (2m) space between yourself and others, at all times. Finding an area or "pull out" to stop, so riders can

maintain physical distancing, must be considered. Try to avoid narrow trails that do not have regular stopping points where riders can easily spread out and stand away from the trail.

IT'S NOT A RACE! Only pass a rider when there is at least 6ft (2m) space between riders when passing. Signal your intention, slow down, and wait for the other rider to provide sufficient space, before passing. Be kind and take it easy. If in doubt, do not pass.

6. RISK MANAGEMENT DURING COVID-19

Choose easy trails and make conservative decisions. Remember, easy terrain is ideal for skill-based learning. Plan your lessons accordingly.

Avoid high-risk situations (technical trails, jumps, drops, etc.) and focus on the simple act of being outside and getting some exercise, rather than pushing skills. Use drills and techniques to develop their riding, rather than difficult terrain.

Warm-up gradually... take it easy both physically and technically. Choose routes in areas that support emergency access.

Risk management is about knowing and understanding the risks involved with any activity you choose to do. Following these four steps will help your decision-making process:

Identification: know what potential and actual risks exist.

Assessment: how much of a risk each factor represents.

Prioritization: prioritize your risks based on the probability they might occur and the consequence should they do. If it's unlikely and the consequence is low, you're probably good to go!

Plan of action: manage the identified risks with informed decision-making. Be sensible. Plan ahead for a safe ride but be prepared to back down and change the plan if things change. Now isn't the time to be exploring new trails in new places or attempting trail features for the first time!

MUDDBUNNIES LADIES WEEKEND - SILVERSTAR BIKE PARK COVID-19 SAFETY PROTOCOL

FOR THE COACHES

- PLEASE READ and adhere to the Silverstar Covid 19 Health & Safety Page <https://www.skisilverstar.com/mountain-info/health-and-safety/>
- Max 6 per group
- Keep space between yourself and others at all time
- Plan all trail stops to allow for space between participants
- Limit close contact, no hand shaking, fist bumping & high fives
- Avoid touching bikes and gear that are not your own.
- All coaches are required to carry additional face masks. (minimum 3) as well as several sets of nitrile gloves and hand sanitizer (PPE - provided if you do not have your own)
- If a participant shows up with a sign of sickness, please ask them to return home and call their doctor. Please then bring it to the attention of Jaclyn Delacroix immediately.
- If you are exhibiting symptoms in line with Covid-19 please contact Jaclyn Delacroix immediately and isolate yourself.

FOR THE PARTICIPANTS

- PLEASE READ and adhere to the Silverstar Covid 19 Health & Safety Page <https://www.skisilverstar.com/mountain-info/health-and-safety/>
- Please keep your group to a max of 6 people
- Keep space between yourself and others at all time
- When stopping on the trail please allow space between yourself and other participants
- Limit close contact, no hand shaking, fist bumping & high fives
- Avoid touching bikes and gear that are not your own.
- Where possible all participants will be placed into groups within their current social circles (Bubble)
- Stay at home away from others if you are sick, If you have fever, cough and difficulty breathing, seek medical care immediately

SOCIAL ACTIVITIES MANAGEMENT

- Registration - All groups will be pre sorted into pods of max 6 and will come for registration at their pre arranged times (15 minute intervals starting at 9:00)
- Day 2 requires no large group gatherings, all groups will depart at a leisurely pace in their pods.
- For Day 1 coaches will take their groups out at 10 minute intervals to the lifts with pre assigned first trail choices to help spread out the groups.
- Lunch will be on a scheduled basis and will be eaten away from the main square to avoid crowding.
- Dinner at the Red Antler. Groups will remain at their tables, they will be asked to arrive in their pods to help with crowding.